



# Analgesia for Acute Gingivostomatitis

A National Survey of Pediatric Emergency Physicians

## Analgesia is Essential for Treating Acute Gingivostomatitis



Painful oral mucosal lesions are common in children and are usually caused by a viral infection



Analgesia use leads to better outcomes such as increased fluid intake and decreased hospitalization



Acetaminophen and ibuprofen are considered first-line analgesics

## What are the current national practice patterns of pediatric emergency physicians for treating acute gingivostomatitis?

### The Study



#### Study Population:

All pediatric emergency physicians in PERC database



#### National Survey:

Developed and piloted using standard methods. 202 online surveys sent via email or regular mail



#### Participants:

150 respondents from 15 pediatric teaching hospitals across Canada

### Survey Details

#### Questions:

- Physician demographics
- Preferred analgesics, frequency of use
- Perceived barriers to analgesic use
- Future directions for research

#### Clinical Scenarios:

Four clinical vignettes with varying patient age (10-month-old or 12-year-old) and severity (mild or severe)

### The Results



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1 Most physicians (72%) preferred to use both acetaminophen and ibuprofen concurrently as first-line treatment



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2 The most reported second line agents were oral morphine (48%) and compounded topical agents (42%)



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3 A significant proportion (34%) of respondents did not know the evidence for analgesia. Those who did know the evidence (61%) felt it was "weak"



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4 The most commonly reported barrier to optimal pain management was the difficulty of administration of oral medication to children (15%)

### Conclusions



This national study is the first to detail analgesic use by pediatric emergency physicians for patients with pain-related to acute gingivostomatitis



The majority of physicians preferred simple analgesics, such as acetaminophen and ibuprofen in combination. However, the breadth of reported analgesic agents in use highlights the lack of best evidence for the treatment of pain for this condition



Future research is needed to evaluate the efficacy, safety and ease of administration of these analgesics - particularly topical anesthetics, in order to establish best practice guidelines

#### References:

- MacLellan, J., Ali, S., Curtis, S., Baserman, J. & Dixon, A. Analgesia for acute gingivostomatitis: a survey of pediatric emergency physicians. CJEM 2016:1-7
- Open Mouth icon made by Freepik from www.flaticon.com



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