

# 10 Essential Pediatric Pain Medicine and Anesthesiology Review Topics

Providing optimal pain relief and anesthesia care for children requires specialized knowledge and expertise. To ensure the best possible patient outcomes, healthcare professionals must stay up-to-date with the latest advancements in pediatric pain medicine and pediatric anesthesiology. This comprehensive guide delves into 10 crucial review topics, offering an in-depth overview of the most important concepts and practices.

## 1. Pediatric Pain Assessment

Accurate pain assessment is the foundation of effective pain management. This topic covers the various assessment tools and techniques used to evaluate pain intensity and quality in children of different ages. It also discusses the unique challenges of pain assessment in non-verbal or cognitively impaired patients.



### Book 10: Pediatric Pain Medicine (Pediatric Anesthesiology Review Topics) by Justin L. Lockman

★★★★★ 5 out of 5

Language : English  
File size : 751 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 97 pages  
Lending : Enabled




# Pain Scale Assessment

SimpleNursing


## Pediatrics: Assessment

### Cries Scale 0-6 months



<b>C</b>	<b>R</b>	<b>I</b>	<b>T</b>	<b>S</b>
Cries	Reaches out to get help	Arching the back	Keenness	Sleeping


### Face Scale 2 months - 7 years



<b>F</b>	<b>L</b>	<b>A</b>	<b>C</b>	<b>C</b>
Face	Legs	Activity	Cry	Comfortability

### Visual Scale 3 years & up

Children 3 - 6 years old view pain as "magical thinking", thinking pain is a punishment, or that pain will magically disappear & even blaming someone else for the pain.




0 No Pain	1 Pain's Little Bit	2 Pain's Little More	3 Pain's Getting Bad	4 Pain's Really Bad	5 Pain's Worst
--------------	------------------------	-------------------------	-------------------------	------------------------	-------------------

#### Saunders Question

4-year-old child: When experiencing pain, the nurse anticipates which of the following?

- Views pain as punishment
- Blames someone else for the pain
- Believes pain will disappear magically

### Numeric Scale 5 years & up



0	1	2	3	4	5	6	7	8	9	10
No Pain	Little Pain	Mild Pain	Some Pain	Very Some Pain	Worst Pain Possible					

## 2. Pharmacological Management of Pediatric Pain

This topic provides an overview of the different classes of pain medications used in pediatric patients, including opioids, non-opioids, and adjuvants. It discusses the indications, dosages, and potential side effects of each medication, as well as the principles of multi-modal pain management.

## Pediatric pain management

### Assessment

- Neonates/infants
  - Neonatal Pain, Agitation and Sedation Scale (N-PASS)
  - FLACC (Face, Legs, Activity, Cry, Consolability) scale
- Toddlers
  - Faces Pain Scale-Revised (FPS-R)
  - Wong-Baker FACES pain rating scale
- School-age/adolescents
  - Verbal Numerical Rating Scale
  - Visual Analogue Scale
- Intubated children
  - COMFORT scale

### Nonpharmacologic

- Suck
  - Breastfeeding
  - Non-nutritive sucking
  - Oral swabs
- Toddlers
  - Bubbles, toys, books for distraction
- School-age
  - Video games, books for distraction
- Adolescents
  - Music, hypnosis, relaxation

### Pharmacologic

- Regional analgesia
- Central analgesics
- Regional anesthetics
- Woodcock pain scale



Learn more at <https://www.nurses.com.au/pediatric-pain/>  
© 2018  
Nurses.com.au  
The information provided on this website is for informational purposes only and is not intended to be used as a substitute for professional medical advice.

**NURSE**



### 3. Non-Pharmacological Management of Pediatric Pain

Non-pharmacological pain management techniques can be highly effective in complementing or reducing the need for pharmacological interventions. This topic explores a range of non-pharmacological approaches, such as physical therapy, massage, acupuncture, and cognitive-behavioral therapy.



