

**BITESIZED
TEACHING**



Chest Pain

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Chest Pain

Most chest pain isn't a sign of anything serious but you should get medical advice just in case. Get immediate medical help if you think someone is having a heart attack.



Signs and Symptoms of a heart attack

- Pain that starts in the chest, but radiates to the arms, back neck or jaw
- Makes chest feel tight or heavy
- Shortness of breath, feeling nauseous or sweating
- A dull ache in the centre of the chest



Other Causes and their signs

The majority of chest pain cases aren't severe and there are usually other causes as to the discomfort people may experience with their chest

- Heartburn/indigestion – starts after eating food, feeling bloated or full, bringing up food/fluids
- Chest pain or sprain – Starts after chest injury or chest exercise, feels better when resting the muscle
- Anxiety/panic attack – Triggered by worries or stressful situation, heartbeat gets faster, dizziness, sweating
- Chest infection/pneumonia – gets worse when breathing in and out, cough up yellow/green mucus, high temperature
- Shingles – tingling feeling on skin, rash appears that turn into blisters



Ward Based Management

- If patient states that they have chest pain then take their physical observations as soon as possible
- Monitor and assess patient for any deterioration
- If it's suspected that the patient is having a heart attack, then follow the emergency protocol
- Find and record an electrocardiogram (ECG)
- If the patient has known heart disease and is prescribed an emergency medicine like glyceryl trinitrate (GTN), administer it
- Call a doctor straight away