

# ABDOMINAL PAIN

Routine medical care

Treat any immediately life threatening symptoms first  
(hypotension, shock)

Obtain initial vital signs. If vital signs indicate patient is in shock, IMMEDIATELY treat per SHOCK protocol while continuing steps of ABDOMINAL PAIN protocol.

## INITIAL TREATMENT

- Establish airway and maintain as indicated.
- Administer high concentration oxygen.
- DO NOT give the patient anything by mouth.
- Allow the patient to assume a position of comfort.

## Perform a focused history

- Ask the patient to describe the pain:
  - What were they doing when the pain started?
  - What makes it better or worse?
  - What does it feel like?
  - Where is the pain? Does it move anywhere?
  - How bad is it? (refer to pain scale)
  - Is it constant or does it come and go?
- Has the patient ever had the pain before?
- When did the patient last eat? What was it?
- When was their last bowel movement? Was there blood or black material in it?
- Have they vomited? Was there any blood or coffee ground material present?
- What other symptoms are present? (fever, chest pain, nausea, trouble breathing)
- Is there any history of trauma?
- If the patient is female:
  - Determine when last menstrual period was.
  - Have menstrual periods been regular?
  - Has there been any vaginal bleeding or discharge?
  - Is there the possibility of pregnancy?
- Is there any other relevant past medical history?
- Has the patient had any abdominal surgeries?

Sharp or dull pain in stomach area  
"popping" sensation in abdomen  
cramping  
nausea/vomiting  
tenderness on palpation  
bruising to abdominal area