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.