

# RETU Back Pain Pathway

Required testing prior to RETU admission

- Pregnancy test in women of reproductive age

## ED Evaluation

Not appropriate for RETU

- High suspicion for cord pathology
- Progressive neurologic deficit
- Suspicion for aortic dissection

## RETU Intake Evaluation (do not repeat testing if already done in ED)

### Exam Focus

- Neurologic
- Vascular

### Initial Testing

- Labs: CBC, electrolytes, glucose (others as clinically indicated)
- Imaging: as clinically indicated

### Monitoring

- other as clinically indicated

### Consults

- pain service as clinically indicated

## RETU Treatment symptom based treatment (review treatment in ED)

1st

line

### APAP

- APAP 650mg Q6 hours

### NSAID

- Motrin 600mg Q6 hours or
- Ketorolac 15mg Q6 hours

2nd

line

### Oral Opiates

Percocet 1-2 tabs  
Q3 h PRN

+ / -

### Muscle Relaxants

Valium 5-10mg  
Q8 hours

+ / -

### Topical Agents

Lidocaine 5% patch  
1-2 Q12 hours

3rd

line

### Initial Dose

- Morphine IV x 1 dose
- age > 65: 4mg
- age < 65: 6mg

wait 30  
minutes

### IV Opiates

is pain  
controlled?



- continue same morphine dose Q3h PRN

- Dilaudid IV x 1 dose
- age > 65: 0.01 mg/kg
- age < 65: 0.02 mg/kg

is pain  
controlled?

N

Y

continue same  
dilaudid dose  
Q3h PRN

4th

line

### PCA Pump

- consult Pain Service

## Disposition Guidelines

### Discharge from RETU

- symptoms resolved or greatly improved
- tolerating PO fluids and medications
- able to ambulate / care for self

### Admission to Hospital

- symptoms worsening or failing to improve
- change in neuro exam
- unable to ambulate / care for self