

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

20% of children suffer from abdominal pain disorders

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



CHALLENGES

Pain can interfere with school work & time with friends & family

Pain is under-treated in children and adolescents especially vulnerable populations

Childhood trauma

Chronic Illness
Neglect Abuse
Traumatic Injury
Parental death
Poverty
Pain under-treatment
may contribute to



Adult chronic pain conditions

Fibromyalgia
Arthritis Lower pain thresholds
Irritable Bowel Syndrome

Traumatic painful procedures may have lasting effects on children's mental & physical health



Pre-verbal children can't tell you about their pain.



IT DOESN'T HAVE TO HURT

TREATMENTS

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

Rx

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

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

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/>

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