



Recurrent Abdominal Pain

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PAEDIATRIC GASTROENTEROLOGIST

Definition

- ▶ 1958 Apley – 3 episodes over 3 months affecting daily activities
- ▶ Based on schoolchildren not hospital presentation
- ▶ Non Organic



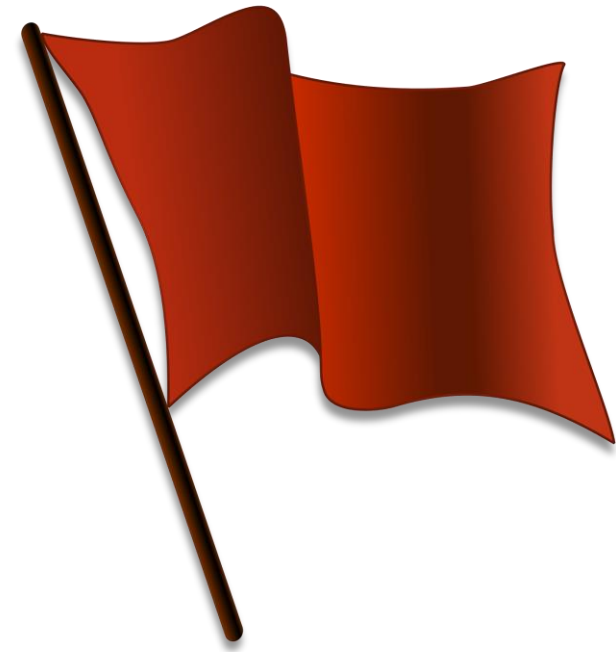
Exclude Organic Causes

Detailed History and Examination

- ▶ Age at onset
- ▶ Location of Pain
- ▶ Dietary History
- ▶ Social History
- ▶ Detailed bowel history
- ▶ Family History

Red Flags

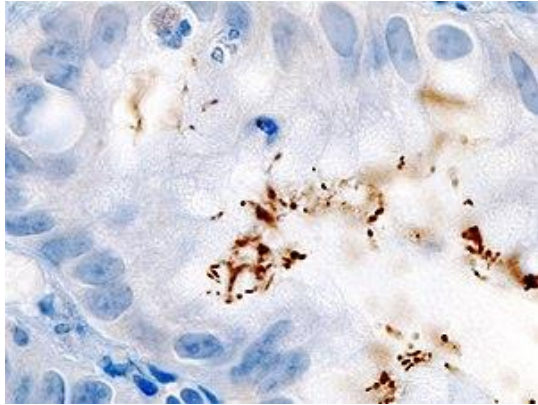
- ▶ Age < 4
- ▶ Not periumbilical
- ▶ Weight loss
- ▶ Fever
- ▶ Arthralgia
- ▶ Growth issues/Delayed Puberty
- ▶ Rashes
- ▶ Change Bowel habit +/-blood
- ▶ Vomiting
- ▶ Nocturnal Pain
- ▶ Urinary Symptoms
- ▶ Positive Family History-IBD/Coeliac/Peptic Ulcer



What Organic
causes need
excluding?

