

Title	Epistaxis Referrals
Applies to	Clyde EM
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Epistaxis Referrals

Outpatient Management of (Anterior) Packed Patients

ENT person on-call taking referral to check with ED doctor/ nurse:

- Has the patient been observed for at least an hour after pack insertion?
- **If Yes to any below – admit patient**

Clinical:

- NEWS 1 or higher
- Hb < 10 g/dl
- INR above therapeutic range, DOAC or bleeding disorder
- Uncontrolled bleeding
- Significant comorbidity (e.g. COPD, cardiac history, immunocompromised)

Social:

- Elderly
 - Lives alone OR responsible adult cannot stay with them overnight
 - Lives more than 30 minutes from nearest hospital
 - No access to transport
 - No telephone
- If **NO** to all answers add to emergency clinic or treatment room list at Queen Elizabeth University hospital
 - Take telephone number of patient.
 - Ensure patient is discharged wearing a nasal bolster.
 - Tell ED to give new epistaxis advice sheet and stress that if ongoing bleeding to return to ED

ENT Emergency Clinic – if patient does not attend, telephone patient and next of kin

Epistaxis Referrals

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The Emergency Department team have discussed your case with the ENT team.

You meet the criteria to be discharged home with the pack in place.

This means that you have

- a telephone
- live within 30 minutes of your nearest hospital
- you have access to transport (someone can drive you to the hospital)
- you have another adult at home who can look after you overnight and tomorrow morning
- your blood count did not drop to a low level
- your observations (heart rate, blood pressure, temperature) were all normal.

If you do not agree that you meet the above criteria please tell the Emergency Department doctor and you would have to be admitted to the ENT ward.

Make sure that you have told the Emergency Department doctor your telephone number and that it can receive calls from the hospital (please note the call from the hospital might be from a 0800 phone number).

The Emergency Department doctor will give you an appointment to see an ENT doctor at

Date & Time:

Hospital: Ward 11B Queen Elizabeth University Hospital

If you do not attend this appointment you will receive a telephone call from the hospital as the pack must only be removed in the clinic.

If you get any more bleeding you must return to Emergency Department.

- Some blood-staining on the nasal bolster is expected **but**
 - if blood soaks all the way through the bolster,
 - constant drips out of your nose or
 - you can feel blood in your throat continuously or spit fresh blood out of your mouth (a little bit of blood stained spit is common after a nose bleed) you must return.

Date and time patient discharged:

Patient label