

# Standardized Nurse Activated Protocols (SNAPs)

- *SNAPs by presenting complaint/problem help nurses initiate care before the patient is seen by a physician.*
- *SNAPs should be approved by ED team consensus*
- *If patient unstable in any way, immediately notify the emergency physician.*
- *Fever is defined as oral T > 100.3°F or rectal T > 101.3°F*
- *Standing orders are separated into **tests/procedures** and **medications/fluids**.*
- *Medication dosing is for adults unless otherwise mentioned*
- *Of course, withhold a medication when the patient reports allergy or sensitivity or if you feel it may be contraindicated*

## **Abdominal Pain – Upper, Right-Sided, Peri-umbilical, or Diffuse**

- Obtain IV access and draw blood
- CBC, CMP, lipase, UA
- For females age 12-50 yrs: Urine HCG
- For age >40, diabetic, or history of CAD: EKG, cardiac enzymes
- Keep patient NPO
- Request physician to order CT or US, if necessary
- Dilaudid 1mg IVP (0.5 mg if > 60 yrs or < 60 kg)
- Zofran 4 mg IVP PRN for nausea/vomiting

## **Abdominal Pain – Lower**

- Obtain IV access and draw blood
- CBC, BMP, UA, urine culture
- For females age 12-50 yrs: Urine HCG, prepare for pelvic examination
- Keep patient NPO
- Request physician to order CT or US, if necessary
- Dilaudid 1mg IVP (0.5 mg if > 60 yrs or < 60 kg)
- Zofran 4 mg IVP PRN for nausea/vomiting

## **Allergic Reaction (severe)**

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access and draw blood
- Benadryl 50mg IV, Solumedrol 125 mg IV, Pepcid 20 mg IV
- If hypotension or respiratory distress: Epinephrine .3mg IM



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## Altered Mental Status

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access and draw blood
- ECG
- Rapid glucose
- CBC, BMP, cardiac enzymes, drug screen, ETOH level, drug levels as applicable
- UA and urine culture
- Chest X-ray
- If evidence of sepsis or toxic appearing: lactate, VBG
- If on Coumadin: PT/INR, type and screen, CT Head
- Hydrate with 250 mL NS bolus

## Animal bite

- Cleanse skin and irrigate wound
- Obtain radiograph if extremity wound and bony tenderness or possible foreign body
- Tetanus Protocol
- For dog/cat bites Augmentin 875/125 mg po if no PCN allergy and weight > 50 kg

## Asthma or COPD Exacerbation

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access if severe distress
- Supplemental oxygen to maintain SpO<sub>2</sub> >93%
- Begin nebulizer with Albuterol 2.5 mg/Atrovent 0.5mg
- Child: Give Omapred 2 mg/kg PO or, if unable, Solumedrol 1 mg/kg IVP
- Adult: Give prednisone 60 mg PO or, if unable, Solumedrol 125 mg IVP

## Chest Pain (under age 35)

- Cardiac monitor/continuous SpO<sub>2</sub>
- ECG (and obtain prior ECG)
- Chest X-ray

## Chest Pain (age 35 and older)

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access (saline lock) and draw blood
- ECG (and obtain prior ECG)
- CBC, CMP, cardiac enzymes
- If on Coumadin, order PT/INR, if on Digoxin, order Digoxin level
- Chest X-ray
- O<sub>2</sub> 2L NC if SpO<sub>2</sub> < 95% on RA
- ASA 325 mg po (unless allergic or already taken in last 24 hours)



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**Cough AND fever, hypoxia, tachypnea, or high suspicion for pneumonia**

- Chest X-ray

**Dehydration / Diarrhea / Vomiting**

- Obtain IV access and draw blood
- CBC, BMP, UA, urine HCG (all females age 12-50 years old), urinalysis
- Hydrate with 1 L NS bolus (consider oral re-hydration in children)
- Child > 25 kg and adults: Zofran 4 mg ODT or IVP PRN for nausea/vomiting

**Dizzy / Lightheadedness AND age >50, diabetes, or history of CAD**

- Cardiac monitor/continuous SpO2
- Obtain IV access (saline lock) and draw blood
- ECG
- CBC, BMP, magnesium, cardiac enzymes, UA
- For females age 12-50 yrs: Urine HCG
- Chest X-ray
- Hydrate with 250 mL NS bolus

**Eye chemical exposure**

- Apply Tetracaine, 2 drops to each affected eye
- Irrigate affected eyes (manually or with irrigating contact lens)
- Check visual acuity

**Fever – Antipyretics or Mild-Moderate Pain**

Adults

- **First choice: Acetaminophen: 650mg q 4h PO or PR**
  - Do not use in those with known with allergy, sensitivities, or liver disease
- **Second choice: Ibuprofen: 400 mg q 6h**
  - Do not use in pregnant patients or those with known allergy/sensitivity, renal disease, peptic ulcer disease, or taking Coumadin

Children

- **First choice: Ibuprofen: 10 mg/kg up to max 400 mg PO**
  - Do not use in pregnant patients or those with known allergy/sensitivity, renal disease, peptic ulcer disease, or on Coumadin
- **Second choice: Acetaminophen: 15 mg/kg up to max 650 gram PO or PR**
  - Do not use in those with known with allergy, sensitivities, or liver disease



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## Fever in the Elderly or Chronically Ill

- Obtain IV access and draw blood
- ECG
- CBC, CMP, blood cultures x 2
- UA and urine culture
- Chest X-ray
- If evidence of sepsis or toxic-appearing: lactate, VBG
- Hydrate with 250 mL NS bolus
- Tylenol 650 mg PO or PR

