

Eden Aldrich, RNP

STANDING ORDER

BACK PAIN

I. ASSESSMENT

- A. Obtain history to determine when, where and how the pain occurs, aggravating or relieving factors, relationship of pain to specific activities, presence of numbness or paresthesia. If there is a presence of incontinence and/or numbness in the perineal area it is deemed a medical emergency, and patient must be transported to the hospital **ASAP**.
- B. Evaluate movement, range of motion. If possible, monitor patient when not aware to assess for objective signs of pain, difficulty ambulating or gait disturbances.

II. MANAGEMENT

- A. If muscle spasm present, apply ice packs to area of tenderness for first 24 hours.
- B. Give APAP 325 mg, two (2) tablets BID PRN for pain or Ibuprofen 400 mg BID. May be purchased during A.M. and P.M. medication pass.

III. EVALUATION

- A. If symptoms unrelieved by above management, schedule for Facility Provider to assess.