Pediatric Pain…Tell me where it hurts

PREVALENCE

Children’s pain should not be ignored

Head and tummy aches are common complaints

Prevalence:
20% to 46% of children worldwide suffer from a chronic pain condition

Up to 1 in 3 children and adolescents experience weekly musculoskeletal pain.

CHALLENGES

Children may not receive adequate pain treatment due to:
- Pain can interfere with school work & time with friends & family
- Pain is under-treated in children and adolescents especially vulnerable populations
- Children may experience poverty, abuse, neglect, and trauma
- Childhood trauma, chronic illness, pain under-treatment may contribute to adult chronic pain conditions
- Fibromyalgia, lower pain thresholds, arthritis, irritable bowel syndrome
- Pre-verbal children can’t tell you about their pain.

TREATMENTS

Many drugs that are approved for adults have not been approved for pediatric use.

A multidisciplinary approach targeted to an individual patient’s needs is beneficial.

Cognitive Behavioral Therapy may improve quality of life for children and their caretakers.

Distraction & adult coaching can be effective for routine painful procedures.

Visit these sites to learn more!

https://www.cincinnatichildrens.org/service/p/pain/patient-resources
https://www.nichd.nih.gov/Pages/index.aspx
http://itdoesnthavetohurt.ca/

References/ImageCredit:
Bubbles Image: Weixan Chee - Noun Project
Needle Image: Mike Zuidgeest - Noun Project