

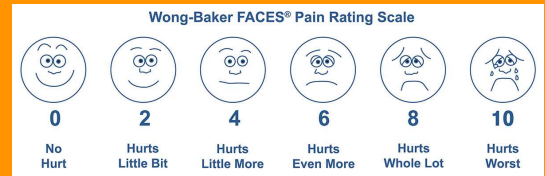
# Paediatric Pain Management

## Quick Reference Guide



## Assessment

FLACC: non-verbal/ sedated infant or child  
 FACES (Wong Baker): 3y +  
 Visual Analogue / 0 -10 self scoring: 7-16y  
 Consider duration & type of pain e.g. procedural



## Analgesia



### Severe Pain 8-10

Paracetamol  
&/or NSAID

IV Morphine  
or Intranasal Fentanyl in >1y  
Consider PCA /NCA

Clonidine PO can help as an addition in complex pain



### Moderate Pain 4-7

Paracetamol  
& NSAID plus:

Tramadol  
&/or Oral Morphine



### Mild Pain 1-3

Paracetamol  
&/or NSAID



## Body Weight

In Obese patients (≥98<sup>th</sup> centile) use adjusted body weight dosing:

$$IBW + 0.35 \times (TBW - IBW)$$

Calculate IBW from growth chart



## Adjuncts

Sucrose, pacifier, white noise, parental support, distraction (bubbles, story, tablet), play specialist, calm environment



| Drug                                                 | Age             | Dose (h=hourly)                        | Max / 24 hours                                                         | Cautions / Additional info                                                                                                                         |
|------------------------------------------------------|-----------------|----------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Paracetamol Enteral                                  | 0 - 3m (>32/40) | PO: 15 mg/kg 6 h or PR : 20 mg/kg 8 h  | 60 mg/kg                                                               | Some departments use mg/kg dosing for Paracetamol and others by age -> know your local unit preference<br><br>Consider 20mg/kg loading dose in >3m |
|                                                      | 3m-12y          | PO: 15 mg/kg 4-6 h PR: 15-20 mg/kg 6 h | 75 mg/kg                                                               |                                                                                                                                                    |
|                                                      | 12y & >50kg     | PO: 1g 4 -6 h                          | 4 g                                                                    |                                                                                                                                                    |
| Paracetamol IV                                       | 0- 1m           | 10 mg/kg 4-6 h                         | 40 mg/kg                                                               | CAUTION IV Paracetamol is a common source of 10 fold error                                                                                         |
|                                                      | > 1m – 50kg     | 15 mg/kg 4-6 h                         | 60 mg/kg                                                               |                                                                                                                                                    |
|                                                      | 12y & >50kg     | 1g 4 h                                 | 4g                                                                     |                                                                                                                                                    |
| Ibuprofen                                            | 1-3m            | 5 mg/kg 6 h                            | 20 mg/kg                                                               | Avoid Ibuprofen in neonates<br>Caution in asthma, renal impairment, low platelets                                                                  |
|                                                      | >3m             | 5 - 7.5 mg/kg 6 h OR 10 mg/kg 8 h      | 30mg/kg or 2.4g in >50kg                                               |                                                                                                                                                    |
| Diclofenac                                           | >6m             | IV: 0.3-1mg/kg 12h                     | 150mg max dose                                                         | IV solution Needs to be buffered                                                                                                                   |
|                                                      | >1y             | PR: 1mg/kg 6-8h                        | 3mg/kg (150mg max)                                                     | 12.5/25/50/100mg suppositories                                                                                                                     |
| Tramadol                                             | >1y (10kg)      | 1 mg/kg PO/IV 4-6 h                    | 400mg/day                                                              | Ensure 90 min between any 2 doses of Tramadol & Morphine                                                                                           |
| Oral Morphine                                        | Neonate         | 50 mcg/kg 8h                           |                                                                        | Always prescribe rescue Naloxone 10mcg/kg for respiratory depression & 0.5mcg/kg for pruritis / urinary retention                                  |
|                                                      | 1-12m           | 80 -100 mcg/kg 4h                      |                                                                        |                                                                                                                                                    |
|                                                      | >1y             | 100 – 400 mcg/kg 2-4h                  | 10 mg/dose MAX                                                         |                                                                                                                                                    |
| IV Morphine (single dose; if repeating then PCA/NCA) | 1-12m           | Titrate to max 100 mcg/kg              | Max dose in 5-10ml NaCL 0.9% & titrate SLOWLY, monitoring continuously | Caution in children with central neurological disease / sedation / sleep apnoea, respiratory, cardiac, renal or hepatic failure.                   |
|                                                      | >1y             | Titrate to max 200 mcg/kg              |                                                                        |                                                                                                                                                    |
| Clonidine PO                                         | Any             | 0.5 – 1 mcg/kg 4-6h                    |                                                                        | Discuss with consultant / pain team                                                                                                                |



## References

- Wong-Baker FACES Pain Scale (From Hockenberry, M. J., Wilson, D., Winkelstein, M.L. (2005). Wong's Essentials of Pediatric Nursing, 7 th Ed., St. Louis, MO: Mosby, p. 1259.
- Acute Pain Management Clinical Guideline, Bristol Royal Hospital for Children Paediatric Pain Service, Parry, Wilson & Pearson, 2023.
- Paediatric Formulary Committee. BNF for Children (online) London: BMJ, Pharmaceutical Press, and RCPCH Publications