



# Portage County EMS Patient Care Guidelines



## Nausea and Vomiting

**Note:**

- Consider potential causes:
  - Infectious diseases
  - Food borne illness
  - Drug or alcohol intoxication
  - Adverse reaction to medication
  - Head injury
  - Diabetic problems
  - Heart problems (angina, CHF)
  - Abdominal problems (bowel obstruction, pancreatitis)
  - Vertigo

<b>Priorities</b>	<b>Assessment Findings</b>
Chief Complaint	Nausea and/or vomiting
LOPQRST	Onset, number of episodes of vomiting
AS/PN	Associated diarrhea? Bloody emesis or diarrhea?
AMPL	Recent travel, exposure to others with similar problem, contaminated food? Alcohol excess? Drugs or other toxins?
Initial Exam	ABCs and correct immediately life-threatening problems.
Detailed Focused Exam	<b>Vital Signs:</b> BP, HR, RR, Temp, SpO2 <b>General:</b> Ill appearing? Dehydrated? <b>Abdomen:</b> Soft? Tender? Distended? <b>Neuro:</b> ALOC?
Data	SpO2, SpCO
Goals of Therapy	Stop vomiting, relieve nausea, correct dehydration
Monitoring	Response to medications.

### EMERGENCY MEDICAL RESPONDER/ EMERGENCY MEDICAL TECHNICIAN

- Routine Medical Care
- Administer oxygen 2 – 4 LPM per nasal cannula if SpO2 < 94%
  - Do not use an oxygen mask
- Check blood glucose level. Refer to *Altered Level of Consciousness guideline* as needed for hypo- or hyperglycemia.
- Refer to *Toxic Exposure/ Overdose guideline* as needed (i.e. carbon monoxide)
- Inquire as to others with similar symptoms. Notify incoming ambulance of positive findings.

*Give a status report to the ambulance crew by radio ASAP.*

### ADVANCED EMERGENCY MEDICAL TECHNICIAN

- IV normal saline @ KVO
- Give a 500 ml bolus if signs of dehydration are present

*Contact Medical Control for the following:*

- Additional fluid orders

### INTERMEDIATE

- **Ondansetron**[1]
  - ADULT 4 – 8 mg slow IV/IO push or 8 mg orally disintegrating tablet (ODT)
  - PEDS 2 – 4 mg slow IV/IO push or 4 mg ODT (child age 4 – 11 years) or 2 mg ODT (child age 2 – 4 years)

### PARAMEDIC

- **Diphenhydramine** 25 – 50 mg IM or IV

*Contact Medical Control for the following:*

- Additional doses of ondansetron

### FOOTNOTES:

[1] PARAMEDIC ONLY: Metoclopramide may be substituted for ondansetron in the event of medication shortage. **Metoclopramide** 10 mg IM or slow IV push.

Date of Origin: 3/25/14	Medical Director Approval: 12/18/2016
Date of This Revision: 10/15/15	Electronically Signed
State of Wisconsin Approval 03/20/2017	M. Sarah Brandt, MD
Date of Review: 11/1/2016	