EPISTAXIS
Level II

Skill Level: RN

Definition: The discharge of blood from the nares due to rupture of a blood vessel in the nose (usually the anterior septum), not controlled within 15 minutes of application of compression.

MODERATE	
Subjective: • "I have a bloody nose." • Obtain a history of anticoagulant, aspirin or NSAID use. • Time of onset, duration longer than 15 minutes. • Second/multiple episode within a week.	**Assessment:** • Potential for anxiety. • Altered intra-nasal skin integrity/Epistaxis.

Objective:
• Mild findings plus:
• Recurrent bleeding within an hour.
• Bleeding not resolved within 15 minutes.
• If trauma, may have obvious nasal deformity and/or foreign body.
• Persistent gagging is not present.
• B/P normal for patient.
	Plan:
	Provide Level I treatment plan plus:
	• Apply very firm continuous external compression by pinching anterior nose for 15 additional minutes.
	• Afrin one spray to bleeding nostril every 15 minutes x 3 as needed (helps vasoconstrict).
	• Notify practitioner if:
	  ○ Have applied very firm compression to anterior nose for 15 minutes up to 4x (one hour total) and bleeding persists.
	  ○ If facial trauma, loss of consciousness, or blurred vision. (Consider Head Trauma protocol.)
	• If recurrent Epistaxis, refer to practitioner's next clinic.

SEVERE	
Subjective: • "I have a bloody nose that won't quit." • "I feel weak" • Obtain a history of cause, trauma, anti-coagulant use or Aspirin/NSAID intake recently. • Time of onset, duration and frequency.	**Assessment:** • Alteration in fluid volume: deficit related to blood loss.
Objective: • Bleeding not resolved within parameters of moderate treatment plan, **or** • Evidence of massive bleeding, **or** • Vital signs unstable (hypotension), **or** • Evidence of bleeding from posterior nasopharynx, **or** • Diminished LOC, **or** • Abnormal bleeding disorder, bruising and/or petechiae.	**Plan:** • Assess for shock; if present initiate emergency protocol for shock. • If no shock present, continue pressure and notify practitioner for orders.

Nursing Education:

1. Patient may experience nausea and vomiting due to swallowing blood.
2. It's infrequent that a nosebleed will be so severe that transport is needed, but if patient's i bleeding, is uncontrollable, consider transport.
3. If Afrin is used for many days at a time, addiction can occur

Patient Education:

1. Once bleeding has stopped, instruct patient against vigorous blowing of nose or picking at nose, or use of Aspirin for pain.
2. Rest with HOB elevated 30-45 degrees above level of heart.
3. Do not strain during bowel movements
4. No heavy lifting
5. Avoid hot beverages for 24 hours
6. Recontact Health Services if nosebleed recurs within 1 week.
7. May use petroleum based product (e.g. Vaseline) to minimize dry mucous membranes X 1-2 weeks. Drying can worsen nosebleeds.

Epistaxis - Level II

APPROVED:

Medical Services Manager	Date
Chief Medical Officer	Date
Steve Sheerson MD.	2/24/2015
Medical Director	Date

Effective Date: 3/2015
Revised: February 2015