



Epistaxis

Assessment

Pediatric Pearls:

- Use pediatric dosing of medications or electrical therapy for a pediatric patient < 37 kg and as defined by the PEDIA Tape.
- Pediatric hypotension is defined as SBP < 70 + (age in years x 2) mmHg

Signs & Symptoms:

- Bleeding from nasal passage
- Pain
- Nausea
- Vomiting

Differential:

- Trauma
- Infection – Viral URI or Sinusitis
- Allergic rhinitis
- Lesions – Polyps, Ulcers
- Hypertension

Clinical Management Options

P	P	P	P	P	P	<ul style="list-style-type: none"> • Ice packs • Compress bridge or base of the nose • Tilt head forward
L	L	L	L	L	L	<ul style="list-style-type: none"> • Vascular access • Adult: Consider Isotonic Crystalloid bolus titrated to MAP > 65 mmHg for adults • Pediatric: Consider Isotonic Crystalloid bolus titrated to SBP > 70 + (age in years x 2) mmHg
1	2	3	4	5	6	<ul style="list-style-type: none"> • If hypotensive due to hemorrhage: Tranexamic acid (TXA)
						<ul style="list-style-type: none"> • Adult: Neo-Syneprine (phenylephrine) Nasal Spray 2 sprays into affected nostril and direct pressure • Pediatric: Neo-Syneprine (phenylephrine) Nasal Spray 1 sprays into affected nostril and direct pressure • If bleeding is refractory to Neo-Syneprine, IN Epinephrine

Consult Online Medical Control As Needed

Pearls:

- Refer to drug formulary charts for all medication dosing for both adults and pediatric patients.
- Recommended exams: Mental Status, HEENT, Cardiovascular, Respiratory, and Neuro
- Avoid Neo-Syneprine and/or Epinephrine in patients who have a diastolic blood pressure greater than 110 or known coronary artery disease.
- Bleeding may also be occurring posteriorly. Evaluate for posterior blood loss by examining the posterior pharynx.
- Anticoagulants include warfarin (Coumadin), heparin, enoxaparin (Lovenox), dabigatran (Pradaxa), rivaroxaban (Xarelto), and many over the counter headache relief powders. Anti-platelet agents like aspirin, clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), and ticlopidine (Ticlid) can contribute to bleeding and impair clotting.