

❖ **PAIN**

'Pain' in small children can range from being very mild to severe including growing pains, teething, colic, having a sore throat with a cold or a stomach ache. It will normally happen in the wee hours of the morning or better yet when there is nothing in your medicine cupboard!

How do you know that a small child is in pain?

It can be very difficult to know that your little one is in pain especially if they can't talk yet and often at this stage it will be a matter of elimination. If you have checked that they are not hungry, dirty, wet or tired and they appear to be grizzly a lot longer than normal then it may be safe to assume they are in pain.

Other signs may include them tugging at their ear if it is an ear infection, holding their legs up if it is colic pain, may not take their whole feed if a sore throat, wind pain or stomach ache. They may become extremely clingy than usual or very quiet and mope around and not have much energy to play or run around.

If they are older, they may be able to tell you exactly where it hurts and why that is the case but it is a good idea to check for any fever with any type of pain as it may be a first sign of an infection...and it's best to get on top of it as soon as possible.

When do growth spurts normally happen?

I usually don't like to use the word 'normal' as every individual is different and it may occur outside of the range. In any case as a guide classic growth spurts that may bring alongside 'growing pains' in both boys and girls typically are between;

- 3 to 5 years
- 8 to 11 years

When do teeth normally come through?

Teething pain can often come with other symptoms so that you may be able to notice it even before the tooth has cut the surface. When children are teething they may dribble a lot more, put lots of things in their mouths to ease the pain as well have more runny nappies and flushed cheeks. Typically the 'growth' patterns of teeth occur (only as a guide) as the following;

<u>AGE</u>	<u>TEETHING GROWTH</u>
5 months	Teeth starting cutting through the gum
6 months	First ones; usually bottom 2 middle teeth
6-12 months	Upper two middle teeth
10-12 months	The bottom teeth right of the two middle ones
10-13 months	Upper teeth right of the two middle ones
12-18 months	The first molars (back teeth) on top and bottom
16-22 months	The canines on top and bottom
20-31 months	The very back teeth on bottom; second molars
25-33 months	The very back teeth on top; second molars
2-3 years	Full set of 20 Baby teeth ☺

The baby teeth usually start to fall out from age 6 to 7 and the adult/permanent teeth will come through.

What TYPES of pain are there?

Just like in adult there are two types of pain; pain with inflammation and pain without inflammation.

What are examples of pain WITHOUT inflammation?

This is pain that does not come with any swelling, redness or heat in the area, so may be milder and less irritating. Common examples include;

- × Headache
- × Sore and raspy throat
- × Stomach ache

How do you treat pain without inflammation in children?

It is a very good idea in both children and adults to use a 'Step-Up' approach to medication. This involves using safer and single ingredient products first and only if it has not worked to move up to the next option. This hopefully reduces any side-effects and reduces how much 'stuff' your child's liver and kidneys need to clear out.

Also as a side note; Paracetamol is only available for children over 1 month old and Ibuprofen can only be used in children over 3 months. If your child is not settling younger than 1 month; then chat with your G.P or Paediatrician.

1. First try:

- *Only for children OVER 1 MONTH
- *Contains Paracetamol
- *Can be taken with or without food
- *Coloured and Colour free option

Panadol For Children

Take dosage according to age and weight every 4 to 6 hours

*Children's Panadol

2. Then try:

- *Although for inflammation it can be used
- *Only for children OVER 3 MONTHS
- *Must be taken after food
- *Orange or Strawberry flavour

Nurofen for Children

Give dosage every 6 to 8 hours after food

*Nurofen for Children

3. OPTION 3:

- *Give both Panadol and Nurofen as they work in different ways to control the pain
- *You will give Panadol every 4 to 6 hours
- *You will give Nurofen every 6 to 8 hours; so you will end up alternating the dose.
- *Consider writing the times you have given the dose of each medicine and a reminder on your phone/alarm when they are next due so that you do not double up on dosing

4. If this fails then try adding:

- *Only for children OVER 2 YEARS
- *Available IN combination with Paracetamol; NOT on its own
- *Should be used for severe pain only
- *Short term use only (48 hours maximum)
- *If you have given plain Panadol already; you will need to wait at least 4 to 6 hours before giving the combination product
- *If your child is healthy then you can combine Nurofen with the Panadol + Codeine combination in severe pain cases only
- *Is a Pharmacist Only Medication; so can only be obtained after discussing the suitability with a Pharmacist

Codeine

Take dosage according to age and weight every 4 to 6 hours

*Painstop Daytime

5. If pain is disrupting sleep then use:

- *Only available for children OVER 6 YEARS
- *Causes drowsiness because of Codeine and the Anti-histamine/'relaxant'
- *Short term use only (48 hours maximum)
- *Available IN combination with Paracetamol; NOT On its own.
- *Should be used for severe pain only
- *If you have given plain Panadol already; you will need to wait at least 4 to 6 hours before giving the combination product
- *If your child is healthy then you can combine Nurofen with the Panadol + Codeine + Doxylamine combination in severe pain cases only
- *Is a Pharmacist Only Medication; so can only be obtained after discussing the suitability with a Pharmacist

Codeine + Doxylamine 10mg

Take dosage according to age and weight every 4 to 6 hours

*Painstop Nighttime

What actual products are available in pharmacies?

