

Abdominal Pain - Level I

ABDOMINAL PAIN
Level I
(If subjective data sufficient, no exam is necessary.)

Skill Level: RN

Definition: Vague gastric discomfort, aching, burning, or steady upper or lower abdominal pain that may occur after eating and is not severe or disabling.

MILD	
<p>Subjective:</p> <ul style="list-style-type: none">• Symptoms may be associated with eating or episodic.• Antacids may help symptoms.• May give prior history of ulcer disease.• "My stomach hurts."• Discomfort described as: fullness, heartburn, bloating, or nausea.• Pain does not radiate out of abdominal area.	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in comfort: Dyspepsia, gas pain, and abdominal distention: Abdominal Pain• Potential for fluid volume deficit and altered nutritional status due to N&V and/or diarrhea.
<p>Objective:</p> <ul style="list-style-type: none">• Jaundice, scleral icterus, excessive paleness not present.• Assess emotional status, tension and stress.• No obvious or severe pain.• Nausea and vomiting and/or diarrhea may be present.• Not vomiting blood.• Pain is not localized.	<p>Plan:</p> <p>Patient education and self-care items for this protocol include:</p> <ul style="list-style-type: none">• Antacids 1-2 tabs every 4 hours prn (available on housing unit) At nursing discretion may use any of the below:• Provide patient education.• Review medications with the patient and advise patient to stop ASA or NSAIDS.• Increase fluid intake.• Reduce caffeine intake.• No nicotine.• Self-selected bland diet.• Return to clinic if symptoms worsen or not improved by the above measures in 72 hours.

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	<p>Plan continued:</p> <ul style="list-style-type: none">• If pain is present for more than 72 hours, see Level II.• If prior history of ulcer disease, but patient otherwise fits protocol, consider provider evaluation.
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APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

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2/24/2015

Medical Director

Date

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