

Acute pain management in children

Key Document code:	WAHT-TP- 054	
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Approved by:	Paediatric Quality Improvement meeting	
Date of Approval:	22 nd March 2019	
Date of review:	23 rd March 2021	

Key Amendments

Date	Amendment	Approved by

Introduction & Staff Competencies

Introduction

These guidelines aim to provide direction to medical and nursing staff on the safe and effective relief of acute pain and post-operative nausea and vomiting (PONV)

In addition they provide analgesic recipes, contact details and reference sources

Staff Competencies Required To Use These Guidelines

These guidelines are intended for the use of all **trained** staff (medical and nursing). Any such member may use these for advice. However, specific measures will require further training. This will be identified in the relevant sections.

All staff making observations on paediatric post-operative patients **must** be able to assess the degree of pain, and measure pulse rate, respiratory rate and blood pressure by both machine and manual methods.

The administration and adjustment of morphine infusions, PCAs and NCAs and the administration of IV boluses of opioids must only be performed by staff specifically trained to do so.

Individual doctors remain responsible for any prescriptions that they write and the methods of pain relief that they prescribe.

For more information about drug dosage, side effects and contraindications consult the British National Formulary for Children

Contact Details

The following people should be contacted in the event of needing further advice or assistance with the management of Acute Pain or Emesis

Worcestershire Royal Hospital

Time	Designation	Contact
0830-1500 Mon-Fri	Acute Pain Nurse	Bleep 238
Anytime	3 rd on Anaesthetist (ITU)	Bleep 702

Alexandra Hospital

Time	Designation	Contact
0730-1530 Mon-Fri	Acute Pain Nurse	Bleep 0271
Anytime	1 st on Anaesthetist	Bleep 0907

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Contact /Communication

Situation, Background, Assessment, Recommendation SBAR should ideally be used as a structured method for communicating critical information regarding acute pain issues.

Consent

The proposed method of analgesia and material risks associated with any technique should be discussed with the patient/parent/carer as appropriate e.g. weak legs following caudal anaesthesia.

A record of the above should be made on the anaesthetic chart/patient’s notes.

Assessment of Acute Pain

Pain is defined by the International Association for the Study of Pain as

“An unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage”.

There are long term psychological and physical consequences of inadequate pain control in all age groups.

Pain needs to be assessed taking into account several aspects of acute pain i.e.

- | | |
|---------------|---------------|
| Cognitive | Physiological |
| Sensory | Behavioural |
| Affective | Sociocultural |
| Environmental | |

As such the following pain assessment tools form only a part of the assessment and are simply an aid in its assessment.

One of the following methods should be used and the method used should be documented on the chart used to record the child’s pain.

Suggested age range:

Age	2-7 yrs	FLACC (Face Legs Activity Cry Consolability)
Age	4-16 yrs	FPS-R (Faces Pain Scale-Revised)
Age	7-16	Verbal (as per Adult Acute Pain Assessment)

Scores: out of 10

0	no pain
1 - 3	mild pain
4 - 7	moderate pain
8 - 10	severe pain

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FLACC Score

The FLACC Score is the preferred pain assessment tool used on Riverbank, Ward 1, A&E (Alex and WRH), and theatres for children under 8 years of age (as per PEWS observation chart), although it can be used to assess pain in the young person over 8 years of age. The FLACC Score is a behavioural tool, chosen because it is simple and consistent, and can be used to assess pain in infants/children/young people that are unable or reluctant to report their pain. Behavioural observation is the principal method in patients' with limited verbal and cognitive ability therefore the FLACC score is an ideal tool to use to assess pain in these patients (Voepel-Lewis; Zanotti; Dammeyer; Merkel, 2010).

The FLACC Score facilitates assessment and re-evaluation of pain, treatment and documentation, which in turn helps to improve patient outcome and experience (Macdonald and Simons, 2002).

