**COVID-19 Resources**

**Non-ICU Emergency Cards**

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**Altered Mental Status**

**Definition:**

Acute change in alertness, consciousness, or cognitive function.

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1. Establish team leader and call for HELP.
2. Check pulse and vital signs.
   - If pulseless, initiate Advanced Cardiovascular Life Support
3. Check glucose via finger stick.
4. Obtain intravenous (IV) access.
5. Perform focused physical exam.
   - Pupils (Pinpoint? See opiate overdose treatment box.)
   - Detailed neurologic exam
   - IV infusions?
6. Perform focused history.
   - AMPLE: allergies, medications, past medical history, last meal, recent events
   - Consider sending senior member for electronic chart review
7. Consider further diagnostic testing.
   - Blood: arterial blood gas, lactate, complete blood count, basic metabolic panel, liver function tests, coagulation, ammonia
   - Computed tomography: head without contrast
   - Infection evaluation: urinalysis, cultures, chest radiograph, lumbar puncture
   - Electrocardiogram

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**Hypoglycemia Treatment**

1. 1 ampule (50 mL) of 50% glucose
2. If no IV access, 1 mg of intramuscular glucagon
3. Consider 10% dextrose infusion

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**Opiate Overdose Treatment**

**Definition:** Recent opiate administration with altered mental status and either pinpoint pupils or respiratory rate <12 breaths/min

1. Administer supplemental oxygen if O₂ saturation <90%
2. Perform bag-mask ventilation if apnea or respiratory rate <12 breaths/min
3. Dilute 0.4 mg of naloxone in 10 mL normal saline
4. Administer 1 mL (0.04 mg)
5. Repeat naloxone doses until respiratory rate >12 breaths/min, up to 5 mg total
6. Titrate dose to respiratory status (not mental status)

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**Life-Threatening Diagnoses**

- Hypoglycemia
- Sepsis/Infection
- Stroke
- Head trauma: intracranial, subarachnoid, subdural, epidural hematoma
- Seizures: consider nonconvulsive status epilepticus
- Respiratory failure
- Severe alcohol or benzodiazepine withdrawal
- Hypertensive encephalopathy
- Toxic ingestion/medications
- Serotonin syndrome or neuroleptic malignant syndrome

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Modified from NYU School of Medicine, U.S. Department of Veterans Affairs, and NYC Health + Hospitals - Bellevue. Emergency Manual.