

CHEST PAIN								
CRAMPS	ONSET	PROVOCATIVE	PALLIATIVE	QUALITY	REGION	RADIATION	SEVERITY	TIME
Costochondritis	After exercise subacute onset	Respirations, cough movement of chest	Shallow breathing	Sharp, pin point	Anterior & lateral	Local	1 to 3	Constant, pleuritic
Rebound from medications	REFER TO MYOCARDIAL INFARCTION							
Rib Fractures	Sudden, after trauma	Respirations, cough movement of chest	Shallow breathing	Sharp, pin point	Variable	Local	1 to 3	Constant, pleuritic
Aneurysm (Thoracic)	Sudden	None	None	Deep tearing	Substernal	Lower back shoulders, neck	3 to 5	Constant, intensity may vary
Anxiety	Sudden, following stress, bad news	Stress, stimulants	Relaxation, Nitroglycerin	Sharp	Varies in chest	Usually none	1 to 2 with relaxation	Constant pain, subsides
Angina	Sudden or gradual, following exertion, humidity	Physical activity, stress, hypoxia	Relaxation	Crushing, dull pressure, squeezing	Substernal	Back, arms, jaw epigastrium	1 to 5	Constant, usually lasts under 15 min.
Myocardial Infarction	Sudden	None, or from physical activity	None	Crushing, dull pressure, band-like	Substernal	Back, arms, jaw	3 to 5	Constant, usually lasts more than 15 min.
Pneumonia	Gradual, may follow recent fever/infection	Respirations	Shallow breathing	Sharp or dull ache	Laterally	None	1 to 2	Constant, pleuritic, with fever, cough
Pericarditis	Sudden	Supine posture Respirations, cough	Upright posture Shallow breathing	Sharp, knife-like	Substernal	Usually none, occasionally tip of shoulder	3 to 5	Constant, residual soreness for days
Pneumothorax	Sudden, may follow exertion or coughing	Respirations, cough	None	Sharp	Laterally	None	1 to 3	Pleuritic, may subside after exercise
Pleurisy	Sudden	Respirations, cough	Shallow breathing	Sharp	Unilaterally, lower chest	None	1 to 3	Constant, pleuritic, intensity may vary
Pulmonary Embolism	Sudden	Respirations, cough	Shallow breathing	Sharp, pin point	Variable	None	2 to 5	Constant, pleuritic, intensity may vary
Spasms (esophageal)	subacute, after meals, at night	Supine, prone posture	Antacids	Dull pressure, colicky, heartburn	Substernal, epigastric	Jaw, either arm	1 to 3	Constant, varies in intensity