The FLACC Score is an interval scale that measures pain by quantifying pain behaviours with scores ranging from 0-2. Pain scores are determined by a cumulative score based on 5 categories, (F) face, (L) legs, (A) activity, (C) cry and (C) consolability. The overall cumulative score ranges between 0-10, the higher the score is indicates the severity of the pain the patient is experiencing (Merkel, 1997). Therefore, if the patients' overall cumulative pain score is 0 they are considered to be PAIN FREE. However, if their pain score is between 1-3 they are deemed to have MILD pain, a pain score of 4-7 is suggestive of MODERATE pain and a pain score between 8-10 indicates that the patient is experiencing SEVERE pain.

Indicator	Score		
	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
Activity	Lying quietly, normal position, moves quietly	Squirming, shifting back and forth, tense	Arched, rigid or jerking
Cry	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort
Each of the five categories is scored from 0 to 2 to give a total score of 0 to 10			

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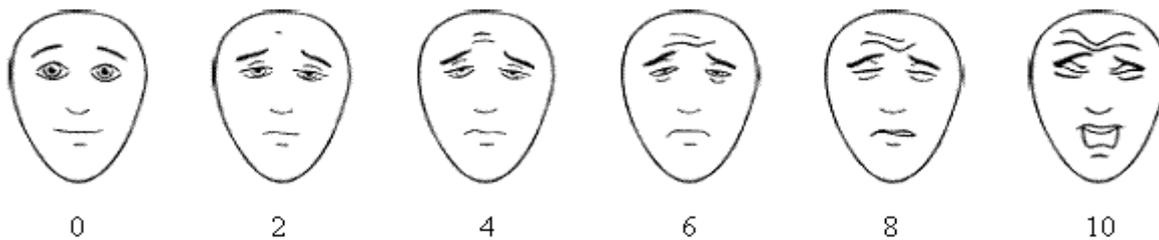
Faces Pain Scale

This is used for younger children. The faces used are not the traditional “smiley” faces as children have been found to confuse the emotion of happiness and pain which although related are not the same and should be managed differently.

In the following instructions (as taken from the source document), say “hurt” or “pain, whichever seems right for a particular child.

“These faces show how much something can hurt. This face [point to left-most face] shows no pain. The faces show more and more pain [point to each from left to right] up to this one [point to right-most face] – it shows very much pain. Point to the face that shows how much you hurt [right now].”

Score the chosen face 0, 2, 4, 6, 8, 10, counting left to right, so ‘0’ = ‘no pain’ and ‘10’ = very much pain.’ Do not use words like ‘happy’ and ‘sad’. This scale is intended to measure how children feel inside, not how their face looks.



Verbal

This is used for older children in exactly the same way as in adult patients

Pain on movement	Score
None	0
Mild	1
Moderate	2
Severe	3

It is important to follow these instructions. The score should be an even number. To ensure reliability of this assessment tool the numbers should be hidden from the child. Odd numbers will be picked up in audits and may be interpreted as a documentation error.

Learning Disabilities and other Complex Needs

The most appropriate pain scoring tool should be used in conjunction with available resources. Online resources include -

The Hospital Communication Book

[http://www.easyhealth.org.uk/listing/hospital-\(leaflets\)](http://www.easyhealth.org.uk/listing/hospital-(leaflets))

Pain should be assessed regularly, recorded, appropriate intervention applied and then reassessed. If necessary further intervention will be required.

Reassessment is performed regularly i.e.

At least hourly following major surgery
If problems have been encountered

If patient receiving IV opioids e.g. NCA/PCA or oral morphine

2-4 hourly after intermediate or minor surgery
And patient's initial pain score 3 or less
And no opioids

Involvement of surgeons may be warranted if there are deviations from anticipated pain symptoms

Non-pharmacological treatment of pain

The seven aspects of acute pain should be addressed i.e.

Cognitive, physiological, sensory, behavioural, affective, sociocultural, environmental

Therefore:

- Discuss pain management with patient and carer beforehand where possible.
- Impart information and answer questions: involvement of the Play Team can be useful.
- Give patient information leaflet.
- Positive emotional support.
- Proper positioning of the painful part, especially fractures which respond well to splinting.
- Relief of nausea and thirst.
- Keep the patient at a comfortable temperature.
- Make the surrounding environment as pleasant as possible.
- Allow the patient privacy and quiet if he/she wants it.
-

Analgesia Ladder and principles of prescribing

The World Health Organisation Analgesia Ladder is a common framework used to prescribe analgesia in a logical stepwise approach.

