Abdominal Pain

History:
- Age
- Past medical / surgical history
- Medications
- Onset
- Palliation / Provocation
- Quality (crampy, constant, sharp, dull, etc.)
- Region / Radiation / Referred
- Severity (1 – 10)
- Time (duration / repetition)
- Fever
- Last meal eaten
- Last bowel movement / emesis
- Menstrual history (pregnancy)

Signs and Symptoms:
- Pain (location / migration)
- Tenderness
- Nausea
- Vomiting
- Diarrhea
- Dysuria
- Constipation
- Vaginal bleeding / discharge
- Pregnancy

Associated Symptoms:
(Helpful to localize source)
Fever, headache, weakness, malaise, myalgias, cough, mental status changes, rash

Differential:
- Pneumonia or Pulmonary embolus
- Liver (hepatitis, CHF)
- Peptic ulcer disease / gastritis
- Gallbladder
- Myocardial Infarction
- Pancreatitis
- Kidney Stone
- Abdominal aneurysm
- Appendicitis
- Bladder / Prostate disorder
- Pelvic (PID, Ectopic pregnancy, Ovarian cyst)
- Spleen enlargement/injury
- Diverticulitis
- Bowel Obstruction
- Gastroenteritis (infectious)

Legend
- EMT
- EMT- I
- Paramedic
- MC Order

Universal Patient Care Protocol

Signs of Dehydration or Shock?

Yes
- IV Protocol
  - NS Bolus (500 ml) 250 ml if age >60
  - 12-Lead EKG

No
- Nausea and/or Vomitting

Zofran 4 mg IVP/IM over 30 seconds
May repeat x1 after 15 minutes

Pain Scale >8/10
Fentanyl 50-100 mcg IV/IN

Pearls:
- Required Exam: Mental Status, Skin, HEENT, Neck, Heart, Lung, Abdomen, Back, Extremities, Neuro
- Do Not administer Fentanyl to women with a potential for Pregnancy
- Abdominal pain in women of childbearing age should be treated as an ectopic pregnancy until proven otherwise.
- Antacids should be avoided in patients with renal disease.
- The diagnosis of abdominal aneurysm should be considered with abdominal pain in patients over 50.
- Appendicitis presents with vague, peri-umbilical pain which migrates to the RLQ over time.
- Do Not administer Zofran to children < 12 years of age.
- Consider Chest Pain Protocol in all patients with Nausea/Vomitting