

Stomachache Guideline

Use this protocol to help guide you when evaluating a stomachache.

Assessment Script:

- **Talk to the student to gather information:**
 - Ask them what/where they are hurting.
 - How long has it hurt?
 - What does the pain feel like:
 - Constant, comes and goes, stabbing, nausea
 - Can you point to your bellybutton with one finger and then point to where your pain is with another.
 - Did you eat breakfast/lunch?
 - When did you last have a BM, #2, poop?
 - Was it normal or different?
 - If different, how was it different?
 - Any vomiting, when/where?
 - Anyone at home sick? If so with what?
 - Age/gender appropriate: period, last one, now?

- **Perform Assessment:**
 - Temperature: over 100.0= home
 - Can they jump up and down
 - This is a way to check for an acute abdomen such as appendicitis.
 - If they are unable to jump, or do so with excruciating pain this would indicate a need for immediate evaluation.
 - Consider appearance/feel of abdomen, is it flat, round, distended, firm/soft, pain with palpation.
 - Consider listening for bowel sounds.
 - Indicated especially if there is no report of recent BM: think bowel obstruction, ask if they have been passing gas.

Recommendation/Script:

- **Cleared to remain in school:**
 - **Based on my assessment it is ok for you to stay in school today.**
 - **May not be your best day, but try to power through.**
 - **Return if symptoms worsen or new symptoms develop.**
 - **Recommend rest, water, snack, warm pack, trying to have a BM (consider using a stool if available to put feet up on while trying to have a BM), laying on side with knees to chest and rolling back and forth every 5-10 minutes to help move gas along.**
 - **Tell assisting staff you will call to notify parent student was seen but can remain in school.**
- **Student needs to go home, or go home and be seen by provider ASAP:**
 - **Let school staff know your plan to~**
 - **Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.**
 - **Call school back to let them know who is coming and when. If you are not able to reach anyone, ask school staff for suggestions/help.**
 - **Student needs to go to ER: (think things like appendicitis, obstruction, ovarian cyst, testicular torsion)**
 - **Keep student on camera**
 - **Let school staff know your plan to~**
 - **Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.**
 - **If you are unable to reach anyone, ask school staff for suggestions/help.**
 - **Call 911 if situation warrants that level of care.**