Start at the level most appropriate to the patient's level of pain and make sure that you have prescribed something from each "rung" of the ladder below.

Prescribe regular analgesics.

Progress to the next rung if the pain is not controlled after an adequate trial period i.e. the length of time in which you would have expected the drug to have some effect.

There should be rescue analgesia prescribed for breakthrough pain.

Prescribe antidotes for common or worrisome side-effects e.g. nausea, respiratory depression.

Paracetamol + NSAID + Systemic morphine



SEVERE

Paracetamol + NSAID + Oral morphine

Paracetamol + NSAID + Codeine (codeine not for use in under 12 year age group)

MODERATE

Paracetamol + NSAID

MILD

Paracetamol

Prescriptions should be reviewed every 24 hours to ensure maximum dosage limits are not exceeded and to assess the need to continue each drug in the light of the assessment of pain control and adverse effects.

Choice of Technique

Principles are

1. use of simplest effective technique
2. multimodal approach
3. regular assessment and titration of analgesia for each individual child

There is no single correct analgesic technique for each procedure but the following recommendations may be useful

Procedure	Possible Analgesic Technique
Herniotomy Hydrocele repair Orchidopexy	Simple analgesics plus wound infiltration/ilioinguinal, iliohypogastric and genitofemoral nerve block/fascia iliaca block/caudal
Circumcision	Simple analgesics plus penile block/caudal
Squint correction	Simple analgesics plus topical/local anaesthesia Prescribe opioid analgesics as rescue only
Adenoidectomy	Simple analgesics
Tonsillectomy	Simple analgesics Dexamethasone Codeine/oramorph rescue
Appendicectomy	Simple analgesics plus wound infiltration/ Morphine boluses/ Morphine NCA/PCA
Laparotomy	Simple analgesics plus morphine NCA/PCA
Lower limb surgery	Simple analgesics Caudal/PNB

Enteral Analgesia (oral/rectal)

Paracetamol, ibuprofen, diclofenac, codeine, Oamorph®.

All drugs must be given in accordance with the “Drugs Policy” See BNF for Children for further prescribing information.

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Uses

Enteral administration is the mainstay of analgesia and should be used unless contraindicated.

Avoid oral NSAIDs in the absence of food or milk (single dose to fasting patient as premed acceptable). Consider PR as alternative

A parent's consent (and child's, if old enough) for the administration of rectal drugs should always be sought and documented prior to their use

Drug	Dose	Notes
<i>Paracetamol</i>	<p>NB Dose varies depending age and route of administration:</p> <p>By any route: max 1g/dose and 4g/day</p> <p>PO 20mg/kg 4-6hrly (max 90mg/kg/day) for 48hrs. Then 15mg/kg 4-6hrly (max 60mg/kg/day)</p> <p>PR 40mg/kg loading dose Then 20mg/kg 4-6 hrly (max 90mg/kg/day) for 48hrs Then 15mg/kg 6 hrly</p> <p>IV 15mg/kg over 15mins, 4-6hrly.(max 60mg/kg/day) (7.5mg/kg 6-hourly, max 30mg/kg/day if less than 10kg/1 year and full term)</p>	<p>PO or IV routes preferable to PR. (Absorption of PR paracetamol is unpredictable and slow)</p> <p>Caution in renal and hepatic impairment</p> <p>Doses are for full term babies aged 3 months and above unless otherwise stated</p>
<i>Ibuprofen</i>	<p>5mg/kg 6 hrly (in severe conditions up to 30mg/kg/day in 3-4 divided doses up to max 2.4g/day)</p>	<p>Contraindications: hypersensitivity to any NSAID (e.g. bronchospasm, angioedema, urticaria, rhinitis following NSAID administration); active or previous GI ulceration/bleeding</p> <p>Asthma: avoid if H/O NSAID-induced bronchospasm. Probably best to avoid in severe asthma, active wheeze</p> <p>Avoid use on empty stomach</p>
<i>Diclofenac</i>	<p>PO or PR 1mg/kg 8 hrly (max 150mg/day)</p>	<p>Contraindications: see ibuprofen PR can cause rectal irritation. Avoid PR in acute inflammatory conditions of anus, rectum or sigmoid colon</p> <p>Avoid use on empty stomach</p>
<i>Codeine</i>	<p>PO 1mg/kg (max 60mg) 4-6 hrly. Max 240mg/day Not or use in under 12 years</p>	<p>NOTE MHRA Drug Safety Update Volume 6, Issue 12 July2013 SEE NOTES CODEINE BELOW Not to be given with other opioids NEVER give IV-risk circulatory collapse</p>
<i>Oramorph®</i>	<p>PO 0.2mg/kg 3 hrly</p>	<p>Monitoring: pain score, resp rate, sedation, SaO2 as appropriate Patient MUST be tolerating free oral fluids</p>

