San Mateo County Emergency Medical Services

Non-Traumatic Body Pain
For pain not related to trauma that is not localized to chest, abdomen, head, or extremity

**History**
- Age
- Location and duration
- Severity (0 – 10 scale)
- Past medical history
- Pregnancy status
- Drug allergies and medications
- Back pain
- Groin pain
- Neck pain

**Signs and Symptoms**
- Severity (pain scale)
- Quality (e.g., sharp, dull, or stabbing)
- Radiation
- Relation to movement or respiration
- Increased with palpation of area

**Differential**
- Musculoskeletal
- Rheumatologic/Hematologic
- Pleural/respiratory
- Neurogenic
- Renal (colic)
- Gynecological/obstetrical
- Acute pain not elsewhere classified

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**Assess pain severity**
Use combination of pain scale, circumstances, HPI, and illness severity

**Severe pain**
- Position of comfort
- Apply cold pack if applicable
- Consider, IV
- Assess and monitor respiratory status
- Apply and monitor cardiac rhythm
- For pain consider, Fentanyl
- For nausea consider, Ondansetron
- Notify receiving facility. Consider Base Hospital for medical direction

**Mild pain**
- Position of comfort
- Apply cold pack if applicable
- Monitor and reassess

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**Effective November 2018**

**Effective April 2022**
Pearls

- Use judgment in assessing pain and consider circumstances and history of narcotic use before administering narcotics.
- Pain severity (0 – 10 scale) shall be recorded before and after all BLS pain control measures and ALS pain medication delivery. Monitor blood pressure and respirations closely as pain control medications may cause hypotension or respiratory distress.
- Patients may display a wide variation of response to opioid pain medication (Fentanyl). Consider the patient’s age, weight, clinical condition, other recent drugs, or alcohol and prior exposure to opiates when determining initial dosing.
- Minimal doses of opioids may cause respiratory depression and hypotension in the elderly or those patients who weigh less.
- USE EXTREME CAUTION when administering opioids together with benzodiazepines; this combination results in a deeper level of anesthesia with a significant risk for airway and respiratory compromise.
- It is strongly recommended that vascular access be established for patients who receive IM or IN medication.
- Have Naloxone available to reverse respiratory depression should it occur.
- Contact the base hospital for additional orders of Fentanyl beyond 200mcg.