

Protocol Name	Nosebleed
Created date:	August 26 th , 2020
Created by:	Anne Revman, RN – Nurse Coordinator Flu & Wellness
Last revised:	08/26/20,

Purpose:

To assess, treat and or triage swiftly individuals presenting with a nose bleed

Sign and Symptoms:

Nosebleeds are common and usually not related to any underlying condition. Causes of nosebleeds include:

- Trauma
- Dry air
- Blowing your nose too hard

Assessment:

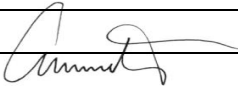
- Obtain patient's history, including allergies, medication list and recent activity
- Vital Signs – heart rate, respirations, blood pressure, temperature, pain level and O2 sat level
- Assess – Was there an injury?
- Do you experience frequent nose bleeds?
- Do you take a blood thinner?
- Are they on supplemental oxygen causing nasal passageways to be dry

Standing Orders/Intervention:

- **Sit upright and lean forward** - Should stay upright, keeping the head higher than the level of the heart. Do not lie down. By remaining upright, you reduce blood pressure in the veins of your nose. Sitting slightly forward will help you avoid swallowing blood, which can irritate your stomach.
- **Pinch your nose** - Pinch all the soft parts of the nose together between thumb and index finger. Breathe through your mouth. Continue to pinch for 10 to 15 minutes. Pinching sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.
- **Place cool compress or ice** if available to the nose – this will help constrict the tiny blood vessels in your nose that are bleeding.
- **Caution against** - blowing nose and use of nasal decongestants. If necessary, blow very gently. Overusing nasal decongestants can cause nosebleeds.
- **Instruct** - to keep home environment humidified.
- **If the bleeding continues** after 10 to 15 minutes, repeat holding pressure for another 10 to 15 minutes. Avoid peeking at your nose.

- **Refer patient to Urgent care if** - the bleeding lasts more than 30 minutes, or the nosebleed is a result of trauma/ injury and if a broken nose is suspected.
- **Also - Seek medical attention** - if bleeding is heavy, difficulty breathing, or person is on a blood-thinning medicine (warfarin) or has a clotting disorder such as hemophilia and the bleeding does not stop.

Nosebleed 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: 8/26/2020