

# Common Ailments and Treatments in Children

Presented by Terry Damm

# Cold Medications



# Cold Medications

- Limit use in children
- Provide comfort
- Target most bothersome symptom

# Cold Medications

- Cough
  - Should you suppress a cough?
  - <6 years old: Limited
    - Honey (>1 year old)
    - Antihistamines...maybe
    - Why not cough suppressants?
  - >6 years old
    - As above, and:
    - Dextromethorphan products (5-10mg every 4 hours)
    - Guaifenesin (100-200mg every 4 hours)
  - When might the cough be serious?
    - >3 week duration
    - Asthma
    - Shortness of breath or altered mental status
    - Severe enough to cause vomiting

# Cold Medications

- Congestion
  - <6 years old: Nothing highly effective approved
    - Antihistamine
    - Saline sprays
    - Mechanical methods
  - >6 years old
    - Nasal spray decongestants...maybe
    - Oral decongestants (pseudoephedrine): 30mg every 4-6 hours
      - Side effects?
  - When might the congestion be serious?
    - Breathing difficulties / asthma
    - More than a week without improvement

# Cold Medications

- Runny nose
  - Antihistamine again
    - 2-6 years old: 6.25-12.5mg every 4-6h
    - 6-12: 12.5 – 25mg every 4-6h
    - 2 months to <2 years: Caution...
      - 1.25mg/kg/dose, max 6.25mg/dose 4x per day
    - Main benefit...sedation in *most* children
  - Saline rinses
  - Issues with runny nose?

# Cold Medications

- General aches
  - Acetaminophen or Ibuprofen
    - Weight-based dosing best
      - Acetaminophen: 10-15mg/kg/dose every 4-6 hours, 5x/day
        - » Max of 500mg per dose
      - Ibuprofen : 5-10mg/kg/dose every 6 hours, 3x/day
        - » Max of 400mg per dose
        - » Ideal if >6 months of age
        - » Possible stomach upset
    - Alternating the two?
    - Side effects or other dangers?

# Influenza treatment

- Fever medications
  - Acetaminophen
  - Ibuprofen
  - When should you treat a fever?
  - When is fever serious?
    - <6 months old
    - Fever >40.5C (104.9F)
    - Stiff neck
    - Inconsolable
    - Rash appeared with fever
    - Confusion or deliriousness
    - Persists for >72 hours



# Influenza treatment

- Taking the temperature
  - Normal temperature of  $36.9 \pm 0.5$
  - Rectal temperature:
    - Most accurate
    - Newborns and infants
  - Oral temp:
    - For 5 years and older
    - Don't bite down or mouth breathe
  - Armpit
    - Any age
    - Less accurate, high variation
    - Generally 0.5C lower than true value
    - Use to confirm presence of fever, not severity

# Influenza Treatment

- Antivirals
  - Not recommended in healthy children and adults
  - Use within 48h for best benefit
  - Reduces symptom duration by one day
  - Reduces complications in certain populations:
    - Heart or respiratory issues
    - Diabetes
    - Immunosuppression
    - Seizure disorder

Symptom	Cold	Flu (influenza)
<b>Fever</b>	Rare	Usual, high fever (102°F/39°C to 104°F/40°C), sudden onset, lasts 3-4 days
<b>Headache</b>	Rare	Usual, can be severe
<b>General aches and pains</b>	Sometimes, mild	Usual, often severe
<b>Tired and weak</b>	Sometimes, mild	Usual, may last 2-3 weeks or more
<b>Extreme fatigue</b>	Unusual	Usual, early onset
<b>Runny, stuffy nose</b>	Common	Common
<b>Sneezing</b>	Common	Sometimes
<b>Sore throat</b>	Common	Common
<b>Chest discomfort, coughing</b>	Sometimes, mild to moderate	Usual, can be severe
<b>Complications</b>	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

# Influenza

- Annual flu vaccine
  - Who should get it? Everyone, but especially:
    - Those with chronic conditions:
      - Heart / lung disorders
      - Diabetes
      - Cancer or compromised immune system
      - Kidney disease
      - Seizure disorders
    - All adults >65 years old
    - All children 6-59 months of age
    - Pregnant women
    - Those in contact with the above

# Influenza

- Annual flu vaccine
  - No nasal spray this year
  - Eggs allergies officially not a concern
  - Takes 2-3 weeks to develop protection
  - Reduces chance and severity of influenza

# Influenza

- Annual flu vaccine
  - Side effects:
    - Soreness, warmth, redness, swelling at injection site
    - “Flu-like” symptoms: headache, aches, fever, chills, joint pain
    - Last up to 4 days
  - Rare side effects:
    - Oculorespiratory syndrome
    - Guillain-Barre syndrome?

# Influenza

- Annual flu vaccine
  - Available starting October 31<sup>st</sup>
    - Physician offices
    - Public health clinics
      - [https://www.saskatoonhealthregion.ca/locations\\_services/Services/Influenza-Program/Pages/Clinic-Locations.aspx](https://www.saskatoonhealthregion.ca/locations_services/Services/Influenza-Program/Pages/Clinic-Locations.aspx)
  - Pharmacies (for anyone >9 years old)
    - <https://www.skpharmacists.ca/patients/flu-shots>

# Other Resources

- Pharmacists can help with many self-care areas
  - Acne
  - Allergic rhinitis
  - Atopic dermatitis
  - Cold sores
  - Diaper rash
  - Painful periods
  - Headache
  - Pain
  - Canker sores
  - Thrush
  - Impetigo or folliculitis
  - Fungal skin infections



# Other Resources

- Health-Line – 811
  - Registered nurses trained in assessment
  - Helps determine severity of an issue



- Monday-Friday: 8am – midnight
- Weekends and holidays: 5pm – midnight
- [medsask.usask.ca](http://medsask.usask.ca)
- 306-966-6378

# Q&A