



Objectives



- 1. To be able to identify signs and symptoms of common toxins
- 2. To know when and how to treat "poisoned" patients
- To be able to identify prescription medications that can be deadly to children



Case 1

- 2 yo F drinking unknown substance from a plastic bottle. Within a day, she was lethargic, and became unresponsive. Parents took child in via private vehicle
- PE: cardiac arrest, pupils fixed and dilated
- Labs:
 - Glu 35
 - ABG pH 6.5, lactate 17, AG 28
 - CT anoxic brain injury
 - UDS pending



Case 1 cont

- UDS was positive for methadone
- Head CT done and positive for anoxic brain injury.
- In the ED: intubated, CPR, epinephrine, dextrose, calcium and sodium bicarbonate with ROSC.
- Parents later disclosed that the plastic container was full of methadone
- Pt found to be brain dead, and life support taken



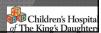
Case 2

- 3 yo M with Upper respiratory infection, with alternating doses of ibuprofen and acetaminophen q 4 hours x 5 days, presented to the ED with nausea, vomiting and diarrhea.
- PMH: Meds: Cough medicine (chlorpheniramine, dextromethorphan, phenylephrine, and acetaminophen), ibuprofen
- PE: VS: BP 106/66, HR 123, RR 54, T 36.8 C
 - Tachypneic, respiratory distress, abdominal tenderness
 - Became lethargic and unresponsive



Case 2 cont

- Labs:
 - ABG pH 7.35/pCO2 41, pO2 67
 - Na 137/ K 4.2 / Cl 103 / CO2 10/ BUN 7/ Cr 0.8/
 Glu 168
 - AG 14
 - AST 4869 / ALT 3887, Bilirubin 4.2, ammonia 62
 - INR 6/7
 - Serum acetaminophen 29.8
 - CXR multilobar right pneumonia
 - Abdominal CT hepatomegaly



Case 2 cont

- Admitted and treated with antibiotics
- Later tests liver failure and elevated
 APAO level
- Eventually died secondary to liver failure and pneumonia



Case 3

- 12 yo F presents unresponsive after chewing fentanyl patches on a dare.
 Police initiated CPR prior to ED transport
- PE: BP 130/80, HR 160s, GCS 3,
 - Pupils fixed and dilated
 - Bradycardic, then lost pulses
 - Intubated, CPR, Epinephrine and naloxone
- Labs:
 - VBG: pH 7.14, AG 17, lactate 6.6



Case 3 cont

- In the ED, she was bradycardic, lost pulses
- She was intubated, received CPR, epinephrine and nalaxone with ROSC
- BP 130/80, HR 15-170, GCS 3, pupils fixed and dilated

Day 2 – remained unresponsive, developed a fever, day 4 brain dead and life saving measures removed.



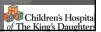
Case 4

• 8 mo/o M found cyanotic by his babysitter while in a bouncy seat. EMS was called and found him to have muscular rigidity consistent with rigor. Pt was brought to the ED altered and rigid. Resuscitation maneuvers were continued from EMS, but were unsuccessful. There was no ROSC.



Case 4 cont

- Eventually the babysitter admitted to giving the child 50 mg of diphenhydramine for his "fussiness".
- Autopsy: Vitreous fluid: Na 136/ K 27 / Cl 130 / BUN 14 / Cr 0.8 / Glu 102, Mg 1.2, lactate 36.



Case 5

• 14 yo M presents via ambulance and police after parents found him unresponsive in his bedroom. Police state they found brownish substance in his room. Pt has a GCS of 8, is sleepy, but has bouts of hallucinations, nervousness, and aggression. Parents have never seen the patient in this manner before.



Case 5 cont

- Police disclosed to the ED physician, that the substance found may have been "Kratom"
- Pt was mostly obtunded during the ED stay, with occasional bouts of aggressive behavior. Pt admitted to the PICU and given Ativan and Haldol with minimal change.
- Pt had improvement of his symptoms 48 hours after admission



Pediatric patients

- Unintentional
 - General
 - Therapeutic error
 - Misuse
 - Environmental
 - Bite/sting
 - Occupational
 - Food poisoning
 - unknown

- Intentional
 - Suspected suicide
 - Misuse
 - Abuse
 - unknown



Epidemiology

- Past several decades
 - Fatalities associated with pediatric poisoning have fallen steadily
 - 450 1960
 - 42 2011
 - Interventions:
 - Child-resistant packages
 - Poison-education programs
 - Improved interventions



