

**San Joaquin County  
Emergency Medical Services Agency**



## **BLS Chest Pain of Suspected Cardiac Origin**

**AUTHORITY:** Health and Safety Code, Division 2.5, Sections 1797.60, 1797.80, 1797.197, 1797.197a, 1797.204, 1797.220, 1798; California Code of Regulations, Title 22, Chapter 2, Sections 100062, 100063, 100064

### INFORMATION NEEDED:

Discomfort or pain: (OPQRST) Onset, Provocation, Quality, Radiation, Severity, Timing.  
 Associated symptoms: Nausea, vomiting, diaphoresis, dyspnea, dizziness, palpitations, indigestion.  
 Medical history: Other medical problems, including hypertension, diabetes or stroke.  
 History of aspirin use: Has the patient taken an aspirin today? Does the patient usually take aspirin? Has the patient been advised by their private medical doctor to take one (1) aspirin a day?

### OBJECTIVE FINDINGS:

General Appearance: Level of distress, apprehension, skin color, diaphoresis.  
 Signs of CHF: Dependent edema, respiratory distress, distended neck veins.  
 Chest auscultation: Muffled heart sounds; lung sounds: stridor, wheezes, rales.  
 Assess abdominal tenderness.  
 Assess pain on a scale of 1-10.

### TREATMENT:

1. Primary Survey - ensure ABC's.
2. Reassure patient and place in position of comfort, or supine if patient is hypotensive.
3. Ensure ALS Response.
4. Monitor SpO2.
5. Administer oxygen for shortness of breath or signs of hypoxia: Oxygen 10 - 15 L/min via non-rebreathing mask, start at 2 L by cannula if patient has a history of COPD. Be prepared to support ventilations with appropriate airway adjuncts.
6. Re-assess patient.
7. EMT: Assist patient with taking their **OWN** sublingual nitroglycerin: Administer 1 tablet or metered spray dose sublingual, if systolic blood pressure is greater than 90. May be repeated every 5 minutes to a maximum of 3 doses, if systolic blood pressure remains greater than 90. Note: Nitroglycerin is contraindicated and should **NOT** be

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Page 1 of 2

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administered to patients of either gender who have taken Viagra, (sildenafil citrate) or Levitra (vardenafil HCL) within 24 hours or Cialis (tadalafil) within 36 hours.

8. Enhanced Skills EMT: Administer Aspirin 324mg tablet by mouth, if patient has not already taken aspirin.
9. Secondary Survey and Routine Medical Care.

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Page 2 of 2

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