



Chest Discomfort/Suspected Acute Coronary Syndrome (ACS)

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Approval: John Poland – Executive Director

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- **Common symptoms associated with ACS include, but are not limited to:**
 - Dyspnea/SOB
 - Palpitations
 - Diaphoresis
 - Nausea/vomiting
 - Lightheadedness/near-syncope/syncope
 - Upper abdominal pain or heartburn unrelated to meals
 - Discomfort in the throat or abdomen may occur in pts with diabetes, women and elderly pts
- **Fleeting or sharp chest pain that increases with inspiration & lying supine is unlikely to be ACS related.**
- **Pt assessment, treatment & transport destination determination should occur concurrently.**

BLS

- Assess V/S, including SpO₂
- O₂ at appropriate rate if hypoxemic (SpO₂ <94%), short of breath, or signs of heart failure or shock
- P-Q-R-S-T

Aspirin

- 160 - 325 mg chewable PO (anticoagulant use is not a contraindication to administration)

LALS

- Cardiac monitor (**AEMT II**)
- 12-lead EKG as soon as possible (**AEMT II**) - prior to nitroglycerin administration
 - Criteria for ST Elevation Myocardial Infarction (STEMI):
 1. Machine readout: 'Meets ST Elevation MI Criteria', 'Acute MI', 'STEMI' (or equivalent)
 2. ST elevation in 2 or more contiguous leads
 - For pts with suspected ACS, serial 12-lead EKGs should be obtained if the pt's clinical status changes or if EKG changes are noted on the monitor, and every 15 mins if transport times are long

- IV at appropriate time during treatment
 - Administer 250 mL NS fluid boluses to maintain SBP >90
 - Do not administer fluid if signs of heart failure

If discomfort persists following initial 12-lead acquisition:

Nitroglycerin

- 0.4 mg SL (tablet or spray), repeat every 5 mins if discomfort persists
- Do not administer if SBP <100,
- Use with caution for pts with suspected inferior MI (establish vascular access prior to administration)
- Consult with base/modified base hospital prior to administration if pt takes erectile dysfunction or pulmonary hypertension medication



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ADDITIONAL LALS TREATMENT & PT DESTINATION

If discomfort persists following one or more EMS administered nitroglycerine doses:

Fentanyl (AEMT II)

- 25 mcg slow IV
- May repeat every 5 mins if discomfort persists (maximum cumulative dose: 200 mcg)

Ⓢ Do not administer fentanyl to pts with any of the following contraindications:
 - Systolic BP <100 - Hypoxia or RR <12 - ALOC or evidence of head injury

STEMI Pt Notes

- When possible, any 12-lead meeting STEMI criteria shall be transmitted within 10 mins of first STEMI positive 12-lead.
- Scene time for STEMI pts should be ≤10 mins.
- When possible, obtain & relay to the receiving hospital the name/contact information of an individual who can make decisions on behalf of the pt.
- Always relay pertinent medical directives (DNR, POLST, etc.) to the receiving hospital.

