



Abdominal Pain



Abdominal Pain

Signs and Symptoms	Possible Causes
Tummy feeling or looking swollen or bloated, needing to pass wind frequently	Trapped gas in the abdomen or bowel
Feeling especially full or uncomfortable after a normal sized meal; experiencing heartburn or feeling sick	Indigestion
Having difficulty going to the toilet, passing hard lumpy stools	Constipation
Runny diarrhoea, feeling sick or actually being sick, having a temperature	Stomach bug or food poisoning
In females; pain or cramping in the lower abdomen related to menstrual cycle	Period pain
Sudden pain in the lower right-hand side	Appendicitis
Ongoing cramps, bloating, diarrhoea, constipation	Irritable bowel syndrome (IBS)
Severe pain that can sometimes go down into the groin, feeling sick, pain when going to the toilet to pass urine	Kidney stones
Severe pain that lasts for hours in the centre of your tummy or just under the ribs on the right-hand side	Gallstones



Potential Emergency

- The pain gets much worse quickly
- Urinating is suddenly painful
- Bleeding from rectum or vagina, or have abnormal discharge from your vagina
- Stomach ache came on very suddenly or is severe
- It hurts when you touch their stomach
- Vomiting blood or vomit looks like ground coffee
- Poo is bloody or black and sticky and extremely smelly
- Unable to urinate
- Unable to poo or pass wind
- Pulsating pain in abdomen



Ward Level Management

Get background information: how long has the pain been there, how bad is the pain, any other symptoms e.g diarrhoea, vomiting, when and what did you last eat?

- Check skin for rashes
- Consider analgesia depending on cause
- Urine sample
- Stool sample
- Blood sugar check
- Consider barrier nursing if suspecting infective cause
- Contact infection control
- Physical observations
 - ▶ Heart rate
 - Blood Pressure
 - Temperature
 - Respiratory rate
- Call a doctor