

# Clinical Pathway for Evaluation/Treatment of Adults with Sickle Cell Disease and Pain (ED)

Time elapsed from arrival

40 min

60 min

Reassess in 30 minutes

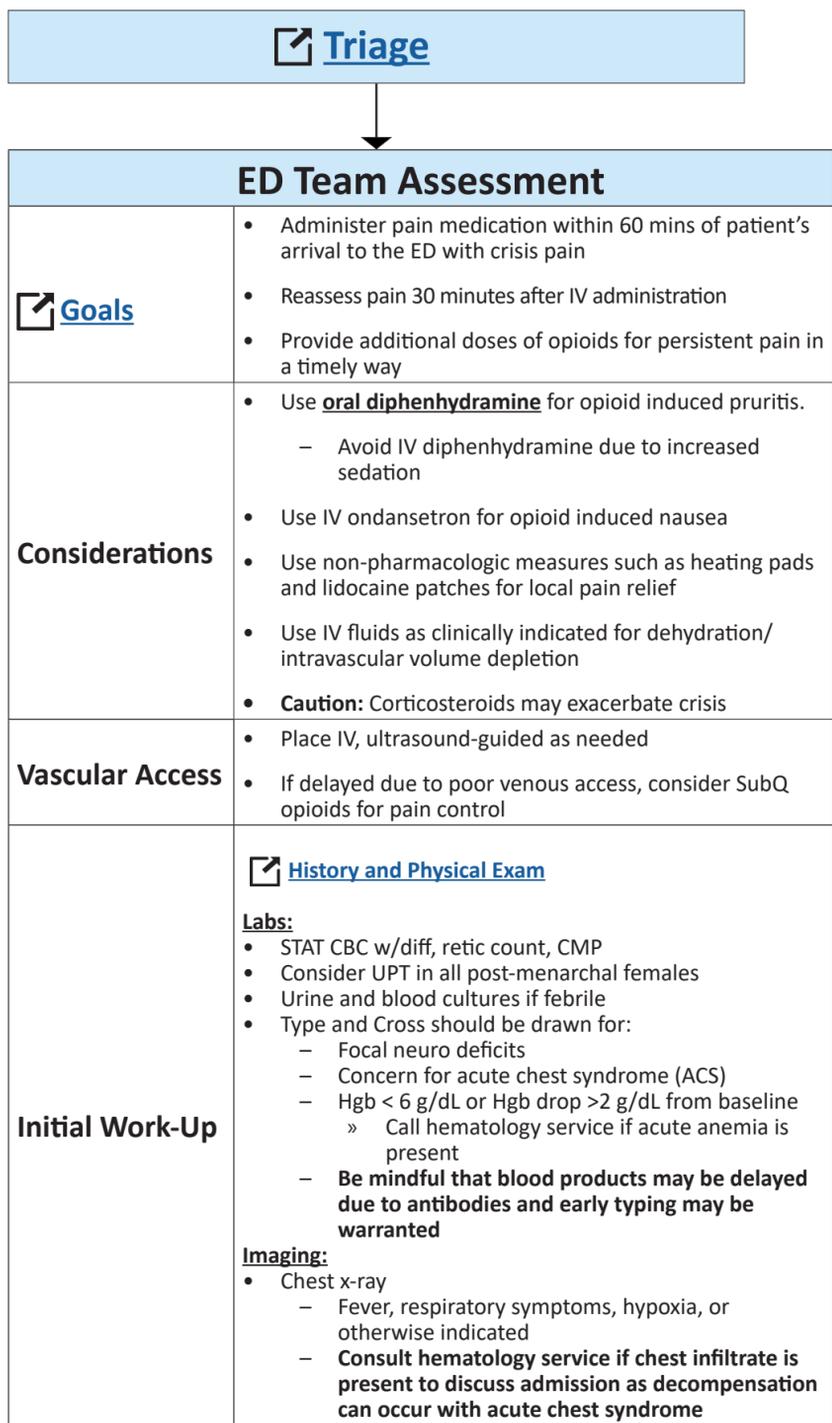
90 min

Reassess in 30 minutes

120 min

150 min

180 min



## Educational Media

- [Managing Sickle Cell Disease in the ED, ACEP](#)
- [PEM Episode 9: Sickle Cell Disease](#)

## Evidence

- [ASH 2020 Guidelines for SCD: Management of Acute and Chronic Pain](#)

## Clinical Pearls

Patients may have learned distraction techniques for pain coping on assessment which can include:

- Sleep
- Television
- Phone use
- Headphones/music
- Apps/games
- Comfort measures

Most patients have received some form of IV pain medication since childhood. We can trust they know which medication works best for them.

