

Pain Medicines

You must know your organisation's policy about which pain medications can be initiated (started) by a RN or ATSIHP

Paracetamol

- **Do not** give for fever if no pain or discomfort or child not miserable — can make some viral sicknesses last longer
- If ongoing pain — regular doses are better than waiting for pain to get very bad — consider using slow-release paracetamol

Adult

- **Do not** give more than 8 tablets (500mg) or 6 tablets (665mg) in 24 hours
- If fasting, known liver disease, regular or heavy user of alcohol — reduce dose to 4–6 tablets (500mg) in 24 hours

Child

- Child dose — 15mg/kg/dose every 4 hours
- Syrups comes in different strengths — **always** check the bottle
- If dose for weight is more than the dose for age — use the dose for age
- No more than 6 doses in 24 hours for first 2 days *THEN* 4 doses a day
- **A single dose of 30mg/kg may be used for night time dosing**
- If child needs stronger pain relief - **medical consult**



Highlighted text updated June 2024