Physician Orders ADULT: ED Alternative to Opioids (ALTO) Plan

ED Alternative to Opioids (ALTO) Plan

Vital Signs
- Vital Signs
  - Routine

Patient Care
- NOTE: Telemetry required during lidocaine infusion. (NOTE)*
- Telemetry
  - T;N
- Oxygen Sat Monitoring NSG
  - T;N

Medications

TREATMENT OF HEADACHE/MIGRAINE

FIRST LINE THERAPY OPTIONS (NOTE)*
- Sodium Chloride 0.9% Bolus
  - 1,000 mL, Injection, IV Piggyback, once, STAT, 1,000 mL/hr
- metoclopramide
  - 10 mg, Injection, IV Push, once, STAT
    - Comments: Administer slowly over 1-2 minutes
- ketorolac
  - 30 mg, Injection, IV Push, once, STAT [Less Than 65 year and Greater Than or Equal To 50 kg] (DEF)*
  - 15 mg, Injection, IV Push, once, STAT [Less Than 50 kg]
  - 15 mg, Injection, IV Push, once, STAT [Greater Than or Equal To 65 year]
- dexamethasone
  - 10 mg, Injection, IV Push, once, STAT

SECOND LINE THERAPY OPTIONS (NOTE)*
- acetaminophen
  - 975 mg, Tab, PO, Once, STAT
    - Comments: Acetaminophen Max Dose: 4 grams/ 24 hours
- ibuprofen
  - mg, Tab, PO, once, STAT

Sumatriptan is contraindicated in patients with ischemic heart disease, history of CVA, peripheral vascular disease, uncontrolled hypertension, and within 24 hours of another 5-HT1 agonist or ergotamine derivative.(NOTE)*
- SUMAtriptan
  - 6 mg, Injection, Subcutaneous, once, STAT
    - Comments: For subcutaneous administration ONLY.
- prochlorperazine
  - 5 mg, Injection, IV Push, once, STAT
- valproic acid
  - 500 mg, IV Piggyback, IV Piggyback, once, STAT, (infuse over 10 min)
- magnesium sulfate
  - 2 g, IV Piggyback, IV Piggyback, once, STAT, (infuse over 1 hr)
- ketamine
  - 50 mg, Nasal, once, STAT
    - Comments: Use atomizer for administration. Max of 1 mL per nostril

If headache has Tension Component:(NOTE)*
- cyclobenzaprine
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TREATMENT OF MUSCULOSKELETAL PAIN

- **ibuprofen**
  - 5 mg, Tab, PO, once, STAT

- **acetaminophen**
  - 975 mg, Tab, PO, Once, STAT
  - **Comments**: Acetaminophen Max Dose: 4 grams/24 hours

- **cyclobenzaprine**
  - 5 mg, Tab, PO, once, STAT

- **diazePAM**
  - 5 mg, Tab, PO, once, STAT

- **gabapentin**
  - mg, Cap, PO, once, STAT

- **ketorolac**
  - 30 mg, Injection, IV Push, once, STAT [Less Than 65 year and Greater Than or Equal To 50 kg] (DEF)*
  - 15 mg, Injection, IV Push, once, STAT [Less Than 50 kg]
  - 15 mg, Injection, IV Push, once, STAT [Greater Than or Equal To 65 year]

- **diazePAM**
  - 5 mg, Injection, IV Push, once, STAT
  - **Comments**: Administer slowly over 1-2 minutes

- **lidocaine 5% topical film**
  - 1 application, Film, TOP, once, NOW
  - **Comments**: Apply to painful area. Remove after 12 hours

- **dexamethasone**
  - 10 mg, Injection, IV Push, once

TREATMENT OF RENAL COLIC

FIRST LINE THERAPY OPTIONS(NOTE)*

- **ketorolac**
  - 30 mg, Injection, IV Push, once, STAT [Less Than 65 year and Greater Than or Equal To 50 kg] (DEF)*
  - 15 mg, Injection, IV Push, once, STAT [Less Than 50 kg]
  - 15 mg, Injection, IV Push, once, STAT [Greater Than or Equal To 65 year]

- **acetaminophen**
  - 975 mg, Tab, PO, Once, STAT
  - **Comments**: Acetaminophen Max Dose: 4 grams/24 hours

- **Sodium Chloride 0.9% Bolus**
  - 1,000 mL, Injection, IV Piggyback, once, STAT, 1,000 mL/hr

SECOND LINE THERAPY OPTIONS(NOTE)*

- **Lidocaine for Renal Colic 100 mg/100 mL (IVS)*

- **Lidocaine 2% Injection**
  - 5 mL, IV Piggyback, once, STAT, (infuse over 15 min)
  - **Comments**: Continuous ECG monitoring required during infusion and for at least 60 minutes post infusion

- **Sodium Chloride 0.9% (INT)**
Physician Orders ADULT: ED Alternative to Opioids (ALTO) Plan

100 mL

TREATMENT OF CHRONIC ABDOMINAL PAIN

FIRST LINE THERAPY OPTIONS (NOTE)*

☐ metoclopramide
  10 mg, Injection, IV Push, once, STAT
  Comments: Administer slowly over 1-2 minutes

☐ prochlorperazine
  5 mg, Injection, IV Push, once, STAT

☐ diphenhydramine
  25 mg, Injection, IV Push, once, STAT
  Comments: Administer slowly over 1-2 minutes

☐ dicyclomine
  20 mg, Tab, PO, once, STAT

☐ dicyclomine
  20 mg, Syrup, PO, once, STAT

SECOND LINE THERAPY OPTIONS (NOTE)*

Lidocaine is contraindicated in patients with Adam-Stokes syndrome, Wolff-Parkinson White Syndrome, or severe SA, AV, or intraventricular heart block. ECG monitoring required for all patients.(NOTE)*

☐ Lidocaine for Renal Colic 100 mg/100 mL (IVS)*
  Lidocaine 2% Injection
  5 mL, IV Piggyback, once, STAT, (infuse over 15 min)
  Comments: Continuous ECG monitoring required during infusion and for at least 60 minutes post infusion

Sodium Chloride 0.9% (INT)

100 mL

TREATMENT OF FRACTURES OR DISLOCATION

☐ acetaminophen
  975 mg, Tab, PO, Once, STAT
  Comments: Acetaminophen Max Dose: 4 grams/24 hours

☐ ketamine
  50 mg, Nasal, once, STAT
  Comments: Use atomizer for administration. Max of 1 mL per nostril

Laboratory

NOTE: If possibility of pregnancy, order below:(NOTE)*

☐ Pregnancy Screen Serum
  STAT, T:N, once, Type: Blood, Nurse Collect

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Physician’s Signature</th>
<th>MD Number</th>
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</thead>
</table>

*Report Legend:*

DEF - This order sentence is the default for the selected order
GOAL - This component is a goal
IND - This component is an indicator
INT - This component is an intervention
IVS - This component is an IV Set
NOTE - This component is a note
Rx - This component is a prescription
SUB - This component is a sub phase, see separate sheet
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R-Required order