Parenteral Analgesia

Morphine

Uses

Parenteral administration is used when oral administration is unsuitable e.g.
Nil by mouth for surgical reasons e.g. delayed gastric emptying,
Significant nausea and vomiting

ESSENTIAL SAFETY PRECAUTIONS TO BE USED WITH ALL IV OPIOID INFUSIONS

1. No supplementary opioids to be prescribed unless ordered by Anaesthetist or member of Acute Pain Team.
2. Either an exclusive dedicated line for IV opioids should be used or else an antisiphon and antireflux device must be employed.
3. All pumps must be kept locked when in use on the ward.
4. Maintain IV access until 4 hours after discontinuation.
5. Record observations as per guideline (see later).
6. All personnel who care for patients receiving PCA or NCA analgesia must be trained and competent to do so.
7. PCA/NCA pumps must only be programmed by an anaesthetist or member of the Acute Pain Team.

Areas

Theatres, Riverbank, Ward 1, A&E

Monitoring see later

Drugs

Morphine

Mode of action: binds to opioid receptors in the brain and spinal cord to produce

Analgesia

Sedation

Respiratory depression

Euphoria

Bradycardia

Pruritis

Miosis

Nausea and vomiting

Inhibition of gut motility

Naloxone

MUST always be prescribed and administered if respiratory depression suspected (see later)
4mcg/kg naloxone and repeat as required

Definitions

Patient Controlled Analgesia (PCA)

A method of pain control which allows the PATIENT to press a button to self-administer a pre-programmed amount of IV opioid (the bolus dose) after a set period of time (the lock-out period). The patient may also receive a very small background infusion of the opioid.

Nurse Controlled Analgesia (NCA)

A technique by which the nurse may press a button to give the patient a pre-programmed amount of IV opioid (the bolus dose) after a set period of time (the lockout period).

With NCA the patient may be given a larger continuous infusion of the opioid compared with PCA and the pump will be programmed with a longer lockout period

It is essentially an IV infusion with the facility for the nurse to give a bolus of drug

PCA & NCA

Assessment of patient for PCA/NCA

Anaesthetist to consider

- 1 suitability of PCA/NCA for each individual patient
- 2 the appropriateness of PCA/NCA for the type of surgery undertaken
3. Enteral opioids only to be used in designated areas i.e. WRH: Riverbank Ward, theatre recovery.

For PCA the patient must

- Be able to press button on handset
- Be able to understand the technique
- Be 7 years old or older
- Be willing to use it
- Have parental consent

For NCA

- Used in younger children and those unable to use PCA
- Nurse needs to be trained in the use of NCA and know when to administer a bolus of drug
- Parents must be educated NOT to press the button

Preparation

Information (verbal and written) to child and parents
 Explain pain assessment tools

Setting up Infusion

The PCA/NCA pump must ONLY be programmed by an anaesthetist or member of Acute Pain Team

Use only standard pump programme and drug concentrations at all times

Standard Concentration

Weight		
<50kg	1 mg/kg morphine in 50ml N/saline or 5% dextrose	1ml=20mcg/kg morphine
≥50kg	50mg morphine in 50ml N/saline or 5% dextrose	1ml=1mg morphine

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PCA < 50kg

1mg/kg morphine in 50ml N/saline or 5% dextrose

1ml=20microg/kg

	Initial	Range
Background infusion rate	0.2ml/hr*	0-0.2ml/hr*
Bolus dose	1ml	0.5-1ml
Lockout period	5 mins	5-15 mins
Max 4 hrly dose	400mcg/kg	

