CHAPTER 24

Abdominal Pain and Discomfort

HANDOUT 24-2: Evaluating Content Mastery    Student’s Name

EVALUATION

CHAPTER 24 QUIZ

Write the letter of the best answer in the space provided.

_____ 1. Pain that originates in the walls of the hollow organs is called:

   A. visceral.  C. tearing.
   B. parietal.  D. referred.

_____ 2. The mnemonic used to help remember questions to ask regarding pain for a patient with an abdominal complaint is:

   A. DCAP.  C. OPQRST.
   B. BTLS.  D. AVPU.

_____ 3. Pain that is felt in a place other than where it originates is called:

   A. visceral.  C. tearing.
   B. parietal.  D. referred.

_____ 4. Which of the following conditions in females is a life-threatening emergency?

   A. Mittelschmerz  C. Premenstrual syndrome
   B. Etopic pregnancy  D. Cramps

_____ 5. Which of the following signs indicates internal bleeding?
A. Greenish emesis  C. Mucous in emesis and feces
B. Sweet smell to emesis  D. Coffee-ground-like emesis

6. Which type of medication can cause bleeding in the stomach?
A. Diabetes medication  C. Epinephrine
B. Aspirin  D. Albuterol

7. What term is used to indicate voluntary or involuntary protecting of the abdomen to prevent further pain upon palpation?
A. Guarding  C. Checking
B. Reacting  D. Auscultation

8. The best position to place a conscious patient with acute abdominal pain is:
A. recovery position.  C. position of comfort.
B. prone.  D. guarded.

9. A patient with pain in the right lower quadrant (RLQ) is most likely suffering from which of the following?
A. Abdominal aortic aneurysm (AAA)  C. Gallstones
B. Pancreatitis  D. Appendicitis

10. The retroperitoneal space contains which of the following organs?
A. Kidney  C. Spleen
B. Liver  D. Gallbladder
IN THE FIELD

Read the following real-life situation. Then answer the questions that follow.

The patient is a 78-year-old male who lives alone. He has a health aide who comes in twice a week. On this particular day when the health aide arrived, he found Mr. Harris sitting on the couch looking very pale and breathing a little harder than usual. Concerned for Mr. Harris’s health, the aide decided to call 911. You are dispatched to the residence and upon arrival, you encounter the aide who informs you that he believes that Mr. Harris is seriously ill. When the patient is asked what is wrong; he tells you that he has been feeling poorly since last night. His breathing appears slightly labored and faster than normal.

1. What action(s) should you take at this time?

The primary assessment identifies that the patient is breathing at a rate of 28 and it appears shallow. He has a pulse of 72 and his skin is moist and pale. You take a SAMPLE history and determine that he is taking a beta blocker and has had mild abdominal pain since last night. He tells you that he went to the bathroom and his stools looked black. He felt light-headed and made his way to the couch where he has been until his aide arrived. He claims that he has never had an episode like this before and his only medical history is high blood pressure. Your partner takes a BP and finds it to be 100/70. The health aide tells you the blood pressure is lower than usual.

2. What action(s) should you take at this time?
CHAPTER 24 REVIEW

Write the word or words that best complete each sentence in the space provided.

1. The four quadrants of the abdomen are:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Most organs of the abdomen are enclosed in the: ________________________________________________________________

3. Four classic patterns of abdominal pain are:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. The OPQRST mnemonic for assessing pain/distress stands for:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. Tearing pain that is felt in the back is a symptom of what serious medical problem?
6. When a patient draws his arms across the abdomen in response to pain, this is called:

7. Patients experiencing severe flank pain are most likely suffering from:
HANDOUT 24-4: Reinforcing Content Mastery  Student’s Name

ABDOMINAL PAIN AND DISCOMFORT TRUE OR FALSE

Indicate if the following statements are true or false by writing T or F in the space provided.

_____ 1. Upper quadrant abdominal pain can be signs of a myocardial infarction or other cardiac problem.

_____ 2. Cramps and colicky is a description of parietal pain.

_____ 3. The T in the OPQRST mnemonic stands for tenderness.

_____ 4. Tearing pain is a sign of an abdominal aortic aneurysm (AAA).

_____ 5. Ectopic pregnancy should always be considered as a potential problem when a woman of childbearing age has abdominal pain.

_____ 6. Coffee-ground-like substance in vomitus is a sign of internal bleeding.

_____ 7. Elderly people have no decreased ability to perceive pain.

_____ 8. During the assessment, palpate the abdomen before you inspect it.

_____ 9. Whenever possible, a patient with abdominal pain should be transported in a position of comfort.

_____ 10. The EMT can be confident that there is no serious problem with the abdomen if the assessment shows no abnormal findings.