San Mateo County Emergency Medical Services

Pediatric Chest Pain: Not Cardiac

For musculoskeletal and pleuritic pain and any chest pain that is NOT of possible cardiovascular etiology

History
- Age
- Medications (Erectile dysfunction medications)
- Past medical history (e.g., MI, angina, diabetes, or post menopausal)
- Allergies
- Recent physical exertion
- **O**nset
- **P**rovocation
- **Q**uality (e.g., pressure, constant, sharp, dull, etc.)
- **R**egion/Radiation/Referred
- **S**everity (0 – 10 scale)
- **T**ime (onset/duration/repetition)

Signs and Symptoms
- Heart rate < 60 with associated hypotension, acute altered mental status, chest pain, acute CHF, seizures, syncope, or shock secondary to bradycardia
- Chest pain
- Respiratory distress
- Hypotension or shock
- Altered mental status
- Syncope
- Nausea
- Abdominal Pain
- Diaphoresis

Differential
- Acute myocardial infarction
- Hypoxia
- Pacemaker failure
- Hypothermia
- Sinus bradycardia
- Athletes
- Head injury (elevated ICP) or stroke
- Spinal cord lesion
- Sick sinus syndrome
- AV blocks (e.g., 1º, 2º, or 3º)
- Overdose

E	Supplemental oxygen to maintain $SpO_2 \geq 92\%$
	Position of comfort for pain control
P	*Consider*, cardiac monitor
	Consider, 12-Lead ECG
	Establish IV/IO
	For pain *consider*, **Fentanyl**
	Consider, If age-dependent hypotensive **Normal Saline bolus IV/IO May repeat x2**

Notify receiving facility. Consider Base Hospital for medical direction

Pearls
- Many STEMIs evolve during prehospital care and may not be noted on the initial 12-Lead ECG.
- An ECG should be obtained prior to treatment for bradycardia if patient condition permits.
- If a patient has taken their own Nitroglycerin without relief, consider potency of medication. Provider maximum doses do not include patient administered doses.
- Monitor for hypotension after administration of nitroglycerin and opioids.
- Diabetics, geriatric, and female patients often have atypical pain, or only generalized complaints. Suspect cardiac etiology in these patients, and perform a 12-Lead ECG.