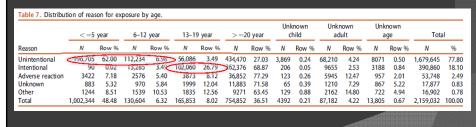
Epidemiology

- 2/3 of all poisonings pediatric exposures
- 80% of all pediatric exposures pts < 5 yo
 - Most unintentional with minimal toxicity
- Most adolescent exposures
 - Purposeful
 - Larger doses therefore greater morbidity and mortality

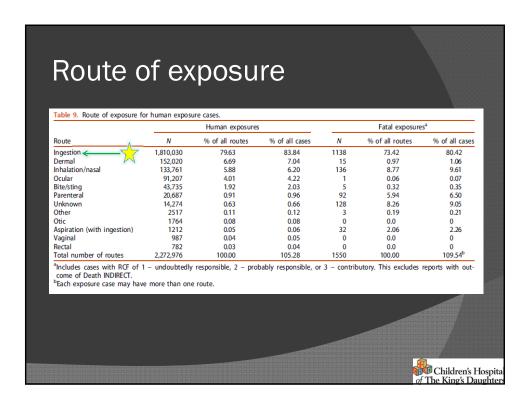


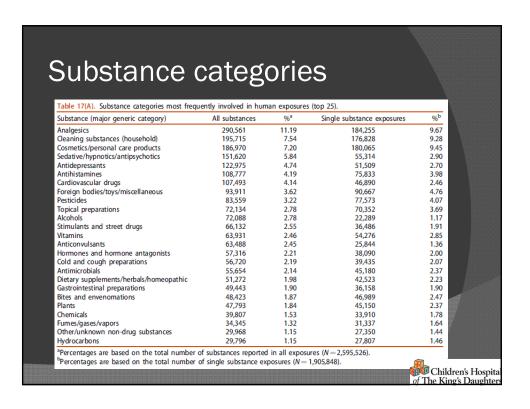
Pediatric fatality case review

- Cases reviewed for patients < 20 yo
 - Bimodal age distribution
 - Death ≤ 5 years → "unintentional general"
 - o Death > 13 years → "intentional"









			4 -	
Substance (categ	orie	es < 5 ve	ars
Cascalloc	04108	,0110		<i>-</i>
Table 17(C). Substance categories most freq	uently involved in pec	,	ars) exposures (top 25) ^a .	
Substance (major generic category)	All substances	% ^b	Single substance exposures	% ^c
Cosmetics/personal care products	138,904	13.29	136,004	13.98
Cleaning substances (household)	115,701	11.07	111,445	11.45
Analgesics	96,312	9.21	87,710	9.02
Foreign bodies/toys/miscellaneous	67,771	6.48	65,864	6.77
Topical preparations	52,984	5.07	52,030	5.35
Antihistamines	47,476	4.54	43,143	4.43
Vitamins	46,306	4.43	41,912	4.31
Pesticides	34,608	3.31	33,458	3.44
Dietary supplements/herbals/homeopathic	34,443	3.29	32,059	3.30
Plants	28,636	2.74	27,565	2.83
Gastrointestinal preparations	27,617	2.64	24,933	2.56
Antimicrobials	24,710	2.36	23,274	2.39
Cardiovascular drugs	21,940	2.10	13,824	1.42
Cold and cough preparations	21,098	2.02	19,267	1.98
Arts/crafts/office supplies	20,723	1.98	20,096	2.07
Electrolytes and minerals	18,420	1.76	16,700	1.72
Hormones and hormone antagonists	18,416	1.76	14,346	1.47
Deodorizers	17,611	1.68	17,398	1.79
Essential oils	13,981	1.34	13,264	1.36
Other/unknown nondrug substances	12,907	1.23	12,118	1.25
Tobacco/nicotine/eCigarette products	11,462	1.10	11,358	1.17
Antidepressants	11,390	1.09	8244	0.85
Sedative/hypnotics/antipsychotics	10,498	1.00	8119	0.83
Chemicals	10,111	0.97	9328	0.96
Alcohols	9838	0.94	9562	0.98
^a Includes all children with actual or estimation	ted ages ≤5 years old	d. Results do	not include "unknown child" or '	'unknown
^b Percentages are based on the total number	of substances reporte	d in pediatric	exposures (N = 1,045,339).	<u> </u>

