

Chest Pain

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for

- ☎ Unresponsive
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Absent breathing
- ☎ Hard, rapid or slow, shallow breathing (less than 10 or more than 24 breaths/minute)
- ☎ Pale, bluish, cold, clammy skin
- ☎ Holding chest, left arm, neck
- Weakness
- Vomiting

Listen for *statements about*

- ☎ Feeling of doom/disaster
- ☎ Difficult breathing, often aggravated by lying down
- ☎ Sudden pain in chest, behind breast bone, down left arm, up into neck, jaw, between shoulder blades. Pain is steady, not changed by movement or breathing; may be described as “pressing,” “choking,” “squeezing.”
- ☎ Persistent feeling of indigestion, not relieved by positioning
- Weakness

Feel for *(if trained to assess pulse):*

- ☎ Weak, slow or rapid, irregular pulse

***Chest Pain information
is continued on the next page***

Always follow school district policy when providing first aid or emergency care.

Chest Pain *(continued)*

Action

1. Begin CPR (p. 37) for absent breathing if you are trained.
 - If an AED is available, have someone get it and be ready to use it if needed.
2. If medication is prescribed for chest pain and is available, assist student in taking the medication.
3. Assist student into the most comfortable position to support breathing.
4. Loosen tight clothing, as appropriate and as student desires.