

**NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES
OFFICE OF EMERGENCY MEDICAL SERVICES
EMT-BASIC TREATMENT PROTOCOLS**

Chest Pain/Discomfort

Perform the following:

- Scene size-up and the initial assessment.
- Administer 100% oxygen using a non-rebreather delivery device at 15 liters/minutes, unless the patient is unable to tolerate this device. If so, then administer oxygen using a nasal cannula at 6 liters/minute.
- Place the patient in a position of comfort.
- Ensure that advanced life support (ALS) has been requested and monitor response time.
- Obtain baseline vital signs and obtain the SAMPLE history.
- Conduct the focused assessment and physical exam.

Initiate treatment if the following conditions are present:

- A chief complaint of chest pain or chest discomfort and the patient is currently experiencing pain or discomfort.
- The patient possess his/her own prescribed Nitroglycerin (NTG) in either tablet or spray form.
- The patient's systolic blood pressure is equal to (=) or greater than (>) 120 mm Hg.
- The patient has NOT taken the maximum number of doses (usually no more than 3 tablets or 3 sprays within a 15 minute time frame).

The procedure for administration is as follows:

- Be sure the medication is prescribed for the patient
- Check the medication's expiration date.
DO NOT ADMINISTER THE MEDICATION IF IT IS BEYOND THE DATE OF EXPIRATION.
- Assist in the administration of one tablet (under the patient's tongue), or one spray, and wait approximately one to two minutes before reassessing the patient's chest pain or discomfort.
- If chest pain or discomfort is not relieved, and the systolic blood pressure remains > 120 mm Hg, you may repeat the administration of one tablet or one spray.

NOTE: YOU MAY REPEAT THE ADMINISTRATION OF NTG UP TO THREE TIMES WITHIN A 10 TO 15 MINUTE TIME FRAME, PROVIDED THAT THE PATIENT HAS NOT ALREADY TAKEN ONE OR MORE DOSES DURING THAT TIME FRAME OR THE PRESCRIPTION CALLS FOR A DIFFERENT DOSAGE. A MAXIMUM OF 3 NTG MAY BE ADMINISTERED FOR EACH EPISODE OF CHEST PAIN (CP).

REMEMBER: REASSESS THE PATIENT AFTER EACH DOSE AND DO NOT DELAY TRANSPORT.

Contraindications

- Hypotension (a systolic blood pressure of less than (<) 120 mm Hg).
- A head injury.
- Infants and children.
- Patients who have already taken the maximum dose prior to your arrival.

REMEMBER: WHEN QUESTIONS OR CONCERNS ARISE, CONTACT MEDICAL CONTROL.