**Clinical Skills Lab Checklist**

**A. T. Still University Department of Physician Assistant Studies**

**Name:** _____________________________________  

**Skill:**  

**Epistaxis**  

**Date:** ___/___/_____  

**References:** Dehn Chapter 17

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**Place a checkmark for each step completed.**

<table>
<thead>
<tr>
<th>Wash hands.</th>
<th>Simple</th>
<th>Packing Required</th>
<th>Initial</th>
<th>Retest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduce themselves to patient.</td>
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<tr>
<td>Identify the patient (2 sources).</td>
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<tr>
<td>Explain to patient the procedure and obtain consent.</td>
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</table>

**Assemble required equipment.**

| Medication | Cautery (silver nitrate, battery) | | |
| Gauze or Tissue | Packing (nasal tampon, Rhino, etc) | | |
| Absorbent pad (Chux) | | | |
| Scope and light | | | |
| Nasal bayonet forceps | | | |
| Suction | | | |
| Emesis basin | | | |
| Biohazard waste bin | | | |

| Don appropriate personal protective equipment (PPE). | | |
| Gloves, mask, eye protection | | |

**Demonstrate aseptic technique (as appropriate).**

**Perform procedure safely.**

1. Cleanse Nare(s)  
2. 2 sprays vasoconstrictor  
3. Hold pressure x 15 minutes  
4. Visualize source of bleeding  
5. Hold pressure x 15 minutes  
6. Cauterize with swab (if still bleeding)  
7. Insert nasal tampon (if still bleeding)

**Doff PPE appropriately.**

**Educate patient on follow-up care.**

- Avoid sneezing, blowing nose, vigorous exercise  
- Educate on home management  
- Remove packing at 48 hours f/u  
- Educate on home management  
- Inform provider of rebleeding

**Document or verbalize documentation of procedure (EMR).**

**Verbalize indications, contraindications, and complications for procedure.**

**Demonstrate professionalism**

**Students who complete all steps during testing PASS. Students who miss one or more steps FAIL and must retest.**

**Initial Attempt:** PASS  

**FAIL**  

**Faculty:** ________________________________

**Retest:** PASS  

**FAIL**  

**Faculty:** ________________________________

(circle one) **Comments are recorded on back:** Yes / No

Keenan & Cooper 7/2015