

# PAIN-K Protocol Steps

## *Reminder Sheet*

### Consider Indications    Contraindications

1

Patients who have an acute painful condition, as determined by the EHS attendant, who report a pain score of 5 or greater (signifying moderate or severe pain) on an 11 point VNRS and wish to receive analgesia when queried

- Less than 18 years of age.
- Previous hypersensitivity, intolerance or allergy to ketamine
- Chest pain
- Altered mental status
- Inability self report pain score
- Pregnancy
- Nasal occlusion
- Ineligible to receive inhaled nitrous oxide as per BC EHS protocols
- Any patient who requires the immediate attention of the paramedic
- Hemodynamic instability as defined by a systolic blood pressure of less than 90 mmHg

2

**Rate the pain using VRNS**

3

**Verbal Ascent Form**

4

**Use Entonox**

5

**Rate the pain VRNS**

6

**Ketamine Administration**

7

**Rate the pain VRNS**

8

**Follow up Consent Form**

9

**Documentation and follow up**

# Intranasal Ketamine Delivery Procedure

## Intranasal ketamine delivery materials:

Syringe of medication based on estimated body weight:

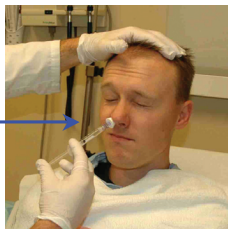
Small (Yellow): < 50 kg

Medium (Red): 50 kg – 100 kg

Large (Purple): > 100kg

## Procedure:

1. Using your free hand to hold the crown of the head stable, place the tip of the atomizer snugly against the nostril aiming slightly up and outward (towards the top of the ipsilateral ear).
2. Briskly compress the syringe plunger to deliver approximately half of the medication into the nostril.



3. Briskly compress the syringe plunger to deliver the remaining half into the other nostril.