<u>INGREDIENT</u>	<u>PRODUCT</u>	<u>BENEFITS</u>
<u>Paracetamol alone</u>	<u>Children's Panadol 1 month to 2 years</u>	<ul style="list-style-type: none"> *These are concentrated drops so you only need to give them a small dose which is easier to swallow. *Very gently on the stomach; can be given on an empty stomach *Can be given alone or 'disguised' in a small amount of water, milk or juice if they don't like the taste
	<u>Children's Panadol 1 year-5 years</u> (Less concentrated) <u>Children's Panadol 5 years-12 years</u> (More concentrated)	<ul style="list-style-type: none"> *It can be taken on an empty stomach as it is very gentle *Available in a thick, colour-free, orange flavoured <u>suspension</u> or *Available in a thin, coloured, raspberry flavoured <u>elixir</u> *Both the 1-5 years and 5-12 years liquids have age and weight specifications on the package; so if your child doesn't swallow liquids well you can give the <u>5-12 years</u> liquid to a three year old which will be a much smaller dose as its concentrated
	<u>Panamax Elixer</u>	<ul style="list-style-type: none"> *It can be taken on an empty stomach as it is gentle on the stomach *There is a regular strength and a concentrated version if your children have

		trouble swallowing large amounts of liquid
	<u>Panadol</u> Suppositories	*This can be used when the child has vomiting or unable to swallow *However, in theory it can be absorbed less and more unpredictably than liquid.
<u>Paracetamol + Codeine</u>	<u>Pain stop for Children Daytime</u> (only for children over 2 years)	*The extra <u>codeine</u> acts as an extra pain reliever and works in a different way.
<u>Paracetamol + Codeine + Doxylamine</u>	<u>Painstop Night for Children</u> (only for over 6 years over-the-counter)	*The extra 'relaxant' ingredient (actually an antihistamine) acts to cause drowsiness to help with aid recovery e.g. after surgery. *It also acts as a muscle relaxant to help tight muscles; although not too common in young children (hopefully!)

What are examples of pain WITH inflammation?

This is when swelling/heat/redness occurs alongside pain usually after an injury or if there is an infection. If there is an infection it also tends to come with a fever, weeping or pus from a wound. Some examples of this type of pain include;

- × Teething or tooth ache
- × Swollen foot/sprained ankle
- × Growing aches and pains
- × Throbbing headache
- × Swollen throat (tonsillitis, laryngitis or Strep throat)

How do you treat pain with inflammation in children?

The Main-stay of treatment:

*Only for children OVER 3 MONTHS

*Make sure not asthmatic, allergic or has Any stomach ulcers

*This should reduce swelling, heat, throbbing AND pain from the area

*Can combine this with Paracetamol every 4 to 6 hours if extra pain relief is needed; as they work in different ways

*If severe pain then use the step-up approach as discussed above; adding Codeine using Painstop Daytime and then stepping up to the Painstop Nighttime if sleep is disturbed.

Ibuprofen Liquid.

Take dosage according to age and weight every 6 to 8 hours immediately after food

*Nurofen for Children

What products are available in pharmacy?

<u>PRODUCT</u>	<u>DOSAGE</u>
<u>Nurofen for Children Concentrated drops</u> 3 months-2 years; 40mg Ibuprofen/mL	<u>3-6 months:</u> usually 6-8kg 1.5-2 mL every 6-8 hours <u>6-12 months:</u> usually 8-10 kg 2-2.5 mL every 6 to 8 hours <u>12-24 months:</u> usually 10-12 months 2.5 mL every 6 to 8 hours
<u>Nurofen for Children 1 year-5 years</u> 20mg Ibuprofen/mL	<u>1-3 years:</u> usually 10-14 kg Give 5-7 mL every 6 to 8 hours <u>3-5 years:</u> usually 14-18 kg Give 7-9 mL every 6 to 8 hours
<u>Nurofen for Children 5 years-12 years</u> 40mg Ibuprofen/mL	<u>5-7 years:</u> usually 18-22 kg Give 4.5-5.5 mL every 6 to 8 hours <u>7-9 years:</u> usually 22-28 kg Give 5.5-7 mL every 6 to 8 hours <u>9-12 years:</u> usually 28-40 kg Give 7-10 mL every 6 to 8 hours
<u>Infants Advil drops 3 months-2 years</u> 40mg Ibuprofen/mL	<u>3-6 months:</u> usually 6-8 kg Give 1.5 mL every 6 to 8 hours <u>6-12 months:</u> usually 8-10 kg Give 2 mL every 6 to 8 hours <u>1-2 years:</u> usually 10-12 kg Give 2.5 mL every 6 to 8 hours
<u>Children's Advil suspension 2-12 years</u>	<u>2-4 years:</u> usually 12-16 kg Give 5 mL every 6 to 8 hours <u>4-7 years:</u> usually 16-22 kg Give 7.5 mL every 6 to 8 hours <u>7-10 years:</u> usually 23-32 kg Give 10 mL every 6 to 8 hours <u>10-12 years:</u> usually 32-41 years Give 15 ml every 6 to 8 hours
<u>Advil Chewable 2-7</u>	<u>2-4 years:</u> 1 tablet every 6 to 8 hours <u>4-6 years:</u> usually 16-20 kg Give 1.5 tablets every 6 to 8 hours

