

Community pharmacy Minor Ailments Service (MAS): Paediatric Analgesia

June 2023

Eligibility Criteria:

Eligible service users who are:

- Children aged over 3 months and under 14 years presenting with mild to moderate pain or fever with discomfort.

Medication funded for use in the MAS pathway:

- Paracetamol elixir 250mg/5mL (200mL bottle)
- Paracetamol elixir 120mg/5mL (200mL bottle)
- Ibuprofen oral liquid 20mg/mL (200mL bottle)

Assessment

Patients presenting with any of the following need to be actively referred to a GP or urgent care:

- Systemically unwell; vomiting, lethargy, inability to drink, and signs of severe dehydration; sunken eyes and cheeks, changed breathing, little or no urine passed for 2-3 hours, skin stays up when pinched, cold clammy skin.
- Any other signs or symptoms of meningitis including: severe headache, neck stiffness, photophobia, non-blanching rash (rash is generally late in presentation, so if presenting with any other symptoms without rash prompt referral is still required).
- Immunosuppressed or transplant patients.
- Temperature $\geq 39^{\circ}\text{C}$ if aged between 3-6 months.
- On chemotherapy or history of cancer.
- Burns.
- Potential fracture.
- Convulsions.
- Pain or fever unresponsive to oral paracetamol.

Symptoms indicative of strep throat such as a sore throat require immediate assessment.

Paracetamol elixir

- Paracetamol may be lethal in overdose. Always ensure adequate history of paracetamol or other paracetamol containing medicines is obtained prior to any administration.
- Take extreme caution in distinguishing between different strengths of paracetamol. Ensure that all caregivers are aware of which strength they are using (120mg/5ml or 250mg/5ml), and which volume to give.
- Only dispense 200mL per child.
- Label as per usual legislative and ethical requirements with the paracetamol strength, dose, frequency and name of the patient.
- Written information must be provided. See [Healthify](#) for pamphlets in a variety of languages.

Indications	<ul style="list-style-type: none"> • The management of fever. • The management of mild to moderate pain.
Dosage and instructions	15 mg/kg per dose, to a maximum of 1 g per dose, every four to six hours, with a maximum of 60 mg/kg daily, without exceeding 4 g daily.
Exclusions	<ul style="list-style-type: none"> • Known allergy to paracetamol. • Known severe liver disease.

Precautions	<ul style="list-style-type: none"> • Liver or kidney impairment. • Other intake of paracetamol containing medications.
Advice to patient	<ul style="list-style-type: none"> • Do not take with any other medications that contain paracetamol (including those purchased without prescription). • Seek medical advice immediately if child experiences any serious skin reaction including severe rash, skin peeling, or mouth ulcers. • Keep out of reach and sight of children. • Be aware that paracetamol is available in different strengths. Different liquid medicines may have the same colour and flavour. The strength and dose for your child depends on their age and weight. Always read the instructions carefully and ask your pharmacist if you are not sure how much to give them. • It is recommended that a syringe is used to measure the dose.
Additional Information	See: paracetamol - New Zealand Formulary for Children (nzfchildren.org.nz)

Ibuprofen oral liquid

- Consider paracetamol as the first line option, reserve ibuprofen if paracetamol is not appropriate.
- Avoid combining therapy with paracetamol, which may confuse dosing regime.
- Only dispense 200mL per child.
- Label as per usual legislative and ethical requirements with the strength, dose, frequency and name of the patient.
- Written information must be provided. See [Healthify](#) for pamphlets in a variety of languages.

Indications	<ul style="list-style-type: none"> • The management of fever. • The management of mild to moderate pain.
Dosage and instructions	5-10mg/kg, to a maximum of 400mg, every six to eight hours. National HealthPathways for analgesia in children with acute pain recommends 6mg/kg. NB: Benefit of using 6mg/kg/dose is the amount in ml will be similar to paracetamol 250mg/ml
Exclusions	<ul style="list-style-type: none"> • Hypersensitivity to aspirin or any other NSAIDs. • Active GI ulceration or bleeding. • Severe renal impairment. • Severe dehydration
Precautions	<ul style="list-style-type: none"> • Allergic disorders. • Oral Anticoagulants or Coagulation defects. • Risk of renal impairment (eg diarrhoea and vomiting causing dehydration) • Hepatic impairment.
Advice to patient	<ul style="list-style-type: none"> • The strength and dose for your child depends on their age and weight. Always read the instructions carefully and ask your pharmacist if you are not sure how much to give them. • Do not give ibuprofen for chickenpox unless it has been recommended by a doctor. It can cause serious skin reactions. • Keep out of reach and sight of children. • Be aware that ibuprofen is available in different strengths when purchasing OTC. Different liquid medicines may have the same colour and flavour. The strength and dose for your child depends on their age and weight. Always read the instructions carefully and ask your pharmacist if you are not sure how much to give them. • It is recommended that a syringe is used to measure the dose.
Additional Information	See: ibuprofen (oral) - New Zealand Formulary for Children (nzfchildren.org.nz)

Tools available:

- [ISBAR communication framework between health care workers](#)
- [HealthPathways: Analgesia in children with acute pain](#)
- [Healthify: Paracetamol dose calculator](#)
- [Healthify: Paracetamol for children information in a variety of languages](#)
- [Healthify: Step throat](#)
- [Healthify: Meningitis](#)
- [Healthify: Ibuprofen for children information in English and Te reo Māori](#)
- [Healthify: Ibuprofen dose calculator](#)
- [SafeRx: Paracetamol for children](#)
- [NZF: Ibuprofen for pain leaflet](#)

Further reading:

- [BpacNZ: Paracetamol dosing for children in primary care](#)
- [Saferx: Paracetamol for children](#)
- [Heart foundation: GAS Sore Throat Management Guidelines](#)

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Disclaimer: The information and advice contained in this document is aimed at health professionals, based upon evidence from available resources at our disposal at the time of publication, and reflects best practice. However, this information is not a substitute for clinical judgment and individualised medical advice. Health Hawke's Bay accepts no responsibility or liability for consequences arising from use of this information.

Version control

Version	Date	Summary of changes
1	31 May 2023	
2	18 June 2023	Addition of 120mg/5mL Paracetamol and Ibuprofen