#### **4. Pediatric Procedural Sedation**

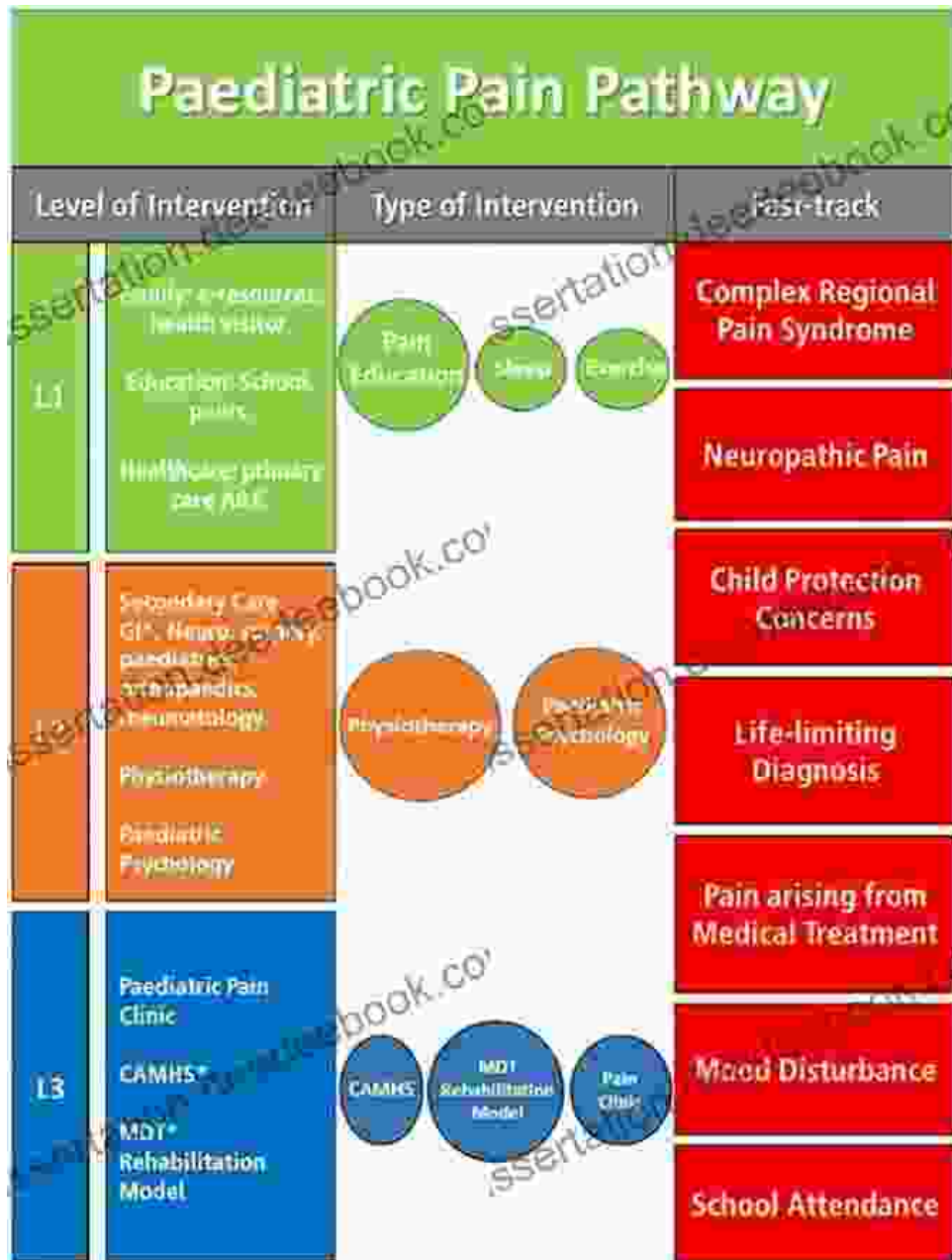
Procedural sedation is often necessary to facilitate painful or anxiety-provoking procedures in children. This topic reviews the different levels of sedation, the medications used, and the monitoring and safety considerations involved in pediatric procedural sedation.





