



Here for You. Here for Alaska.

Appendicitis for Pediatricians

If you have a child in your office and you are concerned about appendicitis, but are not sure what to order we can help! Here is what we would look at before making the decision to operate. Of course we are always available to discuss a specific child you may be seeing.

Physical Exam:

- ✓ Location of pain. Appendicitis can start as generalized pain and then migrate to RLQ
- ✓ Heel tap
- ✓ Rovsing's sign

Labs/Imaging:

- ✓ CBC with differential (we do not routinely order CRP)
- ✓ Order for "Ultrasound Abdominal- limited" in notes r/o appendicitis

Migration of pain RLQ	1
Anorexia or Ketones in Urine	1 (Do not typically order a UA if it has not already been ordered)
Nausea and vomiting	1
Tenderness McBurney's Point	2
Rebound Tenderness	1
Elevated temperature >37.3	1
Leukocytosis >10,500	2
Shift (i.e neutophilia) >75%	1

7-10 = 78% likelihood of appendicitis **4-6 = 32% ≤ 3 = 3.6%

**If no clear appendicitis may admit for serial exams.

Frequent questions we hear:

Q: Ultrasound was negative, but I'm worried it is just too early to be seen on imaging. What to do?

A: There are a few options in this case. You could send the patient home with a reliable adult, with the instructions to return if the pain worsens or does not improve. You could also admit the patient to the hospital for serial exams. Alaska Pediatric Surgery is happy to consult on the patient and do serial exams with you.

Q: When should I order a CT scan with IV contrast?

A: History and physical exam combined with labs are our preferred diagnostic tools. Ultrasound is our preferred imaging. Consider a CT scan if a kid has been sick for more than 5 days and you are concerned for perforation. In children with an equivocal ultrasound and physical exam we prefer serial exams over a CT scan.

Q: What is in a surgeon's differential in a kid with abdominal pain?

A: Diverticulitis, omental infarction, Meckel's diverticulitis, IBD, mesenteric adenitis, pneumonia, pancreatitis, cholecystitis, urinary tract infection

Q: I've completed the work up and I now have a kid who has appendicitis sitting in my office. Now what?

A: **Give Alaska Pediatric Surgery a call any time of day at 929-7337.** We can help coordinate admission and/or scheduling of the surgery. We are happy to help in any way!