* Review background infusion after 24 hrs? Stop

PCA > 50kg

50mg morphine in 50ml N/saline or 5% dextrose

	Initial	Range
Background infusion rate	Nil	Nil
Bolus dose	1ml	Discuss with Acute Pain Team
Lockout period	5 mins	Discuss with Acute Pain Team

NCA

1mg/kg morphine in 50ml N/saline or 5% dextrose

1 ml=20microg/kg

	Initial	Range
Background infusion rate	0.5 ml/hr	0-0.5ml/hr
Bolus dose	1ml	0.5-1ml
Lockout period	30mins	
Max 1 hrly dose	2.5 ml	
Max 4 hrly dose	10ml	

Equipment

- 50ml Luer lock syringe
- PCA/NCA pump
- Dedicated line or y-connector with anti-syphon and antireflux connections

Ward requirements

- Staffing
- Equipment

Resus facilities

Charts and observations

Prescription Chart	to include naloxone
Pain Observation Chart	to include hourly recording of SpO2 (constant monitoring required) Respiratory rate Sedation score Pain score Nausea score Total dose since reset Number presses Vol left in syringe 4-hourly recording of pruritis Urinary retention Inspection of IV site

Monitoring

Monitoring should be as that charted (see above). All children receiving opioids should have **constant** monitoring of SaO₂, with appropriate alarm settings. However, there can be significant respiratory depression despite adequate SaO₂ readings. If there are ANY concerns regarding respiratory rate or sedation, the child **MUST** be nursed in an HDU bed.

Drug Administration

Initial:-

Anaesthetist may consider initial loading dose of morphine 50-100 mcg/kg

On-going administration

1. All patients to be reviewed by Acute Pain Team/? On call anaesthetic registrar at least once daily.
2. Background infusions usually reduced before NCA stopped.
3. Only a member of the Acute Pain Team or anaesthetist may adjust pump programming if the patient is in pain or has significant side effects.
4. IV morphine syringes and administration sets must be changed every 24 hours.

General Care of Patient

Core care plan to be followed.

Paracetamol and NSAID to be given regularly where possible (consider rectal route where possible and consent/parental consent obtained).

Record observations hourly on observation chart and for 4 hours after discontinuation

Keep IV access for at least 4 hours after discontinuation.

Management of side effects

- i.e.
- Pain
 - Sedation
 - Respiratory Depression
 - Pruritis
 - Constipation

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Nausea and Vomiting

Pain

NB Pain score	0	=	no pain
	1-3	=	mild pain
	4-7	=	moderate pain
	8-10	=	severe pain

Aim for a pain score of 3 or less

Type and location of pain should be ascertained whenever possible

If patient is in pain i.e. pain score >3:

Check pump switched on and running.

Check infusion site - ensure IVI has not tissueed.

For PCA Encourage patient to self-administer bolus and evaluate effectiveness after 10-15 mins.

For NCA Administer bolus (see NCA note) and evaluate effectiveness after 10-15mins.

Ensure simple analgesics prescribed and administered where possible
e.g. paracetamol, NSAID.

If pain seems anxiety-related involve parents, play therapists etc to try to distract and reassure.

If pain scores greater than 3 for more than one hour please call acute pain team/anaesthetist.

Always consider possible complications as cause of pain and call surgeons if concerned.

Consider coanalgesics e.g. antispasmodics.

Sedation

Sedation is a common side-effect of morphine.

However, the patient should ALWAYS be rousable.

Increasing sedation may be an early sign of respiratory depression.

Level of sedation must be observed and recorded on the observations chart and appropriate action taken accordingly.

Sedation score must be recorded hourly while PCA/NCA in progress and for 4 hours after discontinuation. Sedation score should also be recorded hourly for 4 hours after oral morphine.

Sedation scores	0.	awake
	1.	drowsy, wakes when approached
	2.	sleeping/needs to be roused
	3.	difficult to rouse/unrousable

If sedation score 2 or 3 stop the infusion
Contact Acute Pain Team or anaesthetist
Infusion can be recommenced once reviewed by
APT/anaesthetist AND sedation level 1.