## 6. Chronic Pain Management in Children

Chronic pain is a complex and challenging condition that can significantly impact a child's quality of life. This topic explores the different types of chronic pain in children, the assessment and diagnosis process, and the various treatment options available, including medication, therapy, and interventional procedures.



## 7. Pain in Neonates

Neonates present unique challenges in pain assessment and management. This topic discusses the physiological and developmental factors that influence pain perception in neonates, as well as the special considerations for pain management in this population.

FLACC Scale <sup>1</sup>		0	1	2
1	Face	No particular expression or smile	Occasional grimace or frown, withdrawn, discomfort	Frequent to constant frown, clenched jaw, squinting chin
2	Legs	Neutral position or relaxed	Uneasy/restless, tense	Kickling, or legs drawn up
3	Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
4	Cry	No crying, awake or asleep	Mooing or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
5	Consolability	Content, relaxed	Moans by occasional touching, hugging or being talked to, disinterested	Difficult to console or comfort

**NOTES:**

<sup>1</sup> This tool is one of many tools available to help you assess and manage your child's pain. It is not a substitute for a physical exam or other assessment tools. Always use your clinical judgment and consult with your healthcare provider for more information.

<sup>2</sup> This tool is one of many tools available to help you assess and manage your child's pain. It is not a substitute for a physical exam or other assessment tools. Always use your clinical judgment and consult with your healthcare provider for more information.

© 2010 HealthCare Inspirations. All rights reserved.

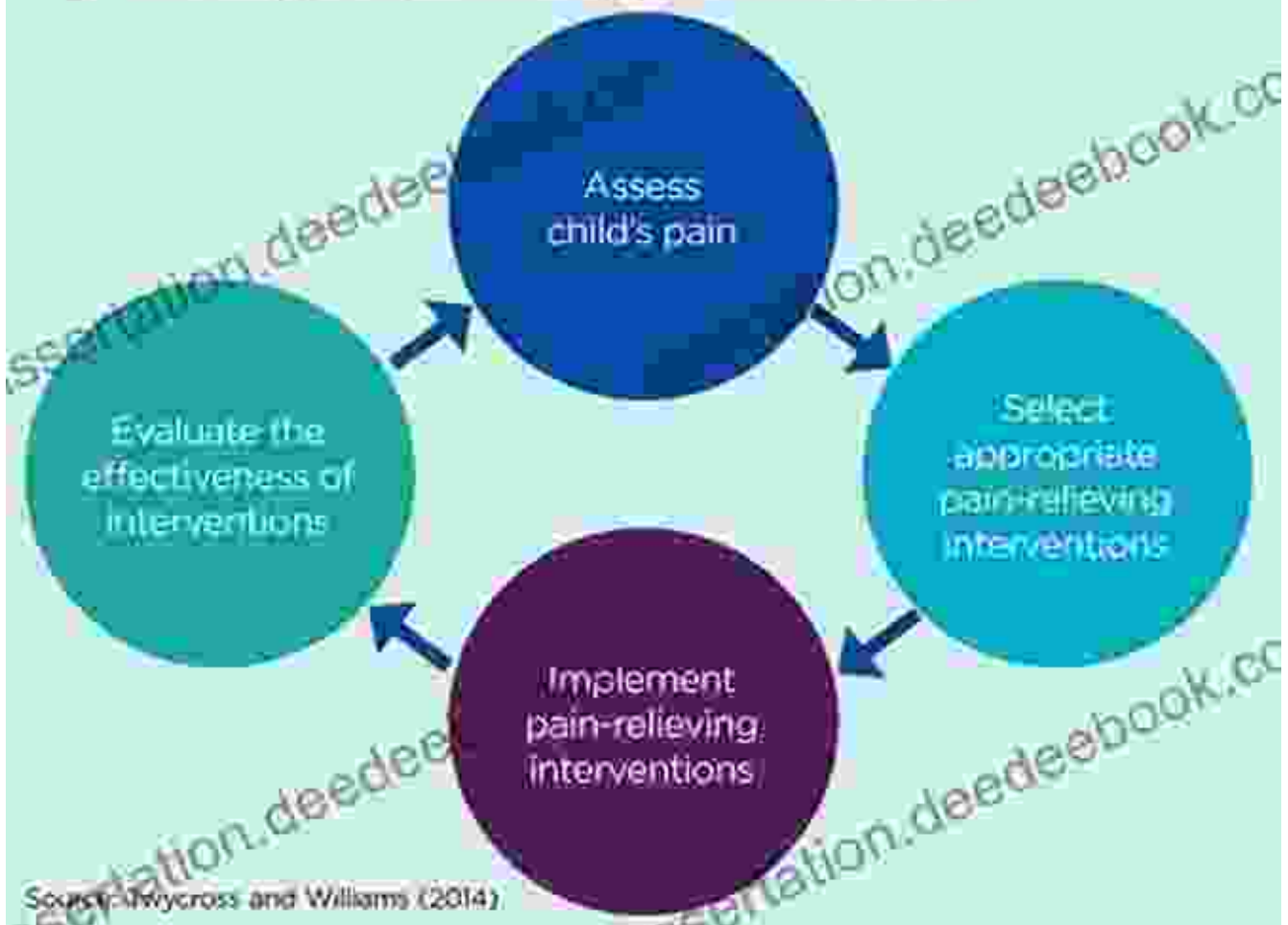
Healthcare Inspirations  
 Pediatric Pain Management  
 (877) 644-6377  
 www.healthcareinspirations.com

