Monthly paediatric update newsletter for all health professionals working with children – put together by Dr Julia Thomson, Paediatric Consultant at Homerton University Hospital, London, UK. Housed at www.paediatricpearls.co.uk where comments and requests are welcome!

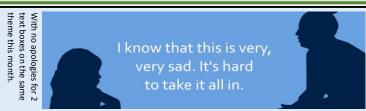
A 9-year-old on the autistic spectrum with faecal impaction who I started on Movicol last month is refusing to take it. Lactulose is bad for his teeth, senna gives him tummy pain. TDS sodium docusate is impractical (or will be when he goes back to school...). Mum said he wouldn't take tablets. Child says he would as long as they weren't big. Where next?

Dr Ed Dallas, paediatric registrar, was in clinic with me and did a quick trawl of the internet for a suitable guideline other than the NICE one which majors in macrogol 3350. NHS Lothian came up trumps. It has doses for sodium picosulfate liquid and bisacodyl tablets which both seemed a lot more palatable to my patient than 12 sachets of macrogol 3350. The tablets are small and he took

Ed's quick guide to idiopathic/functional constipation is available here.

them - like he said he would

NHS Lothian's guide to functional constipation and a link to their formulary is at



Guide for Families: How to tell Children that Someone has Died is a clear, emotionally intelligent video from child and adolescent psychiatrist Prof Alan Stein and his team in Oxford. There are lots of excellent resources in English and other languages under the banner "Making impossible conversations possible during the Covid-19 Pandemic" at https://www.psych.ox.ac.uk/research/covid comms support.

The Oxford University team originally published a Lancet series on how effective communication with children about their own illness, or that of their parent, is key to long term family psychological wellbeing. These resources have been adapted to help with the specific challenges of COVID-19. The current isolation arrangements mean adults having to break bad news with little time to prepare and less direct support from extended family members and friends. These invaluable step-bystep practical guides and infographics are free to download and share.

Full text reference: Talking to children about illness and death of a loved one during the COVID-19 pandemic. Journal article. Rapa E. et al, (2020), Lancet Child Adolesc Health, 4, 560 – 562

The expectation that we can be immersed in suffering and loss daily, and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet.

- Remen, 1996

Doctors Training: Maintaining wellbeing in working with loss, death & grief. BMA sponsored webinar hosted by Child Bereavement UK for all doctors and trainees. This one is not specifically about child bereavement.

Learning Outcomes:

- Greater awareness in recognising the impact of working in the face of loss, grief and bereavement on you as a professional
- · An ability to acknowledge what you have experienced, and what that has meant for you both personally and professionally
- The development of strategies to build your resilience

Child Bereavement UK supports children and young people (up to age 25), parents and families to rebuild their lives when a child grieves or when a child dies. This includes providing training to professionals involved with those affected by bereavement, assisting them to understand the challenges of grief and ways to help.

Try these <u>3 hour interactive webinars</u>: When a Child Dies - Supporting Parents & Families or Supporting Bereaved Children and Young People - a pretty good use of £45 in the current climate.

https://www.childbereavementuk.org/Listing/Category/support-for-young-people has links to individual bereavement support for young people, groups they can join (11-25yr olds), an app and a game: Apart of Me.

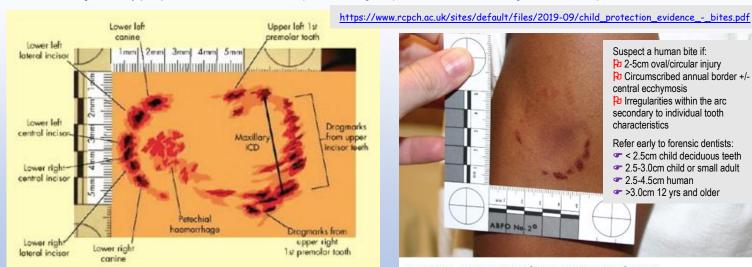
Paediatric multisystem inflammatory syndrome temporally associated with Covid-19 (PIMS)

In primary care, look out for persistent fever >38.5°C, red eyes, abdominal pain, macular rash, D&V and refer them to the ED. We think cases peaked a couple of weeks ago but you might still see some children coming through. They can decompensate quickly; don't wait till 5 days of fever if they tick the boxes from the RCPCH quideline.

Resources for families, schools and clinicians: 1. https://stpn.uk/webinar-pims-ts/ - a long educational session but broken down into sections. Try the parent and child reflection. 2. https://www.rcpch.ac.uk/resources/pims-covid-19-linked-syndromeaffecting-children-information-families has links for professionals as well as families.

Animal V. human bite. In January 2021, we looked at the management of human and animal bites (NICE NG184). How do you know whether the bite is human or animal?

- ♦ Bites are common injuries in children. Most caused by dogs in the UK, then cats, then humans. 80-90% of animal bites are inflicted on the owner or someone known to them.
- ♦ Animal bites are usually on arms and legs of older children and head, face or neck of younger children. Dog bites are more likely in the summer. (Source: CKS linked to below)
- ♦ Human bites are most commonly inflicted on fingers and hands. An abusive bite can potentially identify the perpetrator if referred early to dental forensic services.
- ♦ Clinical Knowledge Summary (CKS) on bites from October 2020 at https://cks.nice.org.uk/topics/bites-human-animal/background-information/prevalence



Source: Sirekova and Debelle. Identifying human bite marks in children. SYMPOSIUM: CHILD ABUSE VOLUME 24, ISSUE 12, P550-556, DECEMBER 01, 2014 (DOI: https://doi.org/10.1016/j.paed.2014.07.010)

Suspect a human bite if: 2-5cm oval/circular injury Circumscribed annual border +/central ecchymosis Po Irregularities within the arc secondary to individual tooth characteristics Refer early to forensic dentists: < 2.5cm child deciduous teeth</p> 2.5-3.0cm child or small adult ~ 2.5-4.5cm human >3.0cm 12 yrs and older

Source: K.J. Knoop, L.B. Stack, A.B. Storrow, R.J. Thurman: The Atlas of Emergency Medicine, 4th Edition, www.accessemergencymedicine Copyright © McGraw-Hill Education. All rights reserved.