



Epistaxis

History

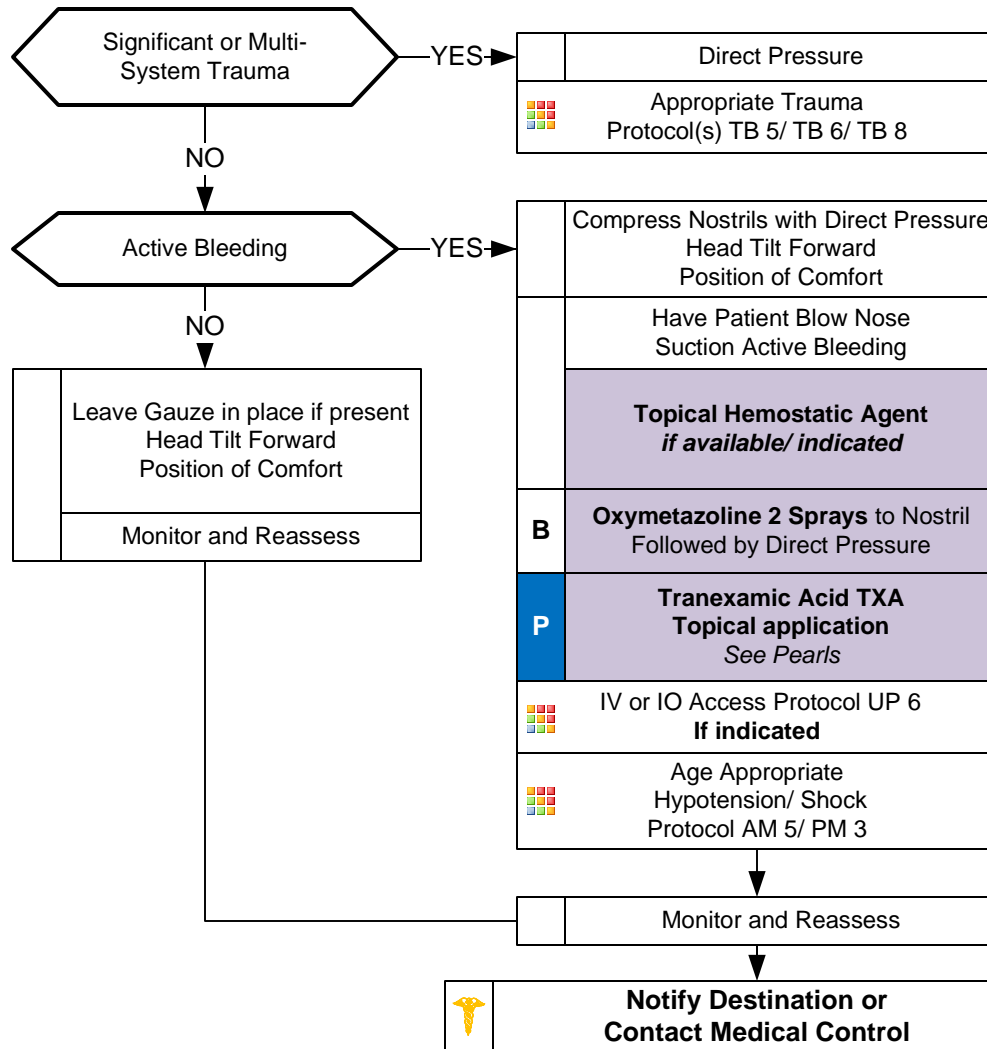
- Age
- Past medical history
- Medications (HTN, anticoagulants, aspirin, NSAIDs)
- Previous episodes of epistaxis
- Trauma
- Duration of bleeding
- Quantity of bleeding

Signs and Symptoms

- Bleeding from nasal passage
- Pain
- Nausea
- Vomiting

Differential

- Trauma
- Infection (viral URI or Sinusitis)
- Allergic rhinitis
- Lesions (polyps, ulcers)
- Hypertension



Age Specific Blood Pressure indicating possible shock

Age 0 – 28 days: SBP < 60
 Ages ≥ 1 month: SBP < 70
 Age 1 – 9: SBP < 70 + (2x Age)

Ages 10 – 64: SBP < 90
 Ages ≥ 65: SBP < 110

All ages Shock Index:
 HR > SBP

Pearls

- **Recommended Exam: Mental Status, HEENT, Heart, Lungs, Neuro**
- **TXA Use in Epistaxis:**
 - May be used topically if approved by agency Medical Director.
 - Procedure should be created with specific guidance on how to administer TXA for epistaxis.
 - No clear evidence that TXA provides benefit over conventional vasoconstrictors and sustained direct pressure.
- It is very difficult to quantify the amount of blood loss with epistaxis.
- Bleeding may also be occurring posteriorly. Evaluate for posterior blood loss by examining the posterior pharynx.
- Anticoagulants include warfarin (Coumadin), Apixaban (Eliquis), 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.