

Initial Date: 05/31/2012 Revised Date: 05/08/2023

Michigan GENERAL TREATMENT ADRENAL CRISIS

Adrenal Crisis

Purpose: This protocol is intended for the management of patients with a known history of adrenal insufficiency, experiencing signs of crisis.

Indications:

- 1. Patient has a known history of adrenal insufficiency or Addison's disease.
- 2. Presents with signs and symptoms of adrenal crisis including:
 - a. Pallor, headache, weakness, dizziness, nausea and vomiting, hypotension, hypoglycemia, heart failure, decreased mental status, or abdominal pain.

Treatment:

- 1. Follow General Pre-hospital Care-Treatment Protocol.
- Pediatric patients (< 14 years of age) utilize MI MEDIC cards for appropriate medication dosage. When unavailable utilize pediatric dosing listed within protocol.

<u>Contact Medical Control</u> for all adrenal crisis patients prior to treatment:

- S 1. Administer fluid bolus NS or LR IV/IO (refer to Vascular Access and IV Fluid Therapy-Procedure Protocol)
 - a. Adults: up to 1 liter.
 - left b. Pediatrics: up to 20 ml/kg
- Assist with administration of patient's own hydrocortisone sodium succinate (Solu-Cortef)
 - a. Adult: 100 mg IV/IM
 - b. Pediatric: 1-2 mg/kg IV/IM
- 分 3. If patient does not have their own hydrocortisone, administer prednisone tablet 50 mg PO to adults and children > 6 years of age (if available per MCA selection)

Additional Medication Option:

Prednisone 50 mg tablet PO (Adults and Children > 6 y/o)

- a. If **prednisone** is not available, patient is <6 years of age, or patient is unable to receive medication PO, administer **methylprednisolone** IV/IO/IM:
 - i. Adults: 125 mg
 - 👢 ii. Pediatrics: 2mg/kg (max 125 mg)

🔇 4. Transport

- 5. Notify Medical Control of patient's medical history.
- 6. Refer to Adult or Pediatric Altered Mental Status-Treatment Protocol.

Medication Protocols Methylprednisolone Prednisone

MCA Name: Jackson County MCA MCA Board Approval Date: 1/16/24 MCA Implementation Date: 4/1/24 MDHHS Approval: 5/8/23