EPISTAXIS (NOSE BLEED)

Hypertension
Direct trauma
Past History

Routine Medical / Trauma Care

Place patient in sitting position, leaning forward if possible. If not possible, place patient in semi-fowlers position

Apply direct pressure to affected nare by pressing it toward bridge of nose. (Pinch Nose)

Apply indirect ice or cold pack to nose and face.

Obtain baseline vitals and history.

For all nosebleeds that persist for longer than 15 minutes or for diastolic BP > 90 mm/hg, suggest patient seek evaluation and treatment at medical facility. Offer EMS transport.

Monitor vitals every 15 minutes until EMS arrival