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. 201 online surveys sent via email or regular mail

Participants:
150 respondents from 19 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

1. Most physicians (72%) preferred to use both acetaminophen and ibuprofen concurrently as first-line treatment.
2. A significant proportion (34%) of respondents did not know the evidence for analgesia. Those who did know the evidence (6%) felt it was "weak".
3. The most reported second-line agents were oral morphine (49%) and compounded topical agents (42%).
4. The most commonly reported barrier to optimal pain management was the difficulty of administration of oral medication to children (10%)

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:
2. Open-Mouth icon made by Freepik from www.Freepik.com
3. Open-Mouth icon made by Freepik from www.Freepik.com

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[Studies and research related to pediatric emergency medicine, analgesia, and gingivostomatitis]