



Altered Mental Status

Medical

CRITERIA

Any alteration in level of consciousness.

PROTOCOL

EMR	Follow <i>General – Universal Patient Care/Initial Patient Contact protocol.</i>	EMR
EMT	Obtain blood glucose level.	EMT
<u>Suspected Narcotic Overdose</u>		
EMT	Administer <i>Naloxone (Narcan) 2 mg nebulized</i> (mix 2 mL Naloxone and 3 mL inhalation saline in nebulizer chamber). Titrate to effect.	EMT
A	Administer <i>Naloxone (Narcan) 2mg IV/IO, IN or IM</i> titrated to effect. Repeat dose in 5 minutes if no response.	A
<u>Hypoglycemia</u>		
EMT	If consciousness is altered, blood glucose level is less than 60 mg/dL and patient can protect airway, administer <i>Oral Glucose 15 g PO.</i> or	EMT
A	Administer <i>Dextrose 50% 25g (D₅₀) IV/IO.</i>	A
A	If unable to gain IV access, administer <i>Glucagon 1 mg IN or IM.</i>	A
EMT	Repeat blood glucose level. Administer <i>Oral Glucose 15 g PO</i> if necessary.	EMT
A	Administer second dose <i>Dextrose 50% 25g (D₅₀) IV/IO</i> if necessary.	A
<u>Hyperglycemia</u>		
A	If blood glucose level is greater than 250 mg/dL, administer fluid bolus <i>0.9% Normal Saline 20 mL/kg IV/IO</i> up to 1000 mL.	A

PEARLS

Suspected Narcotic Overdose: Patient exhibits one or more of the following signs:

- Pinpoint pupils
- Bradypnea (respiration less than 8)
- Recent history of drug abuse
- Evidence on scene of drug abuse



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AEIOU TIPS Mnemonic for Abbreviated Differential Diagnosis of Altered Mental Status:

Letter	Description
A	Alcohol
E	Endocrine, Encephalopathy, Electrolytes
I	Insulin (hypoglycemia)
O	Oxygen (hypoxia), Opiates (drugs of abuse)
U	Uremia
T	Toxins, Trauma, Temperature
I	Infection
P	Psychiatric, Porphyria
S	Stroke, Shock, Subarachnoid Hemorrhage, Space-Occupying CNS Lesion

SMASHED 2 Mnemonic for Differential Diagnosis of Altered Mental Status

Letter	Title	Description
<u>S</u>	<u>Substrates</u>	glucose (high/low), thiamine deficiency
	<u>Sepsis</u>	
<u>M</u>	<u>Meningitis</u>	all CNS infections, AIDS dementia, encephalitis, brain abscess or toxoplasmosis
	<u>Mental illness</u>	acute psychosis, medication noncompliance, mania, depression, malingering, rage, suicide intent (via police)
<u>A</u>	<u>Alcohol</u>	Intoxication, withdrawal
	<u>Accident</u>	head trauma, CVA, cerebral contusion, subdural or epidural hematoma
<u>S</u>	<u>Seizing</u>	or postictal
	<u>Stimulants, hallucinogens, anticholinergics</u>	Cocaine, amphetamines, caffeine, PCP, LSD, ketamine, psilocybin, antihistamines, atropine, scopolamine, jimson weed
<u>H</u>	<u>Hyper</u>	hypertension, hyperthyroidism, hypercarbia, hyperthermia
	<u>Hypo</u>	hypotension, hypothyroidism, hypoxia, hypothermia
<u>E</u>	<u>Electrolytes</u>	hyper/hyponatremia, hypercalcemia
	<u>Encephalopathy</u>	hepatic, HIV, uremic, hypertensive, lead, Reye's syndrome, CNS tumor
<u>D</u>	<u>Drugs</u>	Intoxication or withdrawal
	<u>Don't forget other drugs</u>	carbon monoxide, lithium, steroids, salicylates, designer/street drugs, theophylline, MDMA, antipsychotics, toxins not on routine drug screen, others