in pediat	ric dea	aths	≤ 5 years	
<u> </u>				
Table 17(E). Substance categories most freque Substance (mejor generic category)	All substances	Matric (≤ 5 yr	Single substance exposures	% ^c
rumes/gases/vapors	12	18.18	8	21.62
Analgesics	11	16.67	9	24.32
Cardiovascular drugs	7	10.61	ĺ	2.70
Antidepressants	6	9.09	i	2.70
ntihistamines	5	7.58	3	8.11
Batteries	4	6.06	4	10.81
Unknown drug	4	6.06	4	10.81
Stimulants and street drugs	3	4.55	1	2.70
Chemicals	2	3.03	0	0.00
Pesticides	2	3.03	1	2.70
Plants	2	3.03	2	5.41
Sedative/hypnotics/antipsychotics	2	3.03	0	0.00
Alcohols	1	1.52	1	2.70
Antimicrobials	1	1.52	0	0.00
Cosmetics/personal care products	1	1.52	1	2.70
Dietary supplements/herbals/homeopathic	1	1.52	1	2.70
Diuretics	1	1.52	0	0.00
Hormones and hormone antagonists	1	1.52	0	0.00
Total	66	100.00	37	100.00
^a Includes all children with actual or estimate age". Includes death and death, indirect regate bercentages are based on the total number Sercentages are based on the total number of	ordless of RCF. of substances reporte	ed in pediatric	fatalities (N = 66).	"unknown

Commonly abused drugs

- Alcohol
- Ayahuasca
- CNS Depressants
- Cocaine
- DMT
- GHB
- Hallucinogens
- Heroin
- Inhalants
- Ketamine

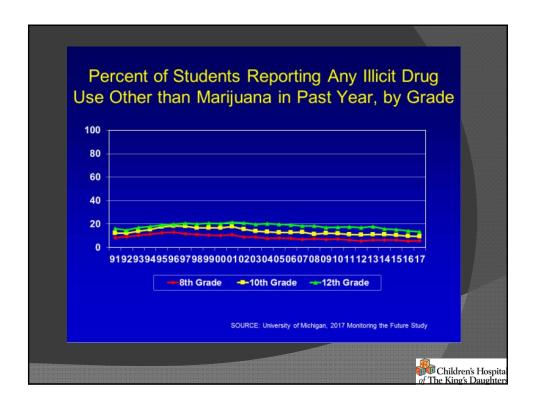
- Khat
- Kratom
- LSD
- Marijuana
- MDMA (Ecstasy/Molly)
- Mescaline (peyote)
- Methamphetamine
- OTC Dextromethorphan
- OTC Loperamide
- PCP
- Rx Opioids

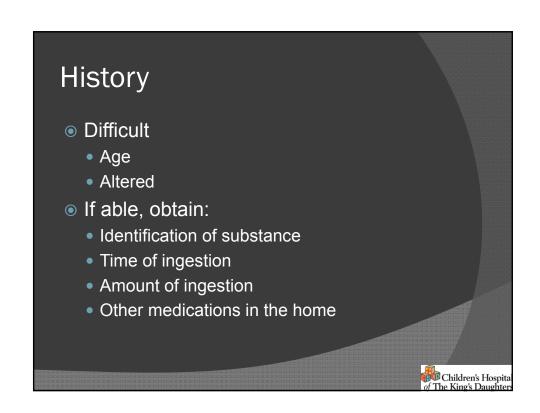


Commonly abused drugs

- Rx Stimulants
- Psilocybin
- Rohypnol (Flunitrazepam)
- Salvia
- Steroids (anabolic)
- Synthetic Cannabinoids
- Synthetic Cathinones (Bath salts)
- Tobacco



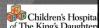




"one pill can kill"... important History to obtain for infants / toddlers

- Oral hypoglycemics
- β-blockers
- Calcium channel blockers
- α-2-adrenergic agonists
- Cyclic antidepressants
- Opioids
- Buprenorphine

- Loperamide & diphenoxylate
- Salicylates
- Quinine & quinidine
- Camphor
- Podophyllin & colchicine
- Acetylcholinesterase inhibitors



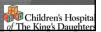
"one pill can kill"...

α-2 adrenergic agonist

- Bradycardia and hypotension, decreased level of consciousness, miosis and respiratory depression
- Common agents:
 - Clonidine, brimonidine tetrahydrozoline (Visine) and oxymetazoline (Afrin)

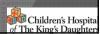
Oral hypoglycemics

- Meds for T2DM
- Hypoglycemia may occur 18-24 post ingestion
- Requires admission with q1-2 hr glucose checks



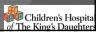
"one pill can kill"...

- CCBs (calcium channel blockers)
 - Decreased cardiac inotropy
 - Increase vasodilation
 - Blocks insulin secretion
 - Effects may appear 18-24 hours post ingestion (long-acting CCB's)
 - Common CCBs
 - Amlodipine, nicaripine
 - Verapamil, diltiazem



"one pill can kill"...

