

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.• Ascertain use and effectiveness of antacids.• May give history of ulcer disease.• Symptoms are episodic.• "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. At nursing discretion may use any of the below:• Provide patient education.• Increase fluid intake.• Reduce nicotine and caffeine intake.• Self-selected bland diet. --instruct patient regarding personal responsibility.• Return to clinic if symptoms worsen or not improved by the above measures in 72 hours.• If symptoms are consistent with more severe disease, refer to Level II.• If pain has been present for greater than 72 hours, see Level II.

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	<ul style="list-style-type: none">• Review medications with the patient and advise patient to stop ASA or NSAIDS.• If abdominal pain is localized (to one part of the abdomen only), go to Level 2.
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APPROVED:

Health Services Manager

Date

Chief Medical Officer

Date

Steve Shuman MD

Medical Director

1/12/09

Date

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