

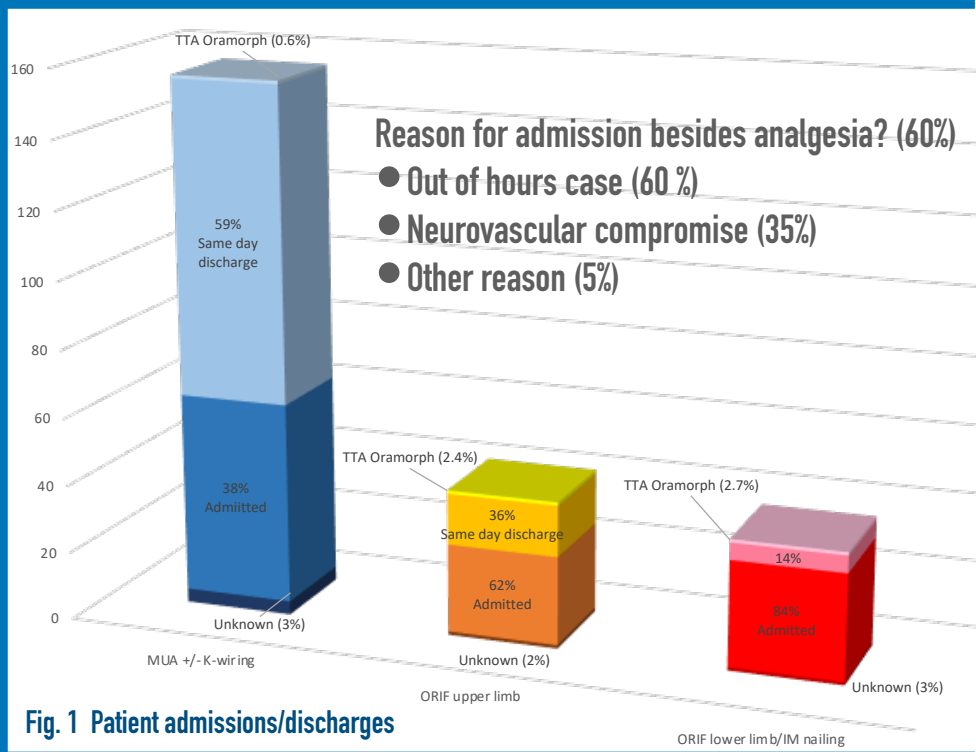
THE 'TAKE-HOME' MESSAGE

OPTIMISING ANALGESIA FOLLOWING PAEDIATRIC FRACTURE SURGERY

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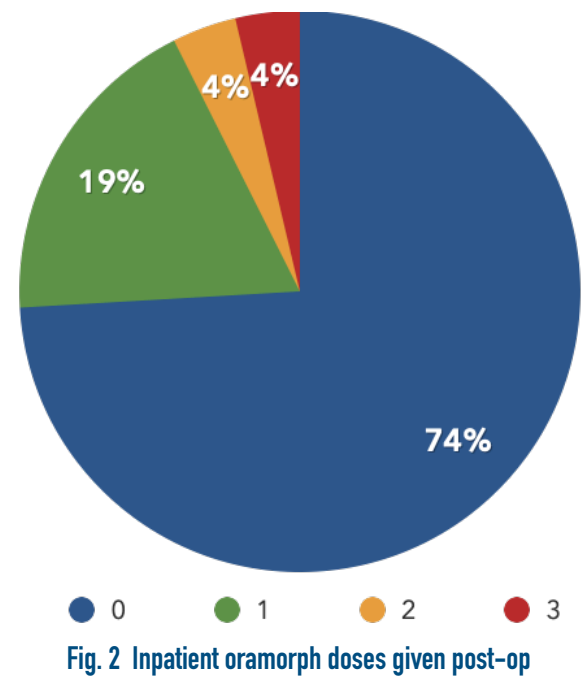
BACKGROUND

- Our department introduced a tiered pathway in 2019 to help standardise perioperative analgesia of children undergoing surgery to fix fractures
- We aimed to extend our current perioperative analgesia pathway to:
 - Optimise postoperative take-home analgesia
 - Enable more children to be discharged on the day of surgery



