Non-Traumatic Extremity Pain/Swelling

For pain, swelling, or other non-traumatic problem of an extremity; includes rashes and non-traumatic bleeding (e.g., cellulitis)

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

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
- Arthritis
- Deep venous thrombosis
- Juvenile rheumatoid arthritis (JRA)/septic joint
- Back pain/sciatica
- Bursitis
- Tendonitis
- Pain in limb, not otherwise specified
- Cellulitis

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/splint if needed

Apply cold pack if applicable

Consider, IV

Assess and monitor respiratory status

Consider, cardiac monitor

For pain

consider, Fentanyl

consider, Ondansetron

Notify receiving facility.
Consider Base Hospital for medical direction

Position of comfort/splint if needed

Apply cold pack if applicable

Monitor and reassess

Effective November 2018

Effective July 2020
Non-Traumatic Extremity Pain/Swelling

For pain, swelling, or other non-traumatic problem of an extremity; includes rashes and non-traumatic bleeding (e.g., varicose vein bleed)

**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.

**FLACC Scale**

<table>
<thead>
<tr>
<th></th>
<th>Face</th>
<th>Legs</th>
<th>Activity</th>
<th>Cry</th>
<th>Consolability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No particular expression or smile</td>
<td>No particular expression or smile</td>
<td>No particular expression or smile</td>
<td>No particular expression or smile</td>
<td>No particular expression or smile</td>
</tr>
<tr>
<td>2</td>
<td>Occasional grimace or frown, withdrawn, disinterested</td>
<td>Frequent to constant frown, clenched jaw, quivering chin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Occasional grimace or frown, withdrawn, disinterested</td>
<td>Frequent to constant frown, clenched jaw, quivering chin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Occasional grimace or frown, withdrawn, disinterested</td>
<td>Frequent to constant frown, clenched jaw, quivering chin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Occasional grimace or frown, withdrawn, disinterested</td>
<td>Frequent to constant frown, clenched jaw, quivering chin</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Copyrighted material of Healthcare Inspirations. Author reserves all rights.*