

A visual guideline for severe burn pain care at a Canadian pediatric referral center

Jessie J. Liu, MD; Randa Ridgway, MBBCH FRCA FRCPC; Cheryl Peters, MD FRCPC

Introduction

Severe pediatric burns (involving >25% of total body surface area) present unique challenges in pain management, with need of supporting comfort without over-sedating and daily multidisciplinary collaboration. We aimed to create a consensus-based, easily accessible guideline for standardizing clinical management of severe burn pain at the British Columbia Children’s Hospital (BCCH) in Vancouver.

Methods

Using information from a review of the current literature and regional practice guidelines at other centers, we built upon existing material at BCCH to produce a visual guideline in the format of a flowchart. We consulted key specialist providers to align with actual institutional practices and then sought feedback from a wider group of physicians regarding practical implementation. Work is ongoing to disseminate the guideline via a clinical resources portal at BCCH for integration into multidisciplinary practice.

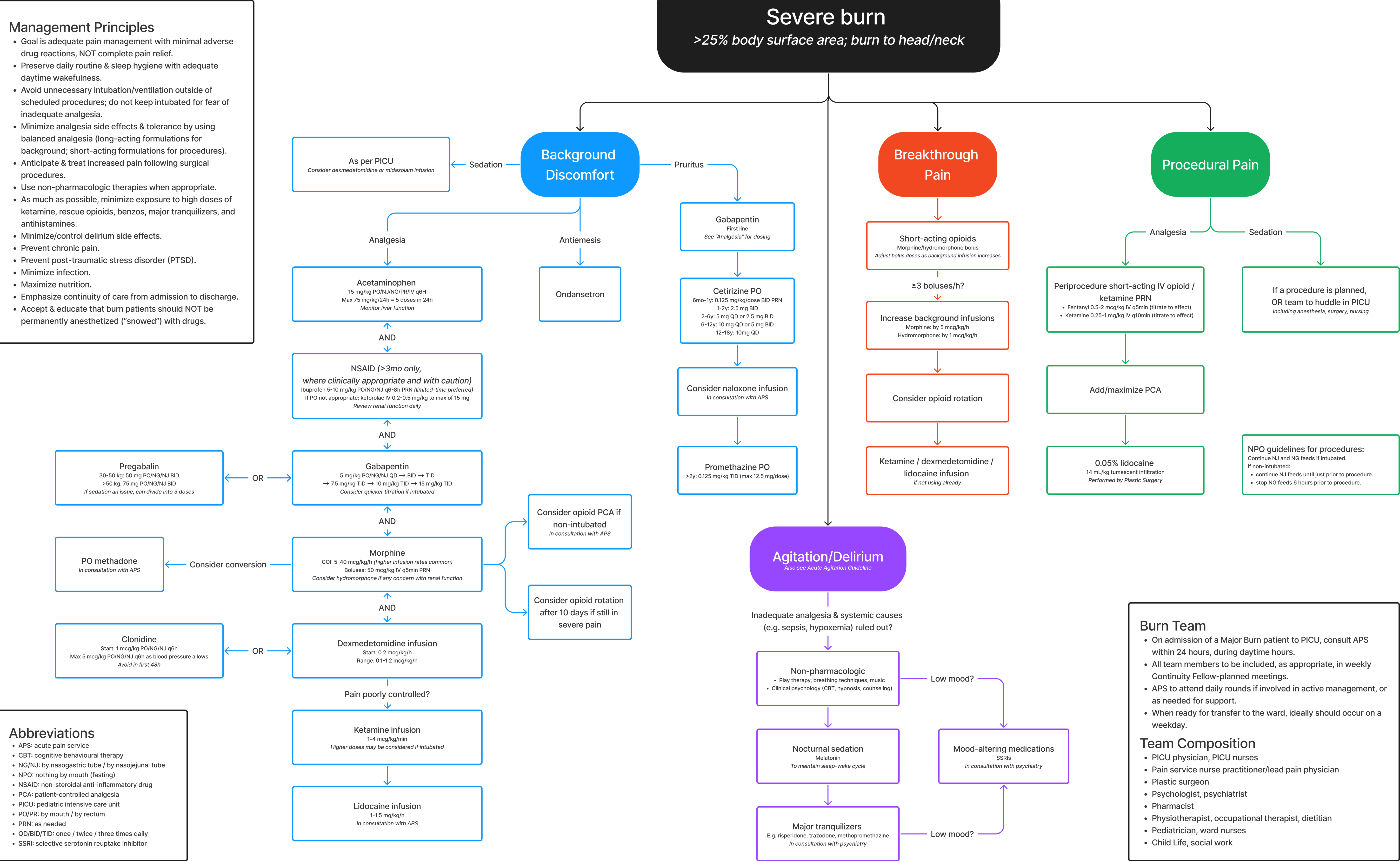


Figure 1 Most updated rendition of the guideline for multidisciplinary management of severe burn pain.

Results

We referenced three main practice guidelines from other centers to build upon existing guidance material at BCCH.[1-3] Themes that emerged include management of background discomfort, breakthrough pain, and procedure-related pain, as well as co-management of agitation and delirium. This guideline could form part of a daily review to standardize and optimize team-based practice in managing pain and supporting comfort in severe burn patients.

References

[1] Upex A. Clinical guideline: Burn pain management in paediatrics [Internet]. Bristol (UK): Bristol Royal Hospital for Children. Available from: https://uhbw.mystaffapp.org/diliboards/82/diliboard_contents/765/document_view.pdf

[2] Paediatric burns service guidelines [Internet]. Adelaide (AU): Women's and Children's Hospital, South Australia; April 2023. Available from: <https://cdn.wchn.sa.gov.au/downloads/WCH/children/burns/Paediatric-Burns-Service-Guidelines.pdf>

[3] Perth Children's Hospital. Burns - Analgesia and dosing [Internet]. Perth (AU): Perth Children's Hospital; Nov 2024. Available from: <https://pch.health.wa.gov.au/For-health-professionals/Emergency-Department-Guidelines/Burns-Analgesia-and-dosing>