## Flank Pain

- Obtain IV access and draw blood
- CBC, BMP, UA, urine culture
- For females age 12-50 yrs: Urine HCG
- Request physician to order CT or US, if necessary
- Dilaudid 1mg IVP (0.5 mg if > 60 yrs or < 60 kg)
- Zofran 4 mg IVP PRN for nausea/vomiting

## Fracture (suspected)

- Obtain IV access and draw blood
- Xray appropriate area
- Dilaudid 1mg IVP (0.5 mg if > 60 yrs or < 60 kg)
- Zofran 4 mg IVP PRN for nausea/vomiting
- If fracture is open, irrigate wound and cover with sterile dressing, Ancef 1g IV, Tetanus Protocol

## GI Bleed (>50 years old, severe bleeding, or abnormal vitals)

- Cardiac monitor/continuous SpO2
- Obtain IV access and draw blood
- CBC, BMP, PT/INR, PTT, Type and Screen
- ECG

## Headache (severe)

- If on coumadin: PT/INR, type and screen, CT Head
- Reglan 10mg IV
- Benadryl 25 mg IV
- Hydrate with 500 mL NS bolus

## Hematuria

- UA, urine culture
- For females age 12-50 yrs: Urine HCG



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## Hyperglycemia

- Obtain IV access and draw blood
- CBC, BMP, serum ketones, UA
- For females age 12-50 yrs: Urine HCG
- Request physician to order CT or US, if necessary
- Hydrate with 500 mL NS bolus

## Hypoglycemia

- If normal mental status and well appearing: PO juice or soda then meal tray
- Otherwise, obtain IV access and draw blood
- Repeat blood sugar in 45 minutes
- If abnormal mental status or ill appearing: 1 amp D50W IV

## Laceration

- Irrigate wound
- X-ray appropriate area if high suspicion for foreign body
- Tetanus Protocol

## Overdose

- Cardiac monitor/continuous SpO2
- Obtain IV access and draw blood
- ECG
- CBC, CMP, UA, drug screen, ETOH level, Tylenol level, salicylate level, additional drug levels as applicable

## Palpitations

- Cardiac monitor/continuous SpO2
- Obtain IV access (saline lock) and draw blood
- ECG
- CBC, BMP

## Pregnancy <14 wks and Bleeding or Pelvic Pain

- Obtain IV access and draw blood
- CBC, quantitative HCG, type/Rh
- UA and urine culture
- Keep patient NPO
- Prepare for pelvic exam
- Pelvic ultrasound (preg survey/first trimester)
- Hydrate with 500 mL NS bolus



# Standardized Nurse Activated Protocols (SNAPs)

## Seizure (new onset or altered mental status)

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access and draw blood
- Rapid glucose
- CBC, CMP, magnesium
- CT Head
- Obtain seizure drug levels if applicable
- Seizure precautions
- Ativan 2mg IV/IM if actively seizing

## Seizure (history of seizures and normal mental status)

- Rapid glucose
- Obtain seizure drug levels if applicable (Dilantin, Depakote, Tegretol, Phenobarbital)
- Seizure precautions
- Ativan 2mg IV/IM if actively seizing

## Shortness of Breath (under 50)

- Cardiac monitor/continuous SpO<sub>2</sub>
- Chest X-ray
- O<sub>2</sub> 2L NC if SpO<sub>2</sub> < 95% on RA

## Shortness of Breath (age 50 and older)

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access and draw blood
- ECG (and obtain prior ECG)
- CBC, BMP, cardiac enzymes, BNP level
- Chest X-ray
- O<sub>2</sub> 2L NC if SpO<sub>2</sub> < 95% on RA

## Sore Throat (suspicion for strep throat)

- Rapid Strep

## Stroke Symptoms

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access (saline lock) and draw blood
- Rapid glucose
- ECG (and obtain prior ECG)
- CBC, BMP, magnesium, cardiac enzymes
- CT Head
- If on Coumadin: PT/INR, type and screen
- O<sub>2</sub> 2L NC if SpO<sub>2</sub> < 95% on RA



# Standardized Nurse Activated Protocols (SNAPs)

## Syncope

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access and draw blood
- ECG (and obtain prior ECG)
- CBC, BMP, magnesium, cardiac enzymes, BNP level
- For females age 12-50 yrs: Urine HCG
- Chest X-ray
- If on Coumadin: PT/INR, type and screen, CT Head
- O<sub>2</sub> 2L NC if SpO<sub>2</sub> < 95% on RA
- Hydrate with 500 mL NS bolus

## Tetanus Protocol for Adults

- Indications: eye/skin wound or infection and last immunization > 5 years for dirty wounds or last immunization > 10 years for clean wounds
- Discuss with physician if patient has not received initial tetanus immunization series
- dT 0.5 ml IM in deltoid of upper extremity [May use Tdap (Adacel) in adults under 65 years and not known to be pregnant]

## Urinary Tract Infection (suspected)

- UA and urine culture
- For females age 12-50 yrs: Urine HCG

## Urinary Retention

- Urinary catheter with leg bag
- UA and urine culture
- Lidocaine 2% jelly (Urojet) injected into urethra for males

## Weakness AND age >50, diabetes, or history of CAD

- Cardiac monitor/continuous SpO<sub>2</sub>
- Obtain IV access (saline lock) and draw blood
- ECG
- CBC, BMP, magnesium, cardiac enzymes, UA
- For females age 12-50 yrs: Urine HCG
- Chest X-ray
- Hydrate with 250 mL NS bolus

