



MUHC *Pediatric* Pain Program Information

Pain Services in the MUHC Telephone Book:

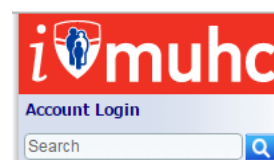
Look for the torch icon () on the desktop of any networked computer at the MUHC. Type “pain” or “douleur” in the “Chercher / Search for:” box and press “Enter”.

MUHC drug formulary: May be found on the MUHC intranet. Look for the MUHC shield icon () on the desktop of any networked computer at the MUHC.

Click on “Drug Formulary” in the “Pharmacy and Therapeutics Committee” section (on the left). This will take you to the Lexicomp site. Look for the “MUHC Pediatric Drug Formulary” section on the left.


Safe Opioid Prescribing Guidelines:

Search for “opioid” on the MUHC Intranet and click the link for “pediatric_medication_**opioid**_therapy_guidlines.pdf”
or follow the link below



http://www.emuhc.muhc.mcgill.ca/sites/default/files/pediatric_medication_opioid_therapy_guidlines.pdf

Table 2. Opioids equianalgesic table for moderate to severe pain without hepatic or renal dysfunction

Drugs	Equianalgesic Dose		Onset of Action		Peak of Action		Duration of Action	
	IV/SC	PO	IV/SC	PO	IV/SC	PO	IV/SC	PO
Morphine	10 mg	30 mg	2-5 min.	15-60 min.	20 min.	60 min.	3-5 hr.	3-5 hr.
HYDROmorphine	2 mg	4 mg	5 min.	30 min.	15-30 min.	30-60 min.	3-6 hr.	3-6 hr.
Oxycodone		15 mg		15-30 min.		60 min.		4-6 hr.
Codeine 	Please note that Codeine has been removed from the MUHC Pediatric drug formulary							
Fentanyl injectable	100 mcg		< 5 min.		5-15 min.		20-60 min.	

Web Resources

Pain in children

- The Pain in Child Health (PICH): changing the way we care for children in pain.
<http://paininchildhealth.dal.ca/pichplus/>
- Children's comfort promise: We will do everything possible to prevent and treat pain. By Donna Eull from Minneapolis. Four steps for children to have less pain with needle procedures.
<https://www.childrensmn.org/services/care-specialties-departments/pain-program/childrens-comfort-promise/>

The Special Interest Group on Pain in Childhood International Association for the Study of Pain

<http://childpain.org>

Objectives

- to promote education about pain in children
- to share relevant information about children's pain control
- to advance our ability to alleviate children's pain from an international and interdisciplinary perspective
- to encourage research, particularly multicenter studies, and studies which focus on unique problems of pediatrics, including newborns

Références sur la douleur pédiatrique en FRANÇAIS

<http://www.sparadrap.org/content/search?SearchText=Douleur>
www.pediadol.org

Hypnosis

- The magic glove
https://www.youtube.com/watch?v=cyApK8Z_SQQ

Distraction

- Reducing immunisation distress in children
 - Video on distraction with cooling gel and massage tool on the arm to reduce immunisation pain
<http://scienceofcaring.ucsf.edu/health-public/commentary-reducing-immunization-distress-children-can-be-shot-arm-public-health>
- Video, example of management for needle pain
<https://www.youtube.com/watch?v=KgBwVSYqfps>
- The power of a Parent's touch in reducing baby's pain during Medical Procedures
<http://neonatalresearch.org/2014/12/05/the-power-of-parents-touch/>

Pediatric Pain Electives at the MUHC:

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