



Acute Abdominal Pain – Case Summary & Care Pathway

34 y/o Female RN | Evaluation, Management, and Key Questions from This Conversation



Goal

Identify the cause, stabilize, treat, and provide clear next steps.



1. Patient Profile

- 34 years old
- Female RN
- On GLP-1 (dose last Wednesday, on it 1.5 years)
- No recent travel
- No prior similar pain



2. Presenting Symptoms (6 hours duration)

- Acute abdominal pain (cyclic, lasts a few minutes)
- Watery stool
- Mild nausea
- Pale
- No fever
- No headache



3. Initial Assessment

- Appendicitis protocol: no pain on depression and release at RLQ
- Leg raises fine
- Able to walk unsupported (from parking lot to ER)
- Last food intake: rice and shrimp (tested before, no issues)



4. ER Findings & Treatment

- WBC elevated
- Little blood in urine
- IVF infusing
- Toradol IVP given
- Zofran IVP given
- Waiting for CT scan



5. Key Questions

- How long is a CT scan and how long for results?
- What is usually revealed or ruled out after a CT scan?
- What do IVF, Toradol, and Zofran do?
- Explain ectopic pregnancy and treatment.



6. Differential Diagnosis (DDx)

- Gastroenteritis (viral/bacterial/food-related)
- GLP-1 related GI side effects
- Appendicitis (lower suspicion based on exam)
- Urinary tract issue (blood in urine)
- Kidney stone
- Gynecologic causes (e.g., ectopic pregnancy)
- Other intra-abdominal causes



7. CT Scan

- Scan Time**
Usually ~5–15 minutes.
- Results Time**
Often within ~30–60 minutes (depending on ER workload).
- What It Can Reveal or Rule Out**
 - Appendicitis
 - Kidney stones
 - Bowel inflammation or obstruction
 - Gynecologic conditions
 - Other intra-abdominal causes



8. Medications in ER

- IV Fluids (IVF)**
 - Provides hydration
 - Replaces fluids lost from vomiting/diarrhea
 - Helps maintain blood pressure
- Toradol (ketorolac) IVP**
 - NSAID pain reliever
 - Helps reduce pain and inflammation
- Zofran (ondansetron) IVP**
 - Anti-nausea medication
 - Helps control nausea and vomiting



9. Ectopic Pregnancy

- What It Is**
A pregnancy implanted outside the uterus, most commonly in a fallopian tube.
- Symptoms**
 - Abdominal pain (often one-sided)
 - Vaginal bleeding
 - Can be life-threatening if it ruptures.
- Treatment**
 - Depends on size, location, and stability
 - Medication (e.g., methotrexate)
 - or Surgical management if needed



10. Next Steps

- Wait for CT results
- Continue IV fluids and medications as ordered
- Address findings based on CT and labs
- Clarify diagnosis and treatment plan
- Discuss disposition (admit vs discharge)



11. Outcomes (After CT)

- Specific diagnosis identified → targeted treatment
- No acute findings → consider other causes / symptomatic care
- Gynecologic cause detected → appropriate OB/GYN management
- If ectopic pregnancy → urgent treatment plan



12. Patient Education & Follow Up

- Understand diagnosis and treatment
- Ask questions about CT results and next steps
- Discuss what ER treatments do
- Know signs that require urgent return
- Plan follow up based on final diagnosis



Evaluate → Diagnose → Treat → Understand → Move Forward



ER



CT



Treatment



Recovery

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