

EL DORADO COUNTY EMS AGENCY

PREHOSPITAL PROTOCOLS



EMS Agency Medical Director

Effective: January 1, 2017

### BLS Abdominal Emergencies

#### INFORMATION NEEDED:

- Discomfort:
  - Location, quality, severity, onset of symptoms, duration, aggravation, alleviation.
- Associated symptoms:
  - Nausea, emesis, diarrhea, fever, diaphoresis, vertigo, “heart burn”.
- Gastro-intestinal:
  - Time and description of last meal, time of last bowel movement, signs of blood in stool, vomiting blood or coffee-ground emesis.
- Gynecological:
  - Date of last menstrual period, possible pregnancy, history of vaginal bleeding or discharge.
- Medical History:
  - Surgery, related diagnosis (infection, hepatitis, kidney stones etc.) medications (OTC and prescribed), self-administered remedies.

#### OBJECTIVE FINDINGS:

- General Appearance:
  - Level of distress, skin color, diaphoresis
- Abdominal tenderness:
  - Guarding, rigidity, distention, rebound tenderness
- Pulsating masses (aneurysm)
- Quality of femoral pulses

#### TREATMENT:

1. ABC's
2. Place patient in position of comfort or supine with legs elevated if the patient presents with hypotension.

3. Oxygen 10-15L/min via non-rebreather mask or BVM if the patient presents with ineffective respirations.
4. Give patient nothing by mouth
5. Routine medical care

NOTE: completion of a thorough secondary exam and patient history are essential to identify potential cardiac involvement or early signs of shock.