



# Research Article *of the Month*

**Guidelines on the management of chronic pain in children.** Geneva: World Health Organization; 2020.  
<https://www.who.int/publications/m/item/guideline-for-the-management-of-chronic-pain-in-children>

## *In a Nutshell:*

**Managing children's chronic pain requires a family-centred, multimodal approach by an interdisciplinary team of trained healthcare providers.**

Inadequately managed chronic pain may negatively impact children's emotional, physical, and social development and function. A child's chronic pain can also affect the lives of the child's family and caregivers. Children's chronic pain care should be prioritized and optimized.

**Access to pain management is a fundamental human right.**



## *The Details:*

**The World Health Organization has published a number of evidence-based recommendations to optimally manage children's chronic pain using physical, psychological, and pharmacologic modalities.**

### Recommendations:

- Physical therapies may be used, either alone or in combination with other treatments.
- Psychological management through cognitive behavioural therapy and related interventions (e.g., acceptance and commitment therapy, behavioural therapy and relaxation therapy) may be beneficial.
- Psychological therapy may be delivered either face-to-face or remotely, or using a combined approach.
- Appropriate pharmacological management, if required, should be tailored to specific indications and conditions. This may include the use of morphine under the principles of responsible opioid stewardship, for exceptional circumstances such as end-of-life-care or life-limiting conditions.