	6-7 years: usually 20-22 kg Give 2 tablets every 6 to 8 hours
<u>Advil Chewable 7-12</u>	7-9 years: usually 22-28 kg Give 2 tablets every 6 to 8 hours 9-11 years: usually 28-68 kg Give 2.5 tablets every 6 to 8 hours 11-12 years: usually 36-41 kg Give 3 tablets every 6 to 8 hours

Why are there more precautions with Ibuprofen than Paracetamol?

Like all medications, Paracetamol and Ibuprofen should be used for the shortest time possible at the lowest dose to put less pressure on your child's system. If your child has any underlying conditions especially of the kidney or liver, then it is best to see your doctor for individualised advice.

As a general rule Paracetamol is safe to use from 1 month of age, can be taken on an empty stomach and has very few side effects. However, it does not last as long as Ibuprofen which means you need to give it more often.

Ibuprofen is longer lasting than Paracetamol and can reduce inflammation as well as pain. However, it must be taken after eating as it can upset the stomach. If your child has acid-reflux or other conditions of the stomach then it should be used with care as it can affect the protective lining of the stomach and long-term may cause complications.

Also, if your child suffers from asthma then care is needed when giving Ibuprofen as in some asthmatics it can trigger their symptoms. It does not affect everyone, but if it does then you should no longer give it to your child. If you notice that your child coughs more or wheezes after taking Ibuprofen but has not been diagnosed with asthma (which can happen since they are so young!), then have a chat to your GP.

Why can't I get any of these medications in the supermarket?

They are classified as 'Pharmacy Only Medicines' so that you have an opportunity to speak with a pharmacist about your child's health. They can advise you on how to take the medication correctly, if you should be giving them anything else, when you may need to go to the doctor and also give you 'extra pearls' of information that you may not get in the supermarket

What other things can you tell me about treating my child's pain?

As a general rule, if your child's pain lasts for more than 48 hours it is really important to see your doctor. Pain is the way our bodies tell us that something is not quite right; it goes back to our primitive 'fight-or-flight' mechanism and is in-built within us. Frequent headaches could be declining eye-sight or posture problems, growing pains may be childhood arthritis or frequent sore throats could be recurrent tonsillitis that needs to be removed. Our busy schedules may just want a quick fix of pain-relief but it is always wise to get checked by your G.P as it's best to be safe than sorry!

A good tip is to give the medications regularly at the intervals on the container rather than waiting for the medications to wear off and for the nasty pain to return. Although it seems like you may be pumping them full of 'drugs'; it actually allows for a steady and constant amount of medication that will consistently keep them pain-free.

Now, although I have written that *Ibuprofen* is the most effective for inflammation, it can also be used for normal pain. I normally suggest trying Paracetamol first every 4 to 6 hours, as it is well tolerated, gentle on the stomach and possibly less side effects BUT if it has not reduced the pain enough on its own; then consider ADDING *Ibuprofen* to the mix every 6 to 8 hours. It may sound like a lot of 'drugs' for a small child, but they do work in different ways and the combination may solve the issue altogether!

If your child is fussy and tends to spit out their medication then choose the colour-free/clear option so that there is less to clean up when they do spit it back out! It may also be better if your child suffers from allergies or sensitivities as it is less 'stuff' that their bodies have to process. Although a coloured liquid can be easier to measure the dose; especially at night-time, which may reduce the chance of over or under dosing your child.

Consider giving your child massages if it is growing pains or try swimming to take the 'load' off their limbs. If it is from teething, try to use Bonjela gel if over 4 months, SM-33 if over 6 months as well as cold teething rings or the homeopathic Brauer Teething Relief liquid. If it is from a headache, try putting a cold face washer on their forehead and back of the neck, sitting in a darkened, quiet and cool room.

Last but certainly not least, give your child lots of extra kisses and cuddles to get them through this awful time! 'Distract' their attention off the pain as much as possible; by doing low-impact activities, watching a quiet DVD, reading them a story or listen to relaxing and soothing music to calm them down. Give them an incentive or something to look forward to on their recovery, like going to the park or zoo as this positive reinforcement of being-well will be something they hold onto.

If you are finding that your child is complaining of pain more frequently then it may be worth 'investigating' if it's a result of something changing in their lives; a new sibling, bullying or possibly feeling left out. Starting child-care can be a bring on a regular bout of colds and flu's but if it is becoming far too frequent then consider other possible changes in your or their lives. For my mantra in both children and adults is that health is a balance of mind, body and spirit and it's best to nip it in the bud as soon as possible for the best outcome. If a change has caused it, then learning coping mechanisms for your child will be the best foundation for later years.