

Clinical Practice Guideline

Epistaxis

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Best Evidence ENT

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Clinical Practice Guideline: Nosebleed (Epistaxis)

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<http://www.entnet.org/content/clinical-practice-guidelines>



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Guidelines included

- Prompt management
- Nasal compression
- Nasal packing
- Pack education
- Risk factors
- Anterior rhinoscopy
- Nasal endoscopy
- Identify bleeding site
- Nasal cautery
- Ligation/embolization
- Anticoagulation
- HHT
- Patient education
- Nosebleed outcomes

Healthcare Burden/Costs

- 60% of the population experience a nosebleed at least once.
 - 6% seek medical care
 - 0.16% will need hospitalization
- 1.2 million ED visits in US from 2009 to 2011
 - 0.32% of all ED encounters
 - 95.5% discharged
 - Mean charge was ~\$1146.21
 - Increased if nasal packing (\$1473.29 w/ packing vs \$1048.22 w/o)
 - Repeat nasal packing could drive the cost up to \$3035
- Average length of stay of 2.24 days with a mean cost of \$6925 per admission

1. Distinguish

Recommendation

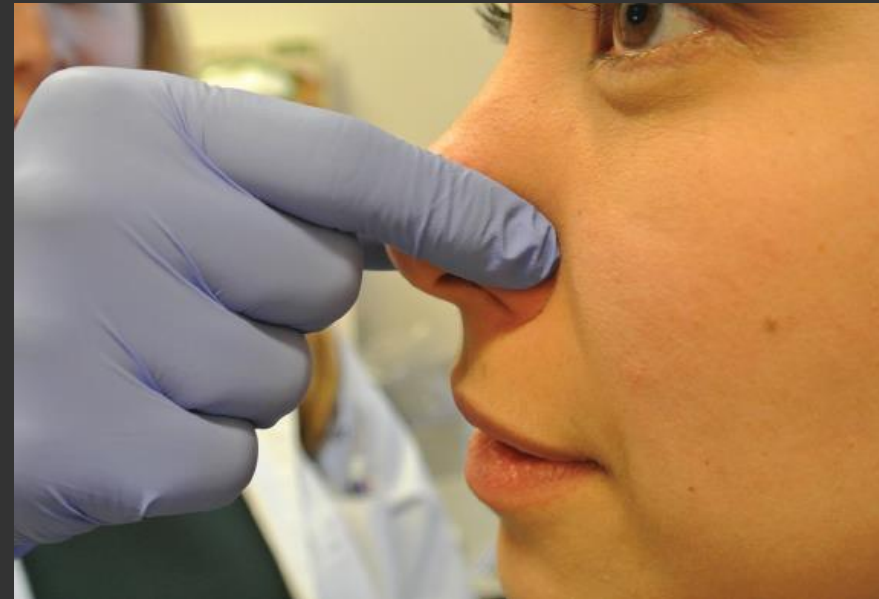


VS.



2. Compression

- Recommendation
 - Firm
 - Sustained
 - Compression
 - 5 minutes or longer



3. Packing

Recommendation



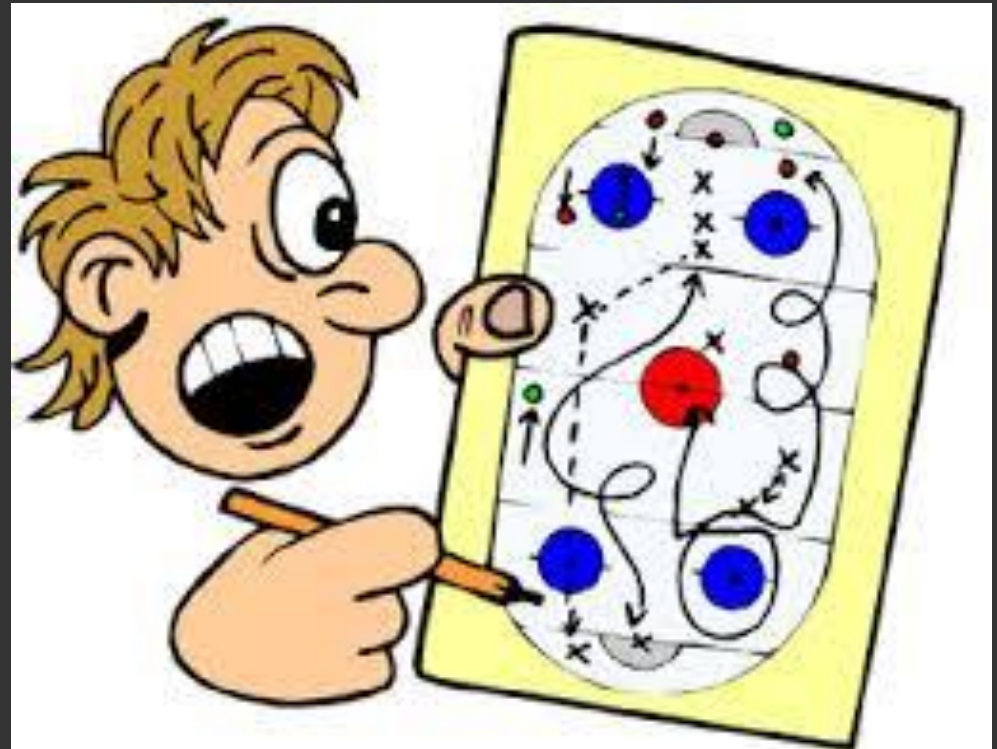
Merocel = polyvinyl alcohol



www.mdkamp.com

4. Education - Packing

Recommendation



5. Risk Factors

- Recommendation
 - Frequency?
 - Severity?
 - PMH?
 - FH?
 - Meds?
 - Intranasal drugs?



