

Southern Illinois Regional EMS System

EE-24 PAIN MANAGEMENT

ALS/ILS/BLS

Policy:

- The Southern Illinois Regional EMS System is committed to providing appropriate, safe pain management for all patients. The System believes that the single most reliable indicator of the existence of pain and intensity of pain is the patient's self-report.

Definitions:

- Wong Baker Scale, a pain level scale used to help the patient communicate to the patient care giver his pain level. This pain scale is composed of six faces ranging from a smile to a frown with tears. The faces have corresponding numbers to help the EMS personnel correlate the pain level with that of the 0-10 scale. This pain scale is recommended for persons age 3 years and older and can be translated into many languages.

Wong-Baker FACES Pain Rating Scale



- 0 to 10 scale, a numerical pain level scale used for patients who are able to self report pain. A scale of 0 to 10 is used with a 0 representing no pain and 10 being the worst pain imaginable.
- The numerical value can be used with a word anchor, e.g. no pain, mild, discomforting, distressing, horrible, excruciating.

Initial Care:

- Assess the pain and assign a numerical score between 0 – 10 to the pain intensity.
 - The Wong Baker pain rating scale may also be used.
- Pain assessment questions should include, but not be limited to:
 - Character
 - Frequency
 - Location
 - Intensity/Severity
 - Quality
 - Onset
 - Duration
 - Radiation
 - Factors that provoke or relieve pain.
- ALS / ILS Care:
 - Contact Medical Control for orders for pharmacological pain interventions that could include:
 - Nitronox is optional for providers and must be approved by the System.

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EE-24 PAIN MANAGEMENT (continued)

- Nitronox self-administered by patient via face mask at a flow rate consistent with relief of pain, usually 50/50 mix with oxygen.
- (ALS) Toradol:
 - Single administration:
 - IM dosing:
 - Patients < 65 yrs of age: **30 mg.**
 - Patients > 65 yrs of age, renally impaired and/or less than 50 kg (110 lbs) body weight: **15mg.**
 - IV dosing:
 - Patients < 65 yeas of age: **30 mg.**
 - Patients > 65 yrs of age, renally impaired and/or less than 50 kg (110 lbs) body weight: **15mg.**
 - Moderate to Severe Pain:
 - Morphine Sulfate **2-4 mg** IV/IO/IM, titrated to pain response.
 - Can be given with:
 - Ondansetron **4mg** IVP or Phenergan **12.5mg-25mg** IM.
 - (ALS) If allergy to Morphine, consider Fentanyl **1 mcg/kg (maximum of 50 mcg initial dose)**, IV/IO/IM
 - Repeat in increments of **25 mcg.** every 5 minutes with Medical Control approval, for a maximum total dose of **150 mcg.**
 - Elderly >65: max of **25 mcg** initial dose, not to exceed total dose of **100 mcg.**
 - Can be given with:
 - Ondansetron **4mg** IVP or Phenergan **12.5mg-25mg** IM.
- Chest Pain Specifically:
 - Nitroglycerin **0.4mg** tablets sublingually.
 - Morphine Sulfate **2-4 mg** IV/IO/IM titrated to pain response.
 - (ALS) Consider Fentanyl if the patient has an allergy to Morphine.
 - Fentanyl **1 mcg/kg (maximum of 50 mcg initial dose)**, IV/IO/IM
 - Repeat in increments of **25 mcg.** every 5 minutes with Medical Control approval, for a maximum total dose of **150 mcg.**
 - Elderly >65: max of **25 mcg** initial dose, not to exceed total dose of **100 mcg.**
- Following the administration of pain medication, reassess the patient including vital signs and pain level for effectiveness of medication and need for additional management.