



PAIN MANAGEMENT

Date: 7/1/2025

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BLS

- Assess level of pain
- Ice, immobilize, and splint PRN
- Elevation of extremity PRN

ALS

- Continue to monitor and reassess pain using standardized pain scores
- Document vital signs before and after each medication administration

**Pain medication considerations**

1. When changing route of administration, consider the potential time difference in onset of action
2. If SBP <100 mmHg, ketamine may be preferred over opioids, which can cause hypotension

**For mild pain (score 1-3)<sup>1</sup>, moderate pain (score 4-6), or severe pain (score 7-10)**

- Acetaminophen 1,000 mg IV over 15 min

**For moderate pain (score 4-6) or severe pain (score 7-10)**

Fentanyl (IV dosing)

- Up to 100 mcg IV
- MR up to 50 mcg IV q5 min x2
- Maximum total dose 200 mcg IV

Fentanyl (IN dosing)

- Up to 50 mcg IN q15 min x2
- 3<sup>rd</sup> dose fentanyl up to 50 mcg IN

**If fentanyl unavailable**

Morphine (IV dosing)

- Up to 0.1 mg/kg IV
- MR in 5 min at half initial IV dose
- MR in additional 5 min at half initial IV dose

Morphine (IM dosing)

- Up to 0.1 mg/kg IM
- MR in 15 min at half initial IM dose
- MR in additional 15 min at half initial IM dose

**For moderate to severe pain (score ≥5)**

Requirements for use of ketamine on SO (must meet all)

- ≥15 years old
- GCS of 15
- Not pregnant
- No known or suspected alcohol or drug intoxication

<sup>1</sup> If patient refuses or has contraindications to acetaminophen, may treat as moderate pain

**Diego County Emergency Medical Services Office**  
**Policy / Procedure / Protocol**

	<p><u>Ketamine (IV dosing)</u></p> <ul style="list-style-type: none"><li>• 0.3 mg/kg in 100 mL of NS over 10 min IV. Maximum for any IV dose is 30 mg.</li><li>• MR x1 in 15 min if pain remains <b>moderate</b> or <b>severe</b></li></ul> <p><u>Ketamine (IN dosing)</u></p> <ul style="list-style-type: none"><li>• 0.5 mg/kg IN (50 mg/mL concentration). Maximum for any IN dose is 50 mg.</li><li>• MR x1 in 15 min if pain remains <b>moderate</b> or <b>severe</b></li></ul>
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