

What routes can you take to get a professional opinion?

In the first instance for mild cases and advice on the correct dosage for your child for over the counter medicines you can speak to your local pharmacist, they can offer advice on dosage and recommend the correct product for the age of your child and how to monitor the problem and when you would need to see your GP or if you need to. NHS Direct can tell you where your local pharmacist is.

NHS direct have a telephone triage and are able to provide advice and assistance.



The school nurse, or your local GP practice nurse, are an able source of good medical advice on how to treat your child, they can also liaise with the GP if they need further assistance.

If you are out of hours or can not get an appointment at your GP practice you can access your local Walk in Centre.

Find your local Pharmacist / GP/ Dentist

<http://www.nhs.uk/service directories/pages/service search.aspx>

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

Minor Injury Units (MIU)

Clacton – 9am to 9pm – 7 days a week

Harwich – 9am to 5pm – 7 days a week

MIU only treat the following:

- Sprains and strains
- Broken bones
- Wound infections
- Minor burns and scalds
- Minor head injuries
- Insect and animal bites
- Minor eye injuries
- Injuries to the back, shoulder and chest

Fryatt Hospital and Mayflower Medical Centre,

419 Main Road, Harwich, Essex, CO12 4EX Tel: 01255 201201

Clacton and District Hospital,

Tower Road, Clacton On Sea, Essex, CO15 1LH Tel: 01255 201717

Walk in Centre (WIC)

Colchester – 7am to 10pm – 7 days a week

WIC only treat the following:

- Infection and rashes
- Lacerations
- Emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains

North Colchester Healthcare Centre,

Colchester Primary Care Centre, Turner Road, Colchester, Essex, CO4 5JR Tel: 01206 314015

Common Child Conditions Tummy Ache

Tendring South Schools

Promoting Positive Partnerships



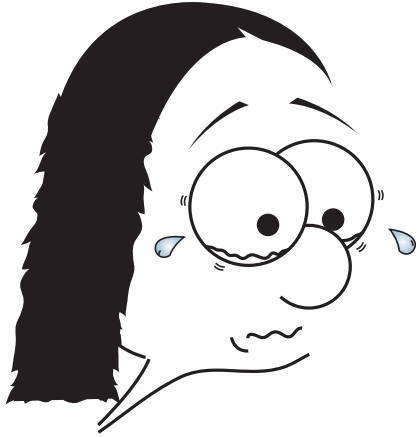
NHS

North East Essex

Portions of text reproduced with the kind permission of Great Ormond Street Hospital's Children First for Health website: www.childrenfirst.nhs.uk

Tummy aches are very common in children. About ten per cent of school age children suffer abdominal pain frequently and severely enough for it to affect their normal activities. Many other children will complain occasionally of a tummy ache.

It is difficult to work out what is causing the tummy ache and how to treat it. Some children have been known to use it as an excuse to miss school.



Most cases of tummy ache have no underlying physical cause, but this does not mean your child is making up the symptoms, and may well really be uncomfortable.

Parents should be aware of how to deal with tummy aches and who they can go and see for advice and when.

There are various reasons for a child complaining of a sore tummy, some are simple to rectify and some will need a professional opinion.



Some common causes for tummy ache

- **Hunger pains, treated with a snack.**
- **Constipation or loose stools, can be linked to diet changes.**
- **Sometimes a sore tummy ache is caused by urinary tract infection or tonsillitis.**
- **Eating too many sweets and other food.**
- **Stress, worry or being anxious like starting a new school or family changes can cause tummy ache.**

You need to find out the extent of the tummy ache, and where the pain is, this will help you work out the cause, how to deal with it and who to see. If you are in doubt you can always speak to a pharmacist or ring NHS direct for some professional advice, or even your GP surgery and speak to a nurse. Have answers to the following questions to hand:

Is the pain sharp or dull?

Has it come on suddenly or slowly?

Where in the tummy is the pain?

Has it happened often?

If your child is easily distracted from the tummy ache, it is unlikely to be serious, and if your child is kicking and screaming and making a real fuss, then it is unlikely to be serious as all the extra effort would make it too painful to be able to make that much fuss.

You will need to seek medical help if your child's tummy aches is accompanied by any of the following problems:

- Significant vomiting**
- Severe persistent diarrhoea**
- Unexplained fever**
- Blood and mucus in the stools**
- Persistent pain in the upper or lower right part of the abdomen**
- Weight loss (over weeks)**
- Family history of bowel disease**