

## Priority Topic: **EPISTAXIS**

### Key Features:

For a single source on this topic: [Update on Epistaxis RACGP 2015](#)

1. Through history and/or physical examination, [assess the hemodynamic stability](#) of patients with epistaxis.

- **vital signs and ABC's**

2. While attending to active nose bleeds, recognize and [manage excessive anxiety](#) in the patient and accompanying family.

3. In a patient with an active or recent nosebleed, obtain a [focused history to identify possible etiologies](#) (e.g., recent trauma, recent upper respiratory infection, medications).

### ***What you should study:***

- ✓ [Update on Epistaxis RACGP 2015](#)

4. In a patient with an active or recent nosebleed,
  - a) Look for and **identify anterior bleeding sites**,
  - b) **Stop the bleeding** with appropriate methods.

**What you should study:**

- ✓ Management of Epistaxis AAFP 2005
- ✓ Recurrent epistaxis in children AAFP 2014
- ✓ EM Cases Episode 38: ENT Emergencies - Epistaxis is the first emergency

5. In a patient with ongoing or recurrent bleeding in spite of treatment, **consider a posterior bleeding site**.

**What you should study:**

- ✓ Management of Epistaxis AAFP 2005
- ✓ Update on Epistaxis RACGP 2015

6. In a patient with a nosebleed, obtain lab work **only for specific indications** (e.g., unstable patient, suspicion of a bleeding diathesis, use of anticoagulation)

**What you should study:**

- ✓ Management of Epistaxis AAFP 2005
- ✓ Update on Epistaxis RACGP 2015

7. In a patient with a nosebleed, provide **thorough aftercare instructions** (e.g., how to stop a subsequent nosebleed, when to return, humidification, etc.)

***What you should study:***

- ✓ **Patient information on Nosebleeds CFPC 2015**