- β-blocker
 - Decrease heart rate, hypoclycemia (blocks glycogenolysis), mental status depression
 - Propanolol >> atenolol
- Cyclic antidepressants
 - Block fast sodium channels → intraventricular conduction delay
 - Wide QRS → prolonged QTc
 - Common meds: imipramine, desipramine, amitriptyline



"one pill can kill"....

- Buprenorphine opioid agonist / antagonist
 - Eg. Subutex / Suboxone (to treat opioid addiction)
 - Significant respiratory depression in children after only 1 lick
- Loperamide & Diphenoxylate
 - Active ingredients in antidiarrheals (lomotil, lmodium).
 - Depressed mental status and severe respiratory depression



"one pill can kill"

- Quinine & quinidine
 - Na-channel block
 - QRS widening and arrhythmias, hypokalemiarelated QTc prolongation and torsades de pointes
 - Cause cinchonism (blurred vision, hearing impairment, and flushing – minor; deafness, blindness and cardiac arrhythmias – severe)
- Oral Acetylcholinesterase inhibitors
 - Cholinergic poisoning



Physical examination

- Key factors in helping identifying toxidrome / toxicity:
 - Vital signs
 - Level of consciousness
 - Pupil size
 - Coma / seizures
 - Skin exam
 - Odor



Common Toxidrome - CHOLINERGIC

- E.g. organophosphates, carbamates, psilocarpine
- DUMBELLS
 - Diarrhea, diaphoresis
 - Urination
 - Miosis
 - Bradycardia, bronchosecretions
 - Emesis
 - Lacrimation
 - Lethargic
 - Salivation



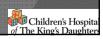
Common Toxidrome – Nicotinic

- MTWTFSS
 - Mydriasis
 - Tachycardia
 - Weakness
 - Tremors
 - Fasciculations
 - Seizures
 - Somnolent



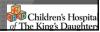
Common Toxidrome - Opioid

- Eg. Heroin, morphine, codeine, methadone, fentanyl, oxycodone, hydrocodone
- Everything slows down
 - Miosis
 - Bradycardia
 - Hypotension
 - Hypoventilation
 - Coma



Common Toxidrome – Anticholinergic

- Eg. Antihistamines, cyclic antidepressants, atropine, benztropine, phenothiazine, scopolamine
 - Hyperthermia (HOT as a hare)
 - Flushed (RED as a beet)
 - Dry skin (DRY as a bone)
 - Dilated pupils (BLIND as a bat)
 - Delirium, hallucinations (MAD as a hatter)
 - Tachycardia
 - Urinary urgency and retention



Common Toxidrome - withdrawal

- Diarrhea
- Mydriasis
- Goose flesh
- Tachycardia
- Lacrimation
- Hypertension
- Yawning
- Cramps
- Hallucinations
- Seizures (with ETOH and benzodiazepine withdrawal)



Common Toxidrome - sympathomimetic

- Eg: cocaine, amphetamines, ephedrine, phencyclidine, pseudoephedrine
 - Mydriasis
 - Tachycardia
 - Hypertension
 - Hyperthermia
 - Seizures



Odors suggestive of Diagnosis Odor Possible source Cyanide Bitter almonds Carrots Cicutoxin (water hemlock) Fruity DKA, isopropanol Organophosphates, arsenic, DMSO, Garlic selenium Gasoline Petroleum distillates Napthalene, camphor Mothballs Chloral hydrate Pears Pungent aromatic Ethchlorvynol Oil of wintergreen Methyl salicylate Rotten eggs Sulfur dioxide, Hydrogen sulfide Freshly mowed hay Phosgene Children's Hospital of The King's Daughters

Laboratory workup

- Guided by specific drug / poison
 - Acetaminophen CMP (assess hepatic damage)
 - Ethylene glycol BMP (Cr / BUN renal damage)
- If unknown:
 - CMP, blood gas
- Calculate anion gap with metabolic acidosis
 - [Na]-([HCO3]+[Cl])



Elevated anion Gap acidosis

* AG > 12 mEq/L

- METAL
 - Methanol, metformin, massive overdoses
 - Ethylene glycol
 - Toluene
 - Alcoholic ketoacidosis
 - Lactic acidosis
- ACID
 - Acetaminophen (large ingestion)
 - Cyanide, CO, colchicine
 - Isoniazid, iron, ibuprofen (Ig ingestion)
 - DKA