CURRENT PRACTICE / ISSUES

- Theatre data and pharmacy records for 234 fracture cases over 6 months
- Notes of patients staying **one night** following fracture surgery
- Parental surveys at fracture clinic followup – doses of analgesia given, satisfaction scores, incidence of disturbed sleep



The majority of patients admitted for one night (40% for no reason other than for analgesia) **did not receive anything beyond what they could at home**. More of these cases could be discharged on the day of surgery



However, almost **40%** of children are suffering disturbed sleep due to postoperative pain at home

More than **60%** of patients are **not** receiving 'optimal' regular paracetamol and NSAID,

and **one third** of those that did would likely have benefitted from additional pain relief (satisfaction scores only 4–6/10 and disturbed sleep)

Only **2%** patients were discharged with opioid analgesia during our study period

NSAIDs were contra-indicated in **3%** of cases – these had higher post-op opioid requirements

STRATEGY FOR CHANGE

IMPROVE POST-OP ANALGESIA

REDUCE UNNECESSARY ADMISSIONS

☑ Encourage inpatient prescription of regular simple analgesia (trainee induction/departmental presentation)

EDUCATION

☑ New parent/patient advice leaflet including 'Dose diary'

PROVISION OF TAKE HOME ORAMORPH

EARLY DISCHARGE PLANNING

☑ Default position for specified procedures (unless exclusion criteria)
☑ Day of surgery discharge pack

PARACETAMOL (CALPOL)

Paracetamol is good for treating mild to moderate pain in children.

Give this **regularly** for at least the first 2 days after surgery.

Give a dose **4 times a day** (see dose diary).

Leave at least **4 hours** between doses and do not exceed 60mg/kg in any 24-hour period.

IBUPROFEN (NURFEN)

Ibuprofen is good for treating inflammation (swelling) and pain.

You can give ibuprofen as well as paracetamol.

Give a dose **3 times a day**, during or after a meal.

Give this **regularly** for at least the first 2 days after surgery.

Do not give your child ibuprofen if they are less than 6 months old. There are some older children who are at risk of severe asthma, liver or kidney problems. You must ask your doctor.

Leave at least **6 hours** between doses and do not exceed 10mg/kg in 24 hours.

MORPHINE LIQUID (ORAMORPH)

It is common for children to experience some discomfort after an operation. This can be mostly reduced with simple measures and pain medicines such as paracetamol and ibuprofen.

Your child will have received pain medicine while they were in hospital for several hours and usually means that you are not in pain.

They may also have received local anaesthetic around the area of surgery. This will numb the area for 6-8 hours and help with the pain.

NON-DRUG METHODS

These techniques can help reduce the amount of pain your child experiences and can also help them to sleep better.

Distraction

Help your child to concentrate on something other than their pain. This can be helpful, depending on what they are doing.

Relaxation

Simple techniques like deep breathing, rhythmically moving a finger or toe and can dramatically reduce pain.

Pain management after surgery

Advice for parents and children

Age: yrs

Weight: kg

Paracetamol (Calpol) dose: ml. Time first dose at home due:

Ibuprofen (Nurfen) dose: ml. Time first dose at home due:

Oramorph prescribed? YES / NO If YES, information supplied? ☐

	DAY 1	DAY 2
PARACETAMOL (CALPOL)	4 times daily, 10-15mg/kg	4 times daily, 10-15mg/kg
IBUPROFEN (NURFEN)	3 times daily, 5-10mg/kg	3 times daily, 5-10mg/kg
ORAMORPH	As prescribed	As prescribed

	BREAKFAST	LUNCH	DINNER	BEDTIME/OVERNIGHT
PARACETAMOL (CALPOL)	TIME GIVEN	TIME GIVEN	TIME GIVEN	TIME GIVEN
IBUPROFEN (NURFEN)	TIME GIVEN	TIME GIVEN	TIME GIVEN	TIME GIVEN
ORAMORPH	TIME GIVEN	TIME GIVEN	TIME GIVEN	TIME GIVEN

