## **Neck Pain workup**

Exclude Red Flags – TUNA FISH

T = Trauma

U = Unexplained Weight Loss

N = Neurologic Symptoms

A = Age > 50

F = Fever

I = IVDU

S = Steroid Use

H = History of Cancer (Prostate, Renal, Breast, Lung)

If red flags + No red flags

Need further Evaluation. Pain Management- Pharmacotherapy and Adjuvant therapy

### **Pain Management**

	No Pain	Mild Pain	Moderate Pain	Severe Pain
	Pain score: 0	1-3	4 - 6	7 - 10
Suggested route & type of analgesia	No action	Oral analgesia	Oral analgesia	IV Opiates or PR NSAID
Initial Assessment	Within 20 mins of arrival	Within 20 mins of arrival	Within 20 mins of arrival	Within 20 mins of arrival
Re-evaluation	Within 60mins of initial assessment	Within 60mins of analgesia	Within 60mins of analgesia	Within 30 mins of analgesia

Assess pain severity
Use splints/slings/dressings etc
Consider other causes of distress\*

For procedures consider regional blocks and conscious sedation

# MILD PAIN (1-3)

Oral/rectal <u>paracetamol</u> 20 mg/kg loading dose, then 15 mg/kg 4 -6 hourly

or

Oral ibuprofen 10 mg/kg 6-8 hourly

### **MODERATE PAIN (4-6)**

As for mild pain

#### plus

Oral/rectal diclofenac 1 mg/kg 8 hourly (unless already had ibuprofen)

and/or

Oral codeine phosphate\*\* 1 mg/kg 4-6 hourly (over 12 years) OR Oral morphine 0.2-0.5 mg/kg stat

### SEVERE PAIN (7-10)

Consider Entonox as holding measure

then

Intranasal <u>diamorphine</u> 0.2 mls (=0.1 mg/kg) (see table)

followed by / or

IV morphine 0.1-0.2 mg/kg Supplemented by oral analgesics