THERE WILL FOLLOW A SERIES
OF 8 PICTURES TO GUESS
AND THEN I WILL PROVIDE
THE ANSWERS

One



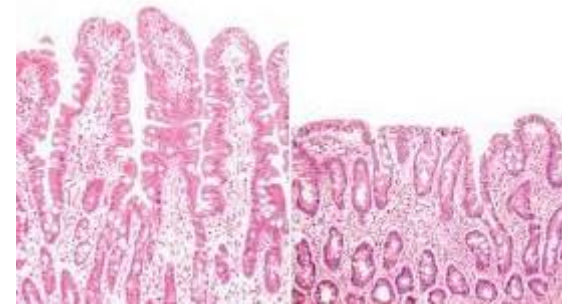
Two



Three



ENDOSCOPY

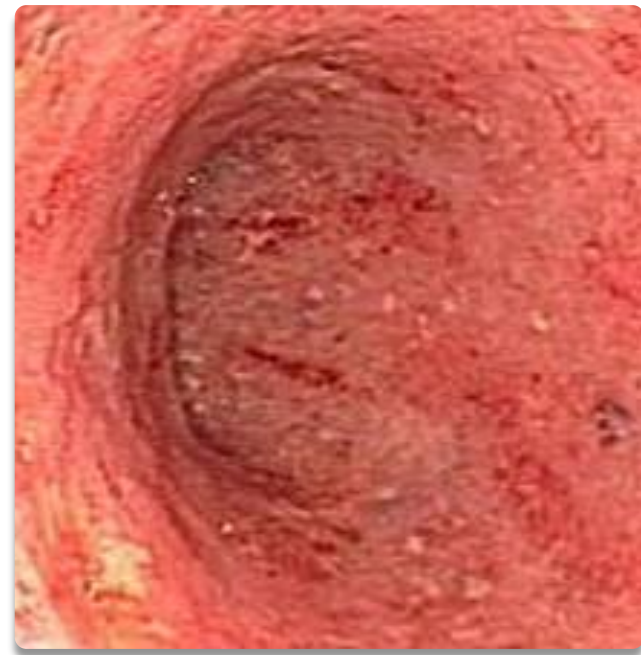


Histology
Left Normal
Right Abnormal

Four



Five

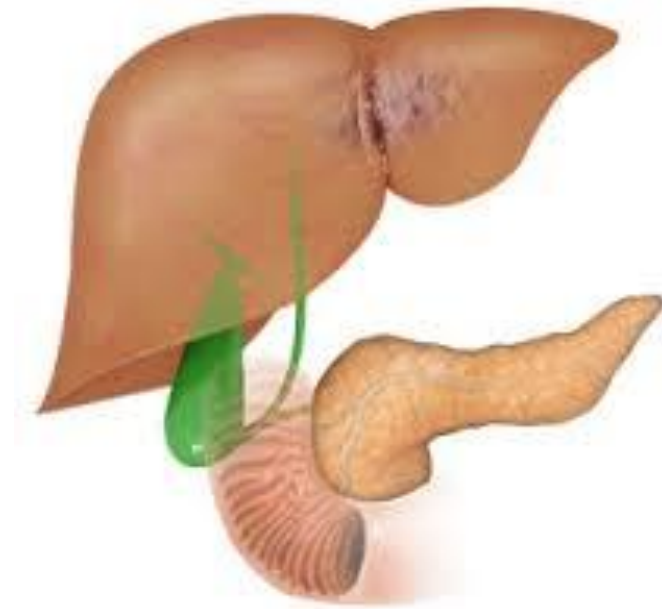


Six



G.E.T.S.M.A.S.H.E.D

Seven



Eight



Answers

- ▶ Pic 1 H Pylori
- ▶ Pic 2 GOR
- ▶ Pic 3 Coeliac
- ▶ Pic 4 UTI
- ▶ Pic 5 IBD
- ▶ Pic 6 Pancreatitis
- ▶ Pic 7 Hepatobiliary Disorders
- ▶ Pic 8 Menstrual Issues

Investigations

- ▶ COULD BE NONE
- ▶ Pending Hx and examination Consider
- ▶ Baseline Bloods-FBC/U and E/LFT/Bone
- ▶ Coeliac Screen and total IgA
- ▶ CRP/ESR
- ▶ Stool for Hpylori ag
- ▶ Urine Dip

Further Classification

- ▶ ROME IV Criteria
- ▶ Functional GI Disorders
- ▶ Useful for research
- ▶ Useful in secondary and tertiary care
- ▶ Useful for those desperate for an alternative ' diagnosis' /'label'

Management

- ▶ REASSURANCE
- ▶ Explore Psychosocial
- ▶ Hot water bottle
- ▶ Paracetamol
- ▶ Avoid NSAIDS or stronger
- ▶ Distraction Techniques
- ▶ Mindfulness
- ▶ Hypnotherapy
- ▶ Avoid referrals unless clear red flags

Conclusion

- ▶ RAP is common – 1-2 in every 10 children
- ▶ Minimal Investigations
- ▶ Avoid overmedication
- ▶ Reassure and invest time
- ▶ Sign post if anxiety/stresses
- ▶ If addressed early can reduce chronic pain as adult