

Pain and fever management



A business card for Dr Gerhard de Bruin, a pediatrician. The card features a teal header with white clouds. On the left is a teddy bear illustration, and on the right is a girl in a yellow dress. The text includes the doctor's name, qualifications (MBChB (UFS); FCPaed (SA); MMed (Paed)), professional number (Pr. No 0559458), contact information (Tel: 021 981 1200 | Fax: 086 566 3521), and address (Suite 604, Cape Gate Mediclinic, Brackenfell, 7560 | www.drdebruin.co.za).

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Every disability has a possibility

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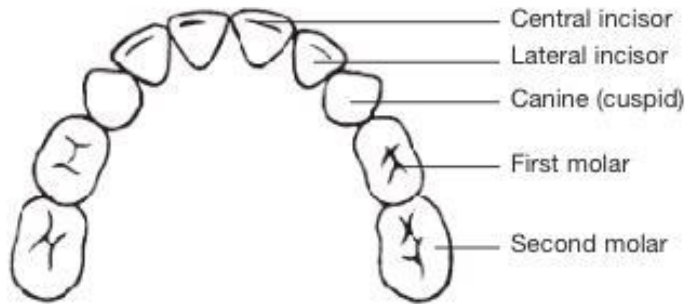


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Teething

PRIMARY TEETH

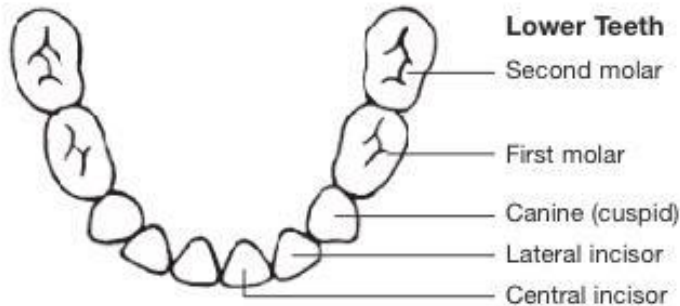


Upper Teeth

Erupt

Shed

Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.



Lower Teeth

Erupt

Shed

Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.



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- Starts at around 6 months of age
- Managing the child - give them something firm to chew (apple, biscuits, a teething ring), wipe away dribble to avoid skin rashes and use teething gels sparingly.
- When to go to the doctor
 - If you are worried and child has other symptoms not usually associated with teething.
 - If the child has symptoms such as fever (above 38 degrees), diarrhoea and vomiting



Pain management

- Pain is a sign that something's wrong.
- Most common type of pain in children are acute pain resulting from injury, illness or necessary medical procedures
- Infants and children express pain differently than adults.
- They may move their body different, facial expressions may change, fussy behaviour, refusing to eat or sleep. Can't be calmed and irritable.



- Management:
 - Relaxation and/or physical therapies (e.g. massage)
 - Paracetamol
- **VERY important** 
 - Non-steroidal anti inflammatory drugs - only from the age of six months old and up
 - NO aspirin in children under the age 12 years



- When to go to the doctor
 - When the cause of the pain cannot be identified
 - When child does not respond to pain medicine
 - When the pain is persistent



Fever management

- Fever is common symptom of various illnesses
- Usually caused by a viral infection, such as cold or flu, but sometimes by bacteria
- Fever is a body temperature above $37,5^{\circ}\text{C}$ measured orally and by ear, and above $37,2^{\circ}\text{C}$ under the armpit



- **When to go to doctor immediately**

- When child is less than six months old and has a high fever (above 37,9°C) and older child has fever of above 38,3°C.
- When infant seems lethargic, unusually drowsy or fussy
- When the child has a stiff neck, severe headache, severe sore throat or severe ear pain
- When infants or children have an unexplained skin rash, repeated vomiting and or diarrhoea
- When infants or children had a seizure (fit)
- When infants or children have sickle cell disease, cancer or are taking steroids



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- Managing mild to moderate fever
 - Non medical management includes
 - Dressing the child in light-weight clothes
 - Not too many blankets covering the child
 - Keeping child cool (but avoiding drafts)
 - Tepid bath
 - Giving small sips of fluid
 - No vigorous physical activity



- Medical
 - Ibuprofen and Paracetamol



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Febrile seizure

- Most common between the age of 6 months to six years
- Happens when child's temperature suddenly rises way above normal (38,5° C and higher).
- Child will suddenly turn rigid, eyes will turn in head or child will stare without blinking. Arms and legs will shake, they can turn blue and become unconscious for a few minutes, with foam around mouth. Can last from between one to three minutes.
- Stay with child, keep them cool. Do not try and hold them. Just make sure that they can't hurt themselves (safe environment) . You can turn them on their side so that they can't aspirate
- Do not try and give any medication. Wait till they are conscious and awake. The child will be disorientated and wanting to sleep. Calm child and take them to doctor.



Colds and flu management

- Common in young children
- Hand hygiene very important to prevent spread
- Cold virus infects and inflames the membranes of the nasal passages and throat, causing symptoms of a runny nose and sore throat.
- Colds can turn into otitis media, wheezing chest, sinusitis and pneumonia



- When to take your child to the doctor
 - Child is coughing, has problems with breathing or feeding
 - Child appears to be in pain e.g. rubbing ears, crying persistently
 - Nasal discharge changes from clear to yellow or green
 - Child has other symptoms such as high fever, shivering, vomiting and a poor appetite



- Managing colds and flu
 - Saline drops in nose before each feed. Iliadin to open a blocked nose
 - Paracetamol to treat pain and fever in infants from 3 months of age.
Ibuprofen only from 6 months of age and up
 - Humidifiers warm and moisten the air and can help ease a blocked nose



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Dosage of medication

- When using medication, always follow the proper dosing instructions on the packaging
- To improve the management of pain and fever, it is important to give correct dose of the analgesic and at the correct intervals



Panado Syrup

- Can be administered 3-4x daily (with 4 hourly intervals)
- Rough dosing guideline:
 - 3 months – 1 year: 2.5ml
 - 1 – 2 yrs: 5ml
 - 3 – 6 yrs: 10ml
- Dose can be calculated more accurately at 15mg/kg with 120mg in each 5ml usually



Nurofen oral suspension

- From 6 months onwards
- Can be given with 8 hourly intervals
- Dosage guideline:
 - 6 mnths – 1 year: 2.5ml
 - 3 yrs – 7 yrs: 5ml



Types of pain: when to take to doctor

- Headache
 - Take to doctor if child has headache accompanied with fever and vomiting
(especially if child's neck is stiff and child is sensitive to light) or when vision is influenced
- Stomach pain
 - If they cry because of the pain
 - If they are vomiting
 - If the pain is on right side of the stomach
 - If stomach is bloated and it goes along with symptoms such as pain, vomiting and diarrhoea
- Sore throat
 - If they complain of sore throat (little ones sometimes says there neck is sore) and fever
 - If pain persists for more than 48 hours



- Ear pain
 - Go to the doctor if pain persists for more than 12 hours and is accompanied by fever
 - Give pain medication and put local anaesthetic drops in ear as prescribed by your doctor
- Pain with urinating
 - Take to doctor.
 - Take urine sample with if possible
- Pain in testicles
 - Take to doctor





REMEMBER:

A parent knows their child
best...when in doubt rather
go to the doctor!!



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