

Pain Management

Adequate pain management is essential. Children with cancer may have pain due to:

1. Cancer - due to pressure or infiltration, e.g. brain tumor, bone tumor, sarcoma, neuroblastoma, bone marrow infiltration
2. Toxicity of treatment, e.g. mucositis, typhlitis, radiation burns
3. Infection, e.g. abscess, cellulitis
4. Painful procedures, e.g. bone marrow aspirate, lumbar puncture, venipuncture
5. Other causes unrelated to cancer or its treatment

The management of pain requires thorough investigation to establish specific etiology. Behavioural and psychological interventions should be incorporated with pharmacologic management.

Basic Pharmacological Management Guidelines:

Mild Pain	<ul style="list-style-type: none">• Acetaminophen 10-15 mg/kg/dose po q4-6 hours• May mask fever• Avoid rectal administration if possible• Avoid non-steroidal anti-inflammatories (NSAIDS) in patients with thrombocytopenia
Moderate Pain	<ul style="list-style-type: none">• Codeine 0.5-1.0 mg/kg/dose po 4-6 hours (give stool softener)
Severe Pain	<ul style="list-style-type: none">• Morphine po 0.3 mg/kg q4 hours +/- antiemetic IV• Refer to BC Children's Hospital 2002/2003 Pediatric Drug Dosage Guidelines for opioid administration guidelines, pages 232-242• It has been shown recently that Fentanyl patches, when given in the appropriate dose, are safe for children age 2-16 years. However, may still require Health Canada approval <p>Reference: American Cancer Society article - http://www.cancer.org/docroot/MED/content/MED_2_1x_Fentanyl_Patch_Safe_and_Effective_Alternative_to_Oral_Opioids_for_Pediatric_Pain_Patients.asp</p>

The [Integrated Pain Service](http://www.bcchildrens.ca/Services/SurgeryAndSurgSuites/IntegratedPainService/default.htm) at BC Children's Hospital

<http://www.bcchildrens.ca/Services/SurgeryAndSurgSuites/IntegratedPainService/default.htm> provides consultation and expert pain management for acute and complex pain for both inpatients and outpatients.

Information for patients and families may be found in the [Parent Handbook, Chapter 5, scroll to page-45.](http://www.bcchildrens.ca/NR/rdonlyres/2018DDC1-0688-4E89-867C-5A1A814A0E21/11191/Chapter5.pdf)
<http://www.bcchildrens.ca/NR/rdonlyres/2018DDC1-0688-4E89-867C-5A1A814A0E21/11191/Chapter5.pdf>

Other resources:

Websites:

BC Cancer Agency – Pain and Symptom Management

<http://www.bccancer.bc.ca/HPI/CancerManagementGuidelines/SupportiveCare/PainSymptomManagement/default.htm>

University of Michigan – Pain and Your Child or Teen

<http://www.med.umich.edu/1libr/yourchild/pain.htm>

International Association for the Study of Pain – Global Year Against Pain in Children

<http://www.iasp-pain.org/GlobalDay-2005.htm>

Books and Publications:

A Child in Pain – How to Help, What to Do by Dr. Leora Kuttner

http://www.amazon.ca/exec/obidos/ASIN/0881791288/qid=1143762988/sr=1-10/ref=sr_1_0_10/701-5050287-0178742

Pediatric Pain Letter – Commentaries on pain in infants, children and adolescents

<http://pediatric-pain.ca/ppl/>

Films:

No Tears, No Fears by Dr. Leora Kuttner

http://www.fanlight.com/catalog/films/286_nfnt.shtml

No Tears, No Fears – 13 Years Later by Dr. Leora Kuttner

http://www.fanlight.com/catalog/films/277_nfnt.shtml