## 8. Pediatric Intensive Care Unit (PICU) Pain Management

Children in the PICU often experience complex and severe pain. This topic focuses on the unique challenges of pain management in the PICU setting, including the use of sedation, analgesics, and non-pharmacological techniques.



Fig 1. The stages of pain management in children



## 9. Pediatric Regional Anesthesia

Regional anesthesia techniques can provide excellent pain control for a variety of surgical procedures in children. This topic covers the different types of regional anesthesia techniques used in pediatrics, including nerve blocks and epidurals.



## **10. Safety and Quality in Pediatric Pain Medicine and Anesthesiology**

Ensuring the safety and quality of pediatric pain medicine and anesthesiology care is paramount. This topic reviews the various guidelines and standards that have been developed to optimize patient outcomes, including the use of evidence-based practices, patient safety initiatives, and quality improvement programs.



These 10 essential review topics provide healthcare professionals with a comprehensive overview of the latest advancements and best practices in pediatric pain medicine and pediatric anesthesiology. By staying up-to-date on these critical areas, practitioners can ensure that children receive the highest quality of pain relief and anesthesia care, resulting in improved patient outcomes and enhanced well-being.



## Book 10: Pediatric Pain Medicine (Pediatric Anesthesiology Review Topics) by Justin L. Lockman

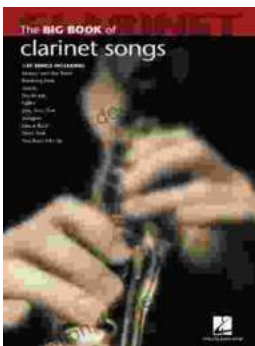
★★★★★ 5 out of 5

Language : English  
File size : 751 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 97 pages  
Lending : Enabled



## French Pieces for Flute and Piano: A Journey into Enchanting Melodies

The world of classical music is adorned with countless gems, and among them, the exquisite repertoire of French pieces for flute and piano stands...



## The Big Clarinet Songbook: A Musical Treasure for Aspiring Musicians

The clarinet, with its rich and evocative sound, has captured the hearts of music lovers worldwide. For aspiring clarinet players, honing their skills and...