

NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES  
OFFICE OF EMERGENCY MEDICAL SERVICES  
EMT-BASIC TREATMENT PROTOCOLS

Chest Pain/Discomfort

**Perform the following**

- Scene size up and initial assessment
- Administer 100% Oxygen using a non-rebreather delivery device at 15 liters/minute, unless the patient is unable to tolerate this device. If so, then administer oxygen using a nasal canula at 6 liters/minute.
- Place the patient in a position of comfort.
- Ensure that advanced life support (ALS) has been requested and monitor response time.
- Obtain baseline vital signs and obtain the SAMPLE history.
- Conduct the focused history and physical exam.

**Initiate treatment if the following conditions are present:**

- A chief complaint of chest pain or chest discomfort and the patient is currently experiencing pain or discomfort.
- The patient possesses his/her own prescribed Nitroglycerin (NTG) in either tablet or spray form (both tablets and spray should be 0.4mg per dose).
- The patient's systolic blood pressure is equal to (=) or greater than (>) 100 mm Hg.
- The patient has **NOT** taken the maximum number of doses (usually no more than 3 tablets or 3 sprays within a 15 minute time frame).

**The procedure for administration is as follows:**

- Be sure the medication is prescribed for the patient.
- Check the medication's expiration date. **DO NOT ADMINISTER THE MEDICATION IF IT IS BEYOND THE DATE OF EXPIRATION.**
- Assist in the administration of 1 tablet OR 1 spray (under the patient's tongue), and wait approximately 1 or 2 minutes before reassessing the patient's chest pain or discomfort and reassess vital signs.
- If chest pain or discomfort is not relieved, and the systolic blood pressure remains >100mm Hg, you may repeat the administration of 1 tablet or 1 spray.

**NOTE; YOU MAY REPEAT THE ADMINISTRATION OF NTG UP TO 3 TIMES WITHIN A 10 TO 15 MINUTE TIME FRAME, PROVIDED THAT THE PATIENT HAS NOT ALREADY TAKEN 1 OR MORE DOSES DURING THE TIME FRAME OR THE PRESCRIPTION CALLS FOR A DIFFERENT DOSAGE. A MAXIMUM OF 3 NTG MAY BE ADMINISTERED FOR EACH EPISODE OF CHEST PAIN (CP).**

**REMEMBER: REASSESS THE PATIENT AFTER EACH DOSE AND DO NOT DELAY TRANSPORT.**

**Contraindications:**

- Hypotension (a systolic blood pressure of less than (<) 100 mm Hg, or
- A head injury, or
- Infants and children, or
- Patients who have already taken the maximum dose prior to your arrival, or
- Use of erectile dysfunction drugs within the previous 24 hours.

**REMEMBER: WHEN QUESTIONS OR CONCERNS ARISE, CONTACT MEDICAL CONTROL**