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
- 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

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For access to the archived Webinar, visit www.pcss-o.org
For more information on pediatric pain management, visit www2.aap.org/sections/anes