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

Past medical history
- Pregnancy status
- Drug allergies and medications
- Back pain
- Groin pain
- Neck pain

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

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

Severe pain
(Pain scale 7 or greater)

Mild pain

Position of comfort

Apply cold pack if applicable

Consider, fentanyl

Assess and monitor respiratory status

Consider, cardiac monitor

For pain

Consider, ondansetron

Notify receiving facility.

Consider Base Hospital for medical direction

Effective November 2018

Effective August 2020

For pain not related to trauma that is not localized to chest, abdomen, head, or extremity

Consider, ondansetron

Position of comfort

Apply cold pack if applicable

Monitor and reassess

Effective August 2020
### FLACC Scale

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<table>
<thead>
<tr>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Face</td>
<td>No particular expression or smile</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Legs</td>
<td>No particular expression or smile</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Activity</td>
<td>No particular expression or smile</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Cry</td>
<td>No particular expression or smile</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Consolability</td>
<td>No particular expression or smile</td>
<td>5</td>
</tr>
</tbody>
</table>

Pearls
- 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.
- FLACC scale is intended for patients under 12 months of age.
- 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 in those patients who weigh less.
- 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.