Pain Management of Children 5-10 years old post Adenotonsillectomy

Introduction: The undertreatment of pediatric pain has been widely researched and continues to be a concern for healthcare professionals. Adenotonsillectomy is a common pediatric surgery associated with a moderate to high level of pain postoperatively. As large numbers of children undergo this procedure, collecting institutional data on this population will provide valuable information regarding pain management practices at The Children’s Hospital of Philadelphia (CHOP). An extensive review of the literature on pediatric pain management following adenotonsillectomy provided the evidence to compare against the care currently provided at our institution.

Purpose of the study: To increase understanding of the current pain management care practices provided to children 5-10 years-old undergoing adenotonsillectomy at CHOP and identify areas for improvement.

Methodology: Retrospective chart reviews of 100 children who have undergone outpatient adenotonsillectomy surgery at CHOP over a six month period. We will analyze data using descriptive analysis and explore relationships between demographic and surgical variables and pain outcomes.

Results: The sample included 100 children, 52% male, mean age 7.2 years. The majority were surgery naïve (82%). Generally, subjects were pre-medicated with Acetaminophen (97%) and Midazolam (96%). Intraoperatively, subjects received Morphine (86%), Dexamethasone (97%), Ondansetron (95%) and Fentanyl (35%). Morphine IV was commonly given in Phase I (64%) and Oxycodone PO in Phase II (34%). Postoperatively, the FLACC pain scale was used most frequently (66%). On average, parents arrived at the bedside in 18.3 mins (± 9.5mins, range 0-48 mins).

Implications for perianesthesia nurses and future research: The information gathered will be used to describe which patient characteristics or patient care interventions effectively manage or under manage patient’s pain. This data will allow our nursing staff to move forward with a pilot study testing different pain management interventions. The potential impact this may have on pain and patient and family satisfaction is significant.