

Protocol Name	General Pain
Created date:	December 9 th , 2020
Created by:	Shannon Dallas – Director of Policies and Procedures
Last revised:	

Purpose:

To assess, treat and triage swiftly individuals presenting with any level of pain – defined as a experiencing idiopathic pain or discomfort in any part of the body. If Chest Pain – refer to the **‘Acute Chest Pain’** protocol.

Sign and Symptoms:

- Tightness
- Muscle cramping
- Soreness
- Radiating
- Throbbing
- Sharp
- Aching

Assessment:

- Obtain patient’s history, including allergies, medication list and recent activity
- Vital Signs – heart rate, respirations, blood pressure, temperature, pain level and O2 sat level
- Observe pain characteristics:
 - ✓ Does the pain get worse when sitting still or with movement?
 - ✓ Does the pain subside when resting?
 - ✓ Is the pain constant or intermittent?
 - ✓ Was there something specific that caused the pain?

Standing Orders/Intervention:

For Urgent or ER intervention

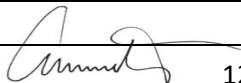
- Administer oral dose of Tylenol 500mg x 2 tablets or Ibuprofen 200mg x 2 tablets.
- If work related injury, notify direct supervisor; inform whom you are assessing and that it is a “work-related injury”.
- If extremity injury follow protocol for ‘Extremity Injury’.
- If non-work related pain symptoms and urgent care/ER evaluation is required, notify direct supervisor of the nature of employee **being sent out** for further evaluation. No specific information regarding symptoms should be discussed with anyone other than the patient, unless otherwise specified in the HIPAA section of **‘Consent Form’**.
- If being transported via non-EMS route, document name and Tel# of the person transporting.

- If serious injury or pain symptom(s) are identified that require immediate assistance and evaluation, activate EMS.
- If patient refuses EMS, document on 'Nursing Assessment' form and have patient sign the 'Refusal of Care' form.

For Non-Urgent intervention

- Is pain level greater than a "2" on 0-10 scale with '10' being the absolute worst pain one has ever experienced?
 - If 'No' – refer patient to follow up with PCP if pain continues or worsens.
 - If 'Yes' – continue with the following:
 - Administer oral dose of Tylenol 500mg x 2 tablets or Ibuprofen 200mg x 2 tablets.
 - Apply cold compress if swelling present.
 - If patient declines medication or other intervention(s) – document on nursing assessment form.
 - Educate to monitor self for symptom improvement.
 - Encourage follow up with PCP if symptoms continue or worsen.

General Pain protocol is part of Affiliated Physician's **ON-SITE CLINIC PROGRAM**. I, hereby acknowledge, the above has been reviewed and approved. Upon clinical assessment and necessity, these orders are to be activated by an Affiliated Physician's on-site nurse and documentation of each episode is mandatory.

Medical Director – Dr. Avram Nemetz
Signature: 
Date: 12/9/2020