

Children's Emergency Department (CHED)

Chest Pain in Children Discharge Information Leaflet

Your child has been seen in the Emergency Department and the clinician has assessed that your child may be safely treated at home.

This leaflet is to advise you about how to manage your child's illness and to help you decide where and when to get further advice or assessment if needed.

Chest pain in children

Chest pain is a common presenting symptom in childhood. It is usually caused by pains from the muscles or ribs and very rarely caused by problems in the heart or lungs.

How can I help my child when they have chest pain?

Chest wall pain

This type of pain is usually worse when touching the chest and can be worse on movement. A brief period of rest, with hot compresses and anti-inflammatory medications such as ibuprofen may help to improve the pain.

Gastrointestinal causes

Burning pain in the chest from acid in the stomach can result in chest pain. Your child may be tender when the abdomen is examined by the doctor. It can be helped by eating smaller, and more frequent meals and staying upright for 30 minutes after eating. Your doctor may recommend a short course of medication to help with the symptoms.

Stress or anxiety

Chest pain is a common presentation in children who are feeling stressed or worried. Often this can be related to a significant event in a child's life, or sometimes there is no obvious cause. You can help your child by finding ways to help distract them from the discomfort, or speaking to them about their wellbeing may also help.

What can you do at home?

- Continue the advice that has been given to you during your hospital visit.
- If you are worried or the symptoms change or worsen return to your GP or the Emergency Department.
- Take any prescribed medication as advised during your visit to the hospital.
- Be assured by the advice from the hospital that this is a non-concerning chest pain.

When should I return to the Emergency Department with my child's chest pain?

- If the chest pain is accompanied by being pale or sweaty.
- If you can see difficulty in breathing.
- If the pain is accompanied by fainting or losing consciousness.

- If their heart rate seems very fast or irregular.

Giving medicines to your child

When your child has chest pain they can be given paracetamol or ibuprofen. When giving paracetamol you should always follow the instructions on the bottle. Here are some answers to frequently asked questions about these medicines:

- It is safe to give both medicines to your child if you don't go above the recommended dose for either in a 24-hour period or give them more often than the bottle says you can.
- It is recommended that if you give both you should wait at least an hour after giving the first medicine before deciding to give the second.
- It isn't dangerous to give them together but spacing them out helps by giving a better spread over 24 hours.
- Your child doesn't need to have a fever to benefit from medicines. You should give your child paracetamol or ibuprofen even if they don't have a fever if they seem miserable, in pain or don't want to eat or drink.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit <http://ratenhs.uk/IQu9vx> Or scan QR code:

