



PUTTING THE PIECES TOGETHER: STRATEGIES FOR PAIN MANAGEMENT

- Use a multidisciplinary pain team for management of children/adolescents with chronic pain.
- Become familiar with other interventions for pain management such as biofeedback, acupuncture or massage therapy.
 - AAP Clinical Report: The Use of Complementary and Alternative Medicine in Pediatrics
<http://pediatrics.aappublications.org/content/122/6/1374.full>
- Review guidelines for responsible opioid prescribing in chronic pain and monitoring for functional improvement.
 - WHO guidelines on persisting pain in children
www.icpcn.org/who-guidelines-on-persisting-pain-in-children
- Use a validated screening tool, such as the CRAFFT, before prescribing any opioid. Rule out the possibility of misuse.
 - AAP Policy on Screening, Brief Intervention, and Referral to Treatment
<http://pediatrics.aappublications.org/content/128/5/e1330.full>
- Utilize Prescription Monitoring Databases according to State requirements.
 - NASCSA State Profiles
www.nascsa.org/stateprofiles.htm
- Consider using a patient prescription agreement to facilitate a discussion on proper use, safeguarding, and disposal of medication
 - NIDA Sample Patient Agreement Forms
www.drugabuse.gov/sites/default/files/files/SamplePatientAgreementForms.pdf
- Advise caregivers and patients against medication sharing and stockpiling.
- Discuss and provide resources for opioid and other controlled prescription medicine storage and disposal.
 - HealthyChildren.org: How to Safely Dispose Old Medicine
www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/How-to-Safely-Dispose-Old-Medicines.aspx

This handout accompanies a Webinar hosted by the American Academy of Pediatrics.

Funding for this initiative was made possible (in part) by Providers' Clinical Support System for Opioid Therapies (grant no. 1H79TI025595) from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

For access to the archived Webinar, visit www.pcoss-o.org

For more information on pediatric pain management, visit www2.aap.org/sections/anes