

Epistaxis

This policy applies to: Patients whose chief complaint is severe or prolonged bleeding from the nose.

Exclusion Criteria: Patients with respiratory compromise may first require airway control and mechanical ventilation. Patients with hemodynamic compromise may first require volume and blood product resuscitation.

Recognize

- Severity of Bleeding
- Airway patency
- Distress or Anxiety
- Blood Thinners / Coagulopathies
- Hemodynamic status
- Facial trauma
- Environmental factors

Evaluate

- Medical History and Medications
- Airway patency
- Circulatory status
- Bleeding disorders
- Estimate Blood Loss
- Pain

Administer Treatment

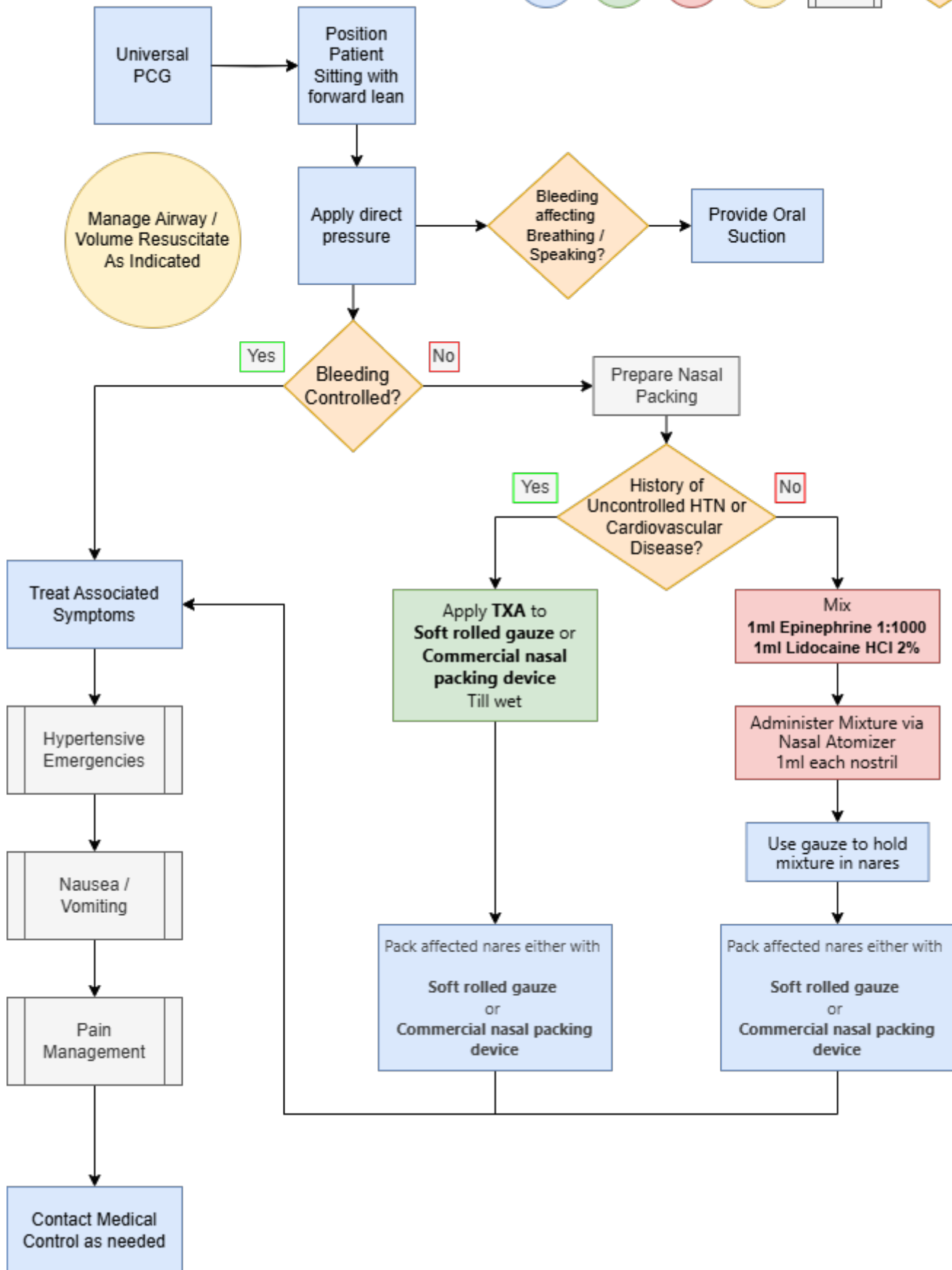
- Patient positioning
 - Place patient in an upright sitting position with a forward lean to prevent ingestion or aspiration of blood.
- Apply direct pressure to the soft part of the nose.
- Provide oral suctioning as needed.
- Manage hypovolemia / shock as indicated.

- Manage airway as indicated
 - Consider **Zofran** IV/IO for nausea associated with blood ingestion. Avoid PO administration.
 - Consider analgesia.
 - Consider mild sedation due to risk of increased bleeding from anxiety associated hypertension.
 - If bleeding unresolved via direct pressure consider nasal packing.
 - Prepare mixture of:
 - **1ml Epinephrine 1:1000**
 - **1ml Lidocaine HCl 2%**
 - For patients with Cardiovascular disease or uncontrolled hypertension:
 - Apply TXA as needed to soft rolled gauze or a commercial nasal packing device till wet.
 - Begin packing affected nares.
 - For all else:
 - Administer 1ml of mixture to each affected nare via nasal atomizer. Using gauze to prevent leaking after administration.
 - Begin packing affected nares either with moistened soft rolled gauze or a commercial nasal packing device.
 - Consider **IV/IO opioids** for pain management. Avoid PO administration.
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Consider Differentials

- Facial Fractures
 - Uncontrolled Hypertension
 - Illicit drug use
 - Bleeding Disorders
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Navigate



References

Protocols

Medications

Procedures

Resources

<https://www.youtube.com/embed/9i8qIZ-G1GM?t=01m25s>

Revision #9

Created 6 December 2024 16:01:33 by James Anderson

Updated 11 December 2024 20:16:31 by James Anderson