

SYMPTOMS:

Patient who is experiencing pain.

EXCLUSIONS:

- Pregnancy with active labor
- Dental pain
- Patients with care-plans that prohibit use of parenteral analgesics by EMS
- Patients with chronic pain who are not part of a hospice and/or palliative care plan

ASSESSMENT and TREATMENT

ALL LEVELS

1. Conduct primary and secondary assessment.
2. Treat any life-threatening conditions.
3. Identify location(s) of pain.
4. Determine patient's pain score assessment using standard pain scale. (Assessment tool next page.)
5. Place patient in position of comfort.
6. Apply ice packs and/or splints for pain secondary to trauma.
7. Reassure patient verbally to control anxiety.
8. Document pain level before and after interventions.
9. Transport in the position of comfort and reassess as indicated.
10. If not improved and patient continues to experience discomfort/pain, consider requesting ALS for analgesic administration.

EMT-O

11. Place patient on ECG cardiac monitor.
12. If patient is experiencing moderate discomfort/pain consider administration of Acetaminophen [15mg/kg PO max dose 1000mg] or Ibuprofen [10mg/kg PO max dose 600mg] for both adult or pediatric patients.
13. Record pain severity before and after medication administration.

AEMT-R

14. Establish IV/IO of normal saline
15. If patient is experiencing moderate discomfort/pain consider administration of Acetaminophen [15mg/kg PR/IV/IO/PO max dose 1000mg] for both adult or pediatric patients.
16. Record pain severity before and after medication administration.

AEMT-O

17. Consider administration of Ibuprofen [10 mg/kg PO max dose 600 mg] OR Ketorolac - one time dose only [Adult: 15mg IV/IO or 30mg IM; Pediatric: 0.5mg/kg IV/IO (maximum dose of 15mg) or 1mg/kg IM (max dose of 30mg)].
18. Consider use of nitrous oxide [20-50% concentrated mixed with oxygen and self-administered with constant monitoring] for both adult and pediatric patients.

INT-R

19. Acquire and interpret ECG.

INT-O

20. If patient is experiencing severe pain, administer analgesics.
21. May consider use of Fentanyl [0.5-1mcg/kg IV/IM/IN (maximum initial dose of 100mcg)] OR morphine sulfate [no dosage listed] for both adult and pediatric patients.

PARA-O

- 22. May consider administration of Ketamine [0.5 mg/kg IV/IO/IM/IN (max initial dose of 25 mg; maximum cumulative dose of 100 mg)].
- 23. Consider administration of oral, sublingual or IV antiemetics to prevent nausea in high-risk patients.

Universal Pain Assessment Tool

| | | | | | | | | | | |
|---------------------------------|---------------|-----------------------|--|--|-----------------------------|------------------|----------------------------------|-------------------|---|---|
| Verbal Descriptor Scale | | | | | | | | | | |
| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | No Pain | Mild Pain | Moderate Pain | Severe Pain | | Very Severe Pain | | Excruciating Pain | | |
| Wong - Baker FACES® | | | | | | | | | | |
| | | | | | | | | | | |
| Descriptive Scale | Alert Smiling | No Humor Serious Flat | Furrowed Brow Pursed Lips Breath Holding | Wrinkled Nose Raised Upper Lip Rapid Breathing | Slow Blink Open Mouth | | Eyes Closed Moaning Crying | | | |
| | | | | | | | | | | |
| Activity Tolerance Scale | No Pain | Can be Ignored | Interferes with Tasks | Interferes with Concentration | Interferes with Basic Needs | | Bed Rest Required | | | |
| | | | | | | | | | | |
| Spanish | Nada de Dolor | Un Poquito de Dolor | Un Dolor Leve | Dolor Fuerte | Dolor Desmasiado Fuerte | | Un Dolor Insoportable | | | |
| | | | | | | | | | | |

Source: Hybrid of scales by authors. Wong-Baker FACES® Pain Scale Rating license grants this use. Reproduction of the Wong-Baker FACES® material requires licensing at www.wongbakerfaces.org.