Age 6-12 years 2mg 4-6 hrly
Max 12 mg/day
Age 12-16 years 4mg 4-6 hrly
Max 24mg/day

Naloxone 0.5microg/kg

Constipation

Ensure patient is well hydrated.

Treat early with lactulose 0.5ml/kg bd.

Nausea and vomiting

Observe for nausea and vomiting at least 4 hourly. If symptomatic, increase to hourly obs.
Document on chart.

Post-Operative Nausea and Vomiting PONV

Causes

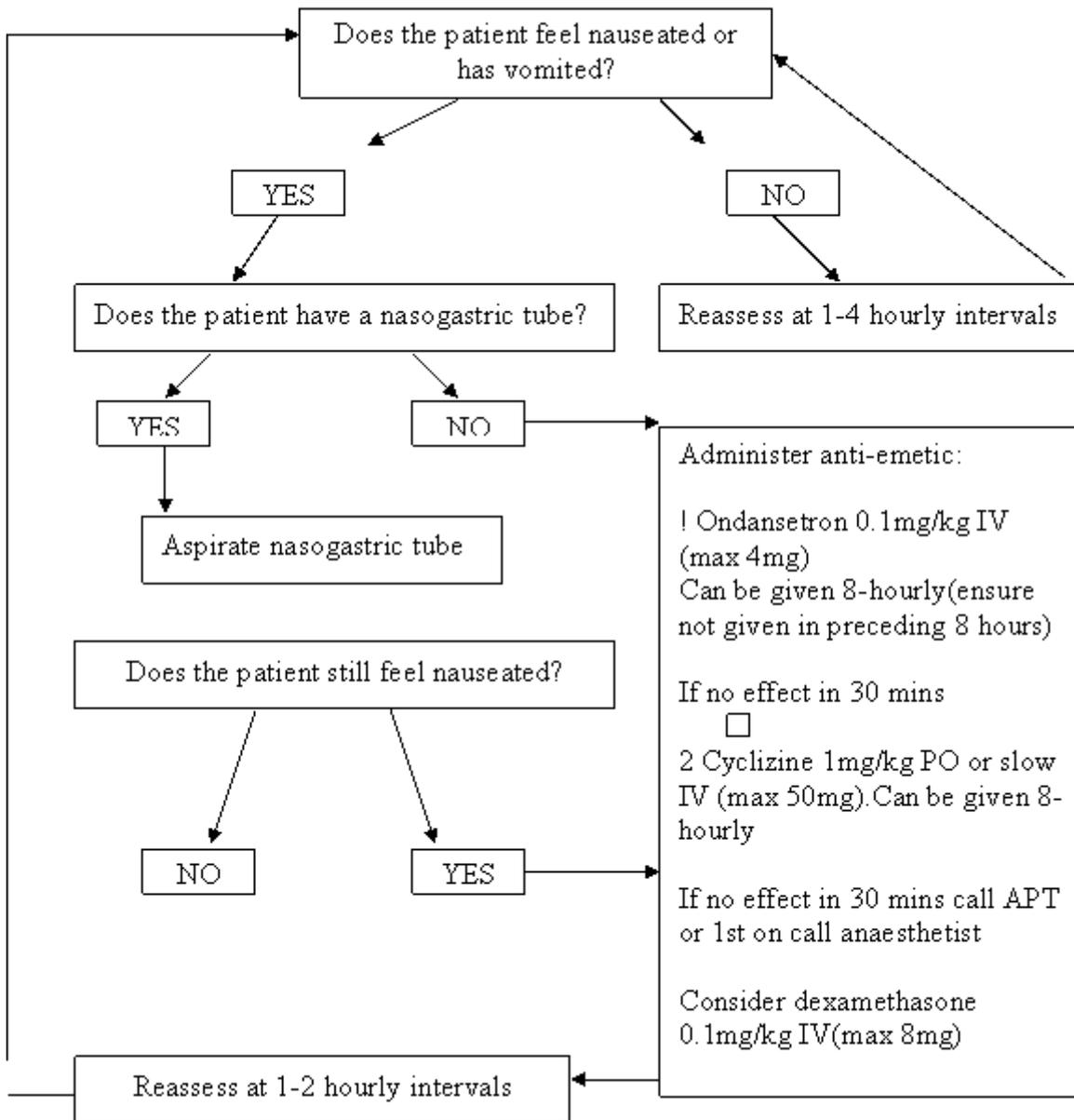
Opioids
Anaesthetic agents
Type surgery
Extended preop fast