6. Rhinoscopy

- Recommendation



7. Endoscopy

- Option



8. Identified Site

- Recommendation
 - Once site identified:
 - Vasoconstrictors
 - Cautery
 - Moisturizers



9. Nasal Cautery

- Recommendation
 - Anesthetize
 - Only cauterize bleeder



10. Ligation/Embolization

- Recommendation

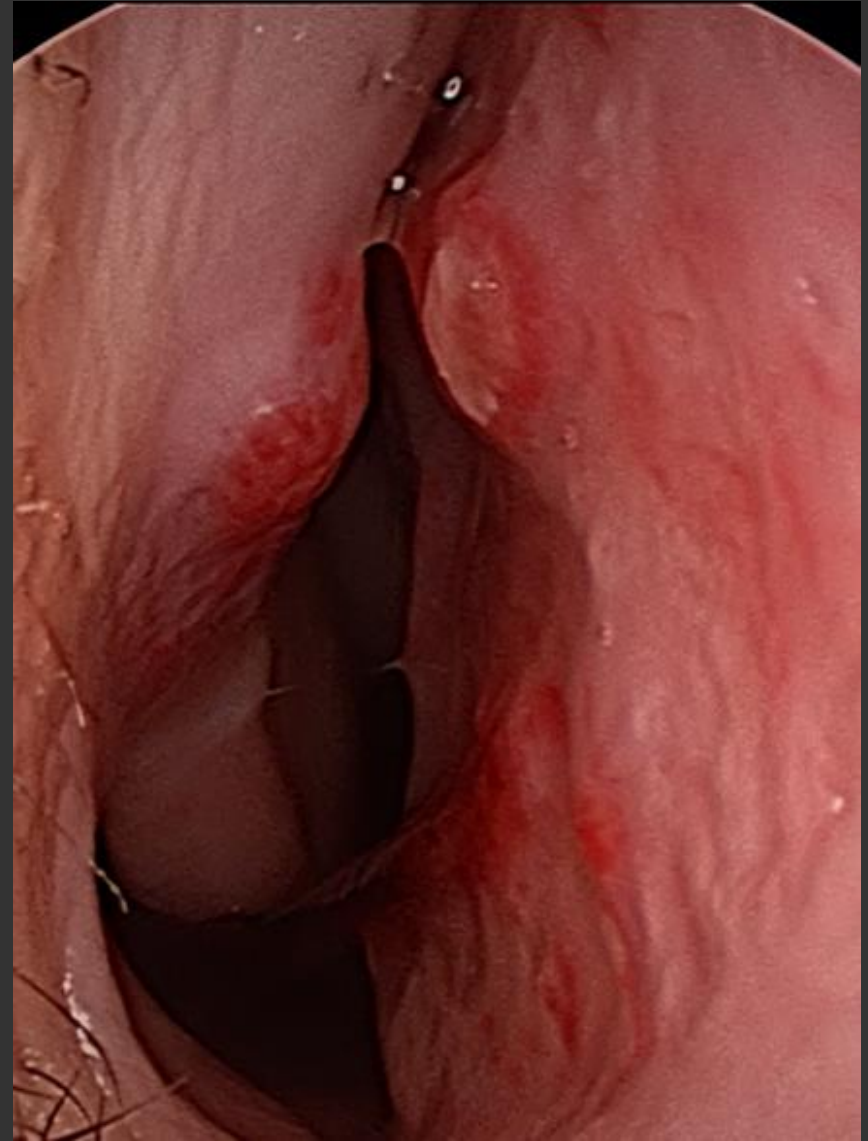


11. Anticoagulation

- Recommendation
 - Initiate first line treatment PRIOR TO
 - Transfusion
 - Reversal of anticoagulation
 - Withdrawal of anticoagulation/antiplatelets

12. HHT

- Recommendation



13. Patient Education

- Recommendation
 - Educate patients and caregivers about
 - Preventative measures
 - Home treatments
 - When to seek care

14. Outcomes

- Recommendation
- Document outcomes of intervention

Do:

- Distinguish patients
- Hold pressure
- Pack nose
- Identify site
- Cauterize appropriately
- Educate patients
- Document outcomes



Don't:

- Cauterize indiscriminately
- Ignore risk factors
- Ignore meds
- Forget about HHT

