

**Clinical Guideline:** Chronic Pain Pathway Site: FPH

Functional

* Periumbilical
* Not effected by pain relief
* FH IBS, migraine
* No sleep disturbance
* No weight loss
* No interruption of life

Migraine

* Vomiting or pallor, relief with sleep

Silent reflux

* ‘sicky burps’, bad breath, tooth decay

Constipation

History

* Abdominal migraines - see headache treatments.
* Silent reflux - ranitidine/PPI limited use. Try milk free diet 6 weeks.
* No need for OGD
* If Functional symptoms and investigations normal - reassure.
* Brain interprets physiological contractions as pain.
* Can use the term IBS as parents often understand this.
* Consider stress: girls friendships, boys spending time with father
* Reduce busyness of life: limit after school activities for 3 months to once a week
* Encourage school attendance including PE
* Limit lie ins, regular bedtimes
* Find the triggers ?diet see headache
* Don’t increase analgesia - use distraction & hot water bottle
* Can try 6 week trial: Pziotifen 0.5-1mg night Amitryptline 15-25mg

Advice and Treatment

Failure of management

Referral Guidelines – red flag signs

* MSU
* Stool if diarrhoea
* FBC, LFT,U&E,Bone,ESR,CRP,coeliac
* US abdomen

Investigation

Often unremarkable

Examination

* >3 months duration effects 10& of school children
* 50% pathology & 50% functional

General Information