

MMSL-207 CARDIAC EVENT ADDENDUM/CHEST PAIN PROTOCOL

For Residential & Day Program Staff

Purpose:

To ensure timely and appropriate response when an individual reports chest pain or exhibits symptoms that may indicate a medical emergency.

Applies to:

All direct support professionals (DSPs), supervisors, and program staff.

IF AN INDIVIDUAL HAS A PERSONAL PROTOCOL OR PARAMETERS SET FOR CARDIAC EVENTS/CHEST PAIN, THOSE MUST BE FOLLOWED FIRST.

📞 STEP 1: CALL 911 IMMEDIATELY IF ANY OF THE FOLLOWING ARE PRESENT
Do NOT transport by agency vehicle. Call EMS.

● Severe or Concerning Symptoms

Y or No?

<input type="checkbox"/>	• Chest pressure, squeezing, tightness, or crushing pain
<input type="checkbox"/>	• Pain spreading to arm, jaw, neck, or back
<input type="checkbox"/>	• Shortness of breath
<input type="checkbox"/>	• Sweating (cold/clammy skin)
<input type="checkbox"/>	• Nausea or vomiting with chest discomfort
<input type="checkbox"/>	• Fainting or nearly fainting
<input type="checkbox"/>	• Pale or bluish skin
<input type="checkbox"/>	• New confusion or altered behavior
<input type="checkbox"/>	• Rapid, slow, or irregular pulse
<input type="checkbox"/>	• Pain lasting more than 5 minutes and not improving
<input type="checkbox"/>	• Known cardiac history and reporting chest pain

OR

● Vital Sign Concerns

Y or No?

<input type="checkbox"/>	• Oxygen saturation below 92%
<input type="checkbox"/>	• Systolic (Top Number) Blood Pressure is under 90 or over 180 with symptoms
<input type="checkbox"/>	• Diastolic (Bottom Number) Blood Pressure is over 120 with symptoms
<input type="checkbox"/>	• Heart rate below 50 or above 120 with symptoms

If any of the above are marked yes, call 911 immediately

STEP 2: ALSO SEND TO ER IF

Even if symptoms are mild, send to ER if:

- Chest pain in individuals that have:
 - Heart disease
 - Diabetes
 - Hypertension
 - History of stroke
- Chest pain lasting more than 15 minutes
- Staff are unsure whether symptoms are serious
- Individual requests ER evaluation

When in doubt — send out.

STEP 3: POSSIBLE NON-EMERGENCY (MONITOR AND NOTIFY SUPERVISOR)

May monitor ONLY if ALL of the following are true:

- Pain is clearly reproducible with movement or touch
- Pain is mild and brief (less than 5 minutes)
- No shortness of breath
- No sweating, nausea, or radiation of pain
- Individual has history of similar musculoskeletal pain
- Vital signs (if available) are normal
- Nurse (if available) is consulted

If symptoms persist, worsen, or return → **CALL 911**

STAFF ACTION STEPS

- Stay calm and stay with the individual.
- Notify supervisor immediately.
- Call 911 if criteria above are met.
- Do NOT leave the person alone.
- Loosen tight clothing.
- Do NOT give food or drink.
- If prescribed nitroglycerin:
 - Assist per medication policy.
- Document:
 - Time symptoms started
 - Description of symptoms
 - Vital signs (if taken)
 - Time 911 called
 - Who was notified

⊘ DO NOT:

- Do not ignore complaints.
- Do not assume it is anxiety.
- Do not transport in personal vehicle if symptoms are concerning.
- Do not delay calling 911 to “wait and see” if red flags are present.

📞 Notification Requirements

- Notify Program Director
- Notify On-Call Nurse (if applicable)
- Notify Guardian/Family per policy
- Complete incident report before end of shift

Special Considerations

Individuals who are non-verbal may show:

- Clutching chest
- Sudden agitation
- Sweating
- Refusal to move
- Pale appearance
- Breathing changes

Treat unexplained distress as potential medical emergency.

Guiding Principle

Chest pain can indicate a life-threatening emergency. Early medical evaluation saves lives. When in doubt, call 911.