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# Epistaxis

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

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**I. The client/caregiver can define epistaxis and common causes.**

- A. Epistaxis is bleeding from the nose.
- B. Common causes of epistaxis are
  - Injury or blow to nose
  - Inflammation or ulceration from sinusitis
  - Growths or polyps in the nose
  - Chemical irritants
  - Receiving large doses of aspirin or anticoagulants

**II. The client/caregiver can list ways to stop the epistaxis.**

- A. Remain calm with head slightly elevated.
- B. Apply pressure to the nostril of the bleeding side.
- C. Apply cold compresses over the nose.
- D. Notify health care providers of use of any medication such as
  - Aspirin
  - Nonsteroidal antiinflammatory drugs
  - Anticoagulants

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- E. Use saline spray or gel to moisten lining of nose.
- F. Remind children not to “pick” nose or use excessive force when blowing nose.
- G. Get emergency help if
  1. Bleeding does not stop after 20 minutes
  2. Also received injury to the head
  3. The nose is misshapen after an injury

**RESOURCES**

Childcare classes  
First aid classes

**REFERENCES**

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Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.