

	COUNTY OF SACRAMENTO EMERGENCY MEDICAL SERVICES AGENCY	Document #	8066.09
	PROGRAM DOCUMENT: Pain Management	Initial Date:	07/23/13
		Last Approved Date:	11/14/19
		Effective Date:	07/01/20
		Next Review Date:	06/01/24

Signature on File

EMS Medical Director

Signature on File

EMS Administrator

Purpose:

- A. To serve as the treatment standard for treating patients with complaints of pain.

Authority:

- A. California Health and Safety Code, Division 2.5
- B. California Code of Regulations, Title 22, Division 9

Protocol:

Every patient deserves to have their pain managed. Not all painful conditions require ALS intervention. BLS pain management methods (reassurance, adjusting position of comfort, ice or heat, and gentle transport) can be considered before deciding to treat with narcotic medication.

Criteria to consider pain medication for pain control. (ALL criteria must be met):

- A. Discomfort/Pain of Suspected Cardiac Origin:
 - 1. Moderate to Severe pain not relieved by oxygen administration and 3 doses of NTG, or in patients who cannot take NTG because they are taking PDE-5 inhibitors
 - 2. SBP > 90 mmHg
 - 3. RR > 6 10
- B. Burns:
 - 1. Partial or full thickness burn(s) with moderate to severe pain and without evidence of shock or altered mental status.
 - 2. SBP > 90 mmHg
 - 3. RR > 6 10
- C. Trauma:
 - 1. Moderate to severe pain from amputations and/or suspected rib fractures, extremity fracture(s), including hip or shoulder injuries, or dislocations.
 - 2. No evidence of head injury and GSC=15 or baseline
 - 3. SBP > 90 mmHg
 - 4. RR > 6 10
- D. Other (i.e. non-traumatic abdominal pain, back pain, gallstones, pancreatitis, kidney stones, sickle cell crisis, cancer pain):
 - 1. Moderate to severe pain
 - 2. SBP > 90 mmHg
 - 3. RR > 6 10

NOTE: SBP of < 90 mmHg is not a contraindication for Ketamine. See NOTE under ALS for contraindications for Ketamine.

BLS

1. Assess and support ABC's and needed.
2. Supplemental O2 as necessary to maintain SpO2 \geq 94%. Use the lowest concentration and flow rate of O2 as possible. Assess and treat, as appropriate, for underlying cause.
3. Transport

ALS

1. Advanced Airway adjuncts as needed.
2. Cardiac and SpO2 monitoring.
3. Initiate vascular access.
4. Document pain scale (sample scale attached below) with initial assessment/vital signs, after each administration of medication, and after all procedures.
5. Pain medications shall be titrated to relief if pain not effectively managed with BLS pain management methods. **Only use one (1):**

a. Fentanyl Citrate:

- Cardiac: 1 mcg/kg slow IV/IO **push every 5 minutes** or IN/IM ~~every 5~~ **10** minutes. **Repeat as needed** to a max dose of 2 mcg/kg total.
- Burn: 1 mcg/kg slow IV/IO **push every 5 minutes** or IN/IM ~~push~~ **every 5-10** minutes. **Repeat as needed** ~~as-needed~~ to a max dose of 3 mcg/kg total.
- Trauma: 1 mcg/kg slow IV/IO **push every 5 minutes** or IN/IM ~~push~~ **every 5 10** minutes. **Repeat as needed** to a max dose of 2 mcg/kg total.
- Other: 1 mcg/kg slow IV/IO **push every 5 minutes** or IN/IM ~~push~~ **every 5-10** minutes. Repeat as needed to a max dose of 2 mcg/kg total.

b. Morphine Sulfate:

- Cardiac: 2mg slow IV/IO push every 5 minutes. Max dose of 0.2 mg/kg.
- Burns: ** 0.1mg/kg slow IV/IO push every 5 minutes. Max dose of 0.3 mg/kg
- Trauma: ** 0.1 mg/kg slow IV/IO push every 5 minutes. Max dose of 0.2 mg/kg.
- Other: 0.1 mg/kg slow IV/IO push every 5 minutes. Max dose of 0.2 mg/kg.

c. Ketamine (non-Opioid): Not to be used for cardiac pain. For all other pain administration as follows:

- Mix 0.3 mg/kg Ketamine (max dose = 30mg) in 50-100 ml normal saline solution (~~NSS~~) or D5W and administer slow IV drip over ten (10) minutes.
- If pain remains at, or returns to, moderate or severe, you may administer **fifteen minutes after the first dose**, a second dose of 0.3 mg/kg Ketamine (max dose=30 mg) in 50-100 ml NSS or D5W and administer slow IV drip over ten (10) minutes.

NOTE: Do not administer opioids to patients with any of the following contraindications:

- Systolic BP < 90mmHG
- Hypoxia or respiratory rate < **6-10**
- ALOC or evidence of traumatic brain injury

Do not administer Ketamine to patients with any of the following contraindications:

- Pregnancy
- ALOC
- Multi-system trauma or active bleeding
- **DO NOT ADMINISTER OPIOIDS AND KETAMINE TO THE SAME PATIENT**

Examples of a 0-10 Pain Scale

	0
Minor Able to adapt to pain	1 Very Mild
	2 Discomforting
	3 Tolerable
Moderate Interferes with many activities.	4 Distressing
	5 Very Distressing
	6 Intense
Severe Patient is disabled and unable to function independently.	7 Very Intense
	8 Utterly Horrible
	9 Excruciating Unbearable
	10 Unimaginable Unspeakable