

# 38 – ABD. PAIN, RAFTING

## COLORADO



### THE STORY:

A 22 y/o female river guide complained to her coworkers of a gradual onset of abdominal pain over the previous 36hrs. She stated she dismissed the pain initially as an intestinal problem but became

concerned as the pain intensified and her efforts to alleviate it were unsuccessful. Her coworkers took a set of vitals at 1900hrs.: Pulse: 72, Resp.: 16, Skin: normal, Pt was alert and uncomfortable.

**Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1900 hrs. with Anticipated Problems and an appropriate Treatment Plan. What questions would you like to ask this Pt?**

At 2000 hrs. the pain had increased, was constant, focal in the lower right quadrant, and the Pt described it as an 8/10. The Pt stated she had an allergy to penicillin, and took no regular medications. She stated she had her appendix removed when she was 15, was sexually active, used a diaphragm for birth control, had missed her last menstrual cycle which she attributed to her recent

activity levels, had never been pregnant, and stated she did not think it possible presently. She was well hydrated and fueled and denied any recent GI/GU problems. Vitals at 2000hrs.: Pulse: 92, Resp.: 20, Skin: pale, cool, Temp.: UTA, Pt was alert and stated her pain was now 10/10 and guarding when her abdomen was palpated for tenderness.

**Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 2000 hrs. with Anticipated Problems and an appropriate Treatment Plan. If you were in a location with possible satellite phone communications, how would that change your Treatment Plan (it was now just before dark)?**

### QUESTIONS

1. If satellite communications would allow a high risk night-time helicopter evacuation, would you take that option?
2. What assessment elements might allow you to justify that decision?

## ASSESSMENT AND TREATMENT PLAN

A = Assessment (Problem List)	A' = Anticipated Problems	P = Treatment Plan
<b>1900</b>		
worsening ABD pain	volume shock	monitor vitals/ cont. assessment
<b>2000</b>		
compensated volume shock (Hx: possible pregnancy)	decompensation	EVAC/ monitor vitals

### NOTES


### What Actually Happened Next ...

The student complained of worsening focal pain and the rescuers monitored the Pt's vitals with a pattern of increasing compensation during the hours the Pt remained in their care. The original plan was to attempt evacuation the following day but with the Pt's dramatic deterioration, an evacuation was initiated at 0200 hrs. and resulted in the Pt's arrival at the hospital the following morning. The Pt went immediately into surgery and the diagnosis was an ectopic pregnancy with rupture which had resulted in a significant volume of internal bleeding.