



SEPTEMBER IS PAIN AWARENESS MONTH

Pediatric Pain Fast Facts:

- ☺ About 30% of children experience chronic pain
- ☺ Pediatric pain is commonly under-treated and overlooked
- ☺ Up to 5% of pediatric patients receive opioids more than 90 days after surgery
- ☺ According to a recent survey, up to 36% of patients get their pain management from their primary care doctor, and reported finding comprehensive pain care difficult



Tips for Pediatric Pain Management:

- ☺ Consider the use of multi-modal analgesia where appropriate including medications like:
 - *Acetaminophen, NSAIDs, muscle relaxants, topical agents (lidocaine, capsaicin), etc.
- ☺ Opioids are important medications for the treatment of acute pain, however it is recommended to follow opioid best practices when prescribing:
 - *Discuss safety in the home, involvement in state prescription drug monitoring program, consider home naloxone prescription
- ☺ A multidisciplinary treatment consisting of pain rehabilitation has been shown to have good outcomes:
 - *Includes physical and occupational therapy, psychological therapy, and integrative medicine
- ☺ Consider the use of non-pharmacological treatments like massage, aromatherapy, & acupuncture

Resources for Pediatric Pain:

- ☺ SPPM Resource Website:

<https://pedspainmedicine.org/patients-and-families-useful-links/>

- ☺ International Association for the Study of Pain—Special Interest Group on Pain In Childhood:

<http://childpain.org/index.php/resources/>

- ☺ The Comfortability Website:

www.thecomfortability.com/
