



# Emergency Medical Training Services

Emergency Medical Technician – Basic Program Outlines

Outline Topic: **ABDOMINAL MEDICAL EMERGENCIES**

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Revised: 11/2013

## DEFINITIONS

- Acute Abdomen - sudden abdominal pain.
- Peritoneum - sac that holds the GI organs.
- Peritonitis - inflammation of abdominal sac.
- Referred pain - travels from the origin of problem.
- Rebound tenderness - spillage into sac. Hurts most when you release pressure.
- Fetal Position - curled up into ball to relax abdominal muscles.

## Solid Organs

- Solid organs bleed.
- Solid organs filter.
- Liver, spleen, kidneys, pancreas

## Hollow Organs

- Hollow organs spill.
- Hollow organs hold things.
- Gall bladder, colon, small intestine, stomach, bladder.

## Appendicitis

- Appendix become clogged with stool and becomes infected.
- Pain in right lower quadrant with referred pain to navel.

## Ulcers

- An ulcer is when the lining of the organ is irritated or worn through.
- Epigastric pain.
- GI ulcers happen in esophagus, stomach and duodenum.
- History of alcohol and/or aspirin.
- Doesn't hurt as bad after eating. The food dilutes the stomach acids.

## Pancreatitis

- Epigastric pain.
- Hurts more after the patient eats.
- Can affect digestion and insulin production.

## Cholecystitis

- Gall Bladder infection.
- Gall bladder holds bile from liver. Bile is green in color.

- Bile breaks down fats.
- Hurts in right upper quadrant with referred pain to right shoulder.
- Hurts more after eating fatty foods.
- The 5 "F"er is a gall bladder every time - fat, farts, female, fertile, forty.

#### Pelvic Inflammatory Disease

- Female has an infection in pelvis area.
- Most commonly from a sexually transmitted disease.
- They do the pelvis shuffle. Hurts to move pelvis when they walk.
- Hurts with intercourse, urination possible, etc....

#### Ectopic (tubal) pregnancy

- Any female of childbearing age with abdominal pain, even if they say they are on birth control and have had no sex, is tubal until proven otherwise.
- Embryo develops in fallopian tubes and as it grows rupture them. Major bleeding. Fetal bleeding possible.

#### Abdominal Aortic Aneurism

- Triple "A"

- A weakened blood vessel ruptures and blood leaks out. Death in minutes if no surgery to repair.
- Death does depend on size of leak.
- Pulsating masses in abdominal area matching the pulse.
- Distended abdomen.
- Decreased lower extremity pulses.
- BP drop/ shock.
- This is kind of what John Ritter had. Not exactly the same but the same outcome.

#### Cystitis

- Bladder infection.
- Hurts to urinate.
- Cannot start and stop.
- Fever possible.

#### Kidney Stones or Kidney Infection

- Flank pain radiating to groin.
- Blood in urine.
- Patient doesn't want to drink because they will have to urinate.
- High calcium intake for stones.

## Hepatitis

- Liver infection
- Dull right upper quadrant pain.
- Yellow skins, eyes.
- Weight loss possible.

## Dehydration

- Can happen for any fluid loss. Burns, bleeding, vomiting, not eating, etc....
- No tears when crying.
- Dry mucosa in mouth.
- Positive tilt test.
- Diarrhea.
- Vomiting.
- DKA - diabetics.
- Skin Turgor - pinch skin and it stays standing for more than 3 seconds.
- Care: Give nothing PO unless medical control tells you to.

## Review Tilt (orthostatic) test

- Indicated hypotension / volume problems.

- Take BP or Pulse or Both at same time. Take lying down, sitting up and standing.
- If pulse increases by more than 10 to 15 BPM or BP falls by more than 10 to 15 mmHg it is a positive test.
- Let them adjust for 1 to 2 minutes before taking vitals.
- The test is over immediately if you sit them up and they become light headed.