



مدينة الملك فهد الطبية  
King Fahad Medical City



## Pain in Children

## What are the challenges of managing pain in children?

Pain in pediatric patients is common, under-recognized and under-treated leading to more than 10% of hospitalized children showing features of chronic pain dependency of children upon adults with regard to pain assessment, prevention, and treatment,

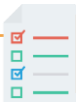
Exposure to pain early in life has long-lasting consequences in terms of increases in the risk for developing problems in adulthood (chronic pain, anxiety, and depressive disorders).

20 immunization needle pricks  
before age 2y

## How is pain assessment done effectively in children?

Lack of accurate pain measurement makes it hard to assist pain, however there are different methods to measure pain.

**The three main methods are used to measure pain intensity are:**



### Self-report

- Reporting the pain verbally and nonverbally.



### Behavioral

- Assessment of crying, facial expressions, body postures, and movements (neonates, infants and younger children)



### Physiological Measures

- Assessment of heart rate, blood pressure, respiration, oxygen saturation, palmer sweating, and sometimes neuro-endocrine responses.

## What myths have complicated our management of children's pain?



The following myths have complicated our management of children's pain:

Infants have immature nervous systems and do not feel pain.	They do
Untreated acute pain has no long-term adverse effects.	It does
Children are at a higher risk of drug addiction when they receive opioids for pain control.	They are not
Health professionals cannot measure pain in children.	They can
Children do not suffer from chronic pain.	They do

## What are the basic guidelines for selecting and administering traditional analgesic drugs?

Four simple concepts should be followed when administering analgesics to children:

By the Ladder

- Refers to a three-step approach for selecting progressively stronger traditional analgesic drugs (acetaminophen, codeine, or morphine) according to a child's level of pain (Mild, moderate, or strong)

By the Clock

- Refers to the timing for administering analgesic medications. Analgesics should be administered on a regular schedule

## By the Child

- Refers to the need to base analgesic doses on each child's individual circumstances.
- No one analgesic dose will reliably relieve pain for all children who have a similar medical condition or similar level of pain

## By the Mouth

- Refers to the oral route of drug administration. Medication should be administered to children by the simplest effective route, usually by mouth.
- Because children are afraid of injections, they may deny that they have pain or may not request medication



“Children do feel pain the way adults do”

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

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HEM3.19.000848

