

Chest Pain: Recognise & Escalate

Nursing

What raises concern in chest pain, and the nursing role while help comes.

Recognition and escalation. Diagnosis and treatment are not nursing decisions here.

1 Recognise

Chest, arm, jaw or epigastric pain; sweating, nausea, breathlessness.

2 Consider atypical

Older, diabetic and female patients may present without chest pain.

3 Escalate immediately

Summon help under local protocol; do not leave the patient alone.

4 Support while waiting

Sit upright, reassure, observations, cardiac monitoring if trained.

5 Prepare

ECG within minutes, venous access, bloods, the notes and drug chart.

Educational reference. Recognition and escalation only. All treatment, including aspirin and oxygen, follows local emergency protocol.