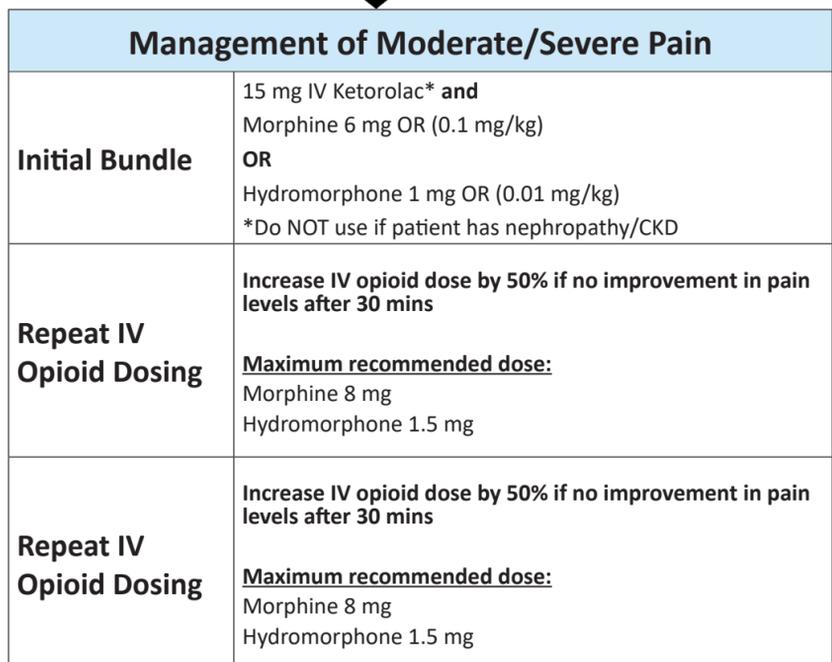
If a patient suggests a medication that worked well for them in the past, this is self-advocacy. Please do not misconstrue this behavior as drug seeking.

**Please refer to individualized treatment plan that patient has been advised to carry**

**Re-evaluating pain every 30 minutes expedites disposition to either discharge or admission!**

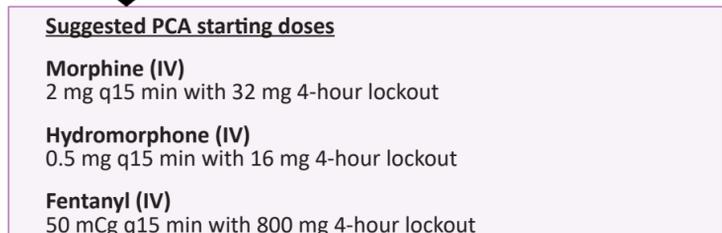
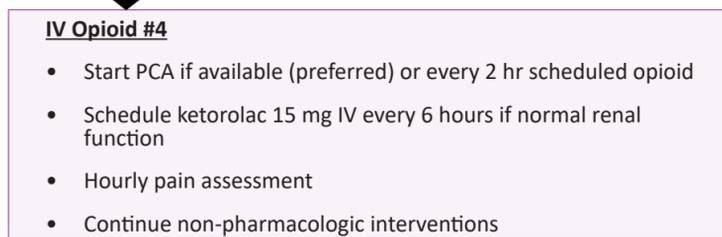
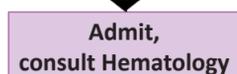
## Discharge considerations:

- Pain rating does not have to be 0/10, however, provider should discuss with patient if they can feel like pain can be managed at home or if admission is needed.
- Encourage follow-up with outpatient hematologist within 7-10 days
- If sending in a 3-5 day supply of opioid medication, pick a 24 hour pharmacy if patient is seen after hours
- Advise patient to alert pain medication prescriber that a script was given in the ER if they are on an outpatient pain mgmt contract



Persistent pain

Pain controlled, absence of other complications of sickle cell disease



## References:

- Brandow AM, Carroll CP, Creary S, et al. American Society of Hematology 2020 guidelines for sickle cell disease: management of acute and chronic pain. Blood Advances. 2020;4(12):2656-2701. doi:https://doi.org/10.1182/bloodadvances.2020001851
- Philadelphia TCH of. Sickle Cell Disease with Pain Clinical Pathway ? Emergency Department. www.chop.edu. Published August 12, 2014. https://www.chop.edu/clinical-pathway/sickle-cell-disease-with-pain-clinical-pathway