Consequences

patient distress
dehydration
electrolyte imbalance
delayed discharge

Treat the cause where possible e.g. pain, movement, dehydration, opioids, forced oral intake, full stomach

Treat pain, avoiding opioids wherever possible, reduce patient movement, optimize surrounding environment i.e. quiet calm atmosphere with minimal surrounding activity, aspirate NG tube, consider IV fluids if dehydrated.



Intranasal Diamorphine

Indications

Initiation of analgesia in A&E. Particularly useful for pain caused by burns, fractures

Contraindications

Child < 10kg
 Concomitant use of other opioid or midazolam

Designated Areas of Use

A and E

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Dose and preparation

1. Weigh child.
2. Prescribe diamorphine via intranasal route.
Dose=100mcg/kg
3. Add the volume of saline below to a **5mg** vial of diamorphine.
4. Use **0.2ml** intranasally. (Use a 1ml syringe) Gently tilt back the child's head. Place a few drops at a time into each nostril until all 0.2 ml given. Ask the child to sniff.
5. Monitor: vital signs (SaO₂, resp rate, sedation score, HR) every 5 mins for one hour.
6. NB: Ensure naloxone prescribed.

Weight (kg)	vol saline (ml)*	dose (mg) **
15	0.65	1.54
20	0.5	2.0
25	0.4	2.5
30	0.35	2.96
35	0.3	3.33
40	0.25	4.0

NB:

* Vol saline=volume of saline added to 5mg ampoule of diamorphine.

**dose=resultant dose in mg of diamorphine in 0.2ml.

Codeine

- Codeine should only be used to relieve acute moderate pain in children older than 12 years and only if it cannot be relieved by other painkillers such as paracetamol or ibuprofen
- Codeine is contraindicated in all children (ie, younger than 18 years) who undergo tonsillectomy or adenoidectomy (or both) for obstructive sleep apnoea
- Codeine is not recommended for use in children, whose breathing might be compromised, including those with: neuromuscular disorders; severe cardiac or respiratory conditions; upper respiratory or lung infections; multiple trauma; or extensive surgical procedures.
- In children age 12–18 years, the maximum daily dose should not exceed 240 mg. This may be taken in divided doses, up to four times a day at intervals of no less than 6 hours. It should be used at the lowest effective dose for the shortest period. Duration of treatment should be limited to 3 days and if no effective pain relief is achieved, treatment should be reviewed by a physician
- Information should be given to parents and caregivers on how to recognise the signs of morphine toxicity, and advice should be given to stop giving the child codeine and to seek medical attention immediately if their child is showing these signs or symptoms
- Symptoms of codeine toxicity include: reduced levels of consciousness; lack of appetite; somnolence; constipation; respiratory depression; 'pin-point' pupils; or nausea and vomiting
- Codeine is contraindicated in all patients of any age known to be CYP2D6 ultra-rapid metabolisers

Inhalational

Entonox - a 50:50 mixture of oxygen and nitrous oxide.

Uses

May be used for the short term relief of pain in children aged 4 and over. eg venepuncture, suture of lacerations, change of dressings, removal of drains.

Administration

Entonox is delivered by specific on-demand equipment.

It is self-administered by the patient.

Inhalation should commence just prior to the noxious stimulating event.

Supervision essential throughout by trained member of staff.

Contraindications

Altered conscious level

Risk of pneumothorax

Intraabdominal obstruction

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- The Hospital Communication Book [http://www.easyhealth.org.uk/listing/hospital-\(leaflets\)](http://www.easyhealth.org.uk/listing/hospital-(leaflets))

MHRA Drug Safety Update Volume 6, Issue 12 July 2013

<http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON296400>

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