GAP

- Generalized seizureproducing toxins
- Acetylsalicylic acid or other salicylates
- Paraldehyde, phenformin



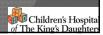
Laboratory workup

- Concern of possible toxic alcohol ingestion – Methanol, ethylene glycol, mannitol, acetone or isopropanol → Calculate Osmol gap
 - Normal < 10
 - Serum osmolality calculated Osmolarity
 - Calculated Osmolarity:
 - 2*[Na] + [glucose] / 18 + [BUN]/2.8



Laboratory / Radiology workup

- Toxicology "screen" of blood / urine → rarely contribute to ED management
 - False negatives and false positives are frequent
- Abdominal X-ray
 - Important for Iron poisoning





- ABC's
 - Prior to antidote or gastric decontamination ->
 resuscitate first and foremost.
- After resuscitation
 - AMS → glucose check
 - \circ Hypoglycemia \rightarrow IV dextrose: 2 mL/kg D25W
 - If no IV → 1 mg glucagon IM
 - Lethargy / coma with bradypnea & mitotic pupils
 - Consider Naloxone 0.1 mg/kg IV or 2 mg in pts > 20kg



- Pt with hallucinogen-induced <u>behavioral</u> <u>changes</u>
 - Place in a calm and relaxed environment
 - +/- physical restraints
 - +/- chemical restraints
 - Liberal doses of benzodiazepines
 - * Haloperidol if benzos alone not working
 - Needs cardiac monitoring -> QT prolongation / torsade de pointes
 - Lowers seizure threshold
 - Temperature dysregulation

* Caution with Haloperidol



Management

Hyperthermia with agitated delirium ->
 OMINOUS and life-threatening

AGGRESSIVE TREATMENT

- Rapid cooling measures
 - Possible paralysis required
 - Hydration
 - Observe for rhabdomyolysis

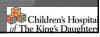


- GI decontamination
 - Ipecac-induced emesis, gastric lavage and cathartics → NO longer considered
- Activated Charcoal
 - Odorless / tasteless black powder
 - Adsorbs various toxins
 - Given if toxic amount of adsorbable poison was taken 1 hour prior
 - 25 g < 6 yo
 - 50 g adolescents / adults

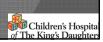


Management – Activated charcoal

- Substances activated charcoal will <u>not</u> adsorb:
 - PESTICIDES
 - ACIDS
 - ALKALIS
 - ALCOHOLS
 - METALS (FE, PB, LI, BORATES)
 - SOLVENTS



- Whole Bowel Irrigation
 - "flushes" the toxin through the GI tract
 - PEG (Polyethylene glycol electrolyte) solution
 - Does not create fluid or electrolyte disturbances
 - 500 mL/h (sm children)
 - 1-2 L / h for adolescents
 - Continue irrigation until rectal effluent is clear → 4-6 hours



Management – Whole Bowel Irrigation

- No conclusive evidence that WBI improves clinical outcome of poisoned patients
- Utilized in patients who are hemodynamically stable with noraml bowel function and anatomy
- Ideal for sustained release or entericcoated drugs, iron, and packets of illicit drugs



Management – Enhancing elimination

- Removes toxin after absorption has occurred
- Multiple-dose-activated Charcoal
 - Repeated doses of A.C.
 - 10-25g q 2-4 hours
 - Poisoning with: carbamazepine, dapsone, phenobarbital, quinine, or theophylline
- Urinary Alkalinization
 - Na bicarbonate IV; enhances excretion of weak acids
 - Salicylate or phenobarbital

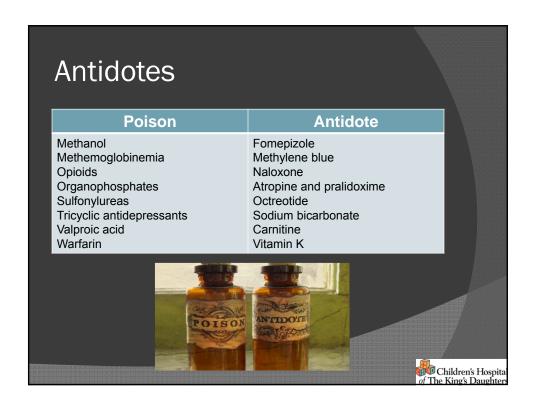


Management - Enhancing elimination

- Extracorporeal elimination
 - Hemodialysis, hemoperfusion, continuous veno-venous hemofiltration (CVVH), and continuous veno-venous hemodialysis (CVVHD)
- Indicated in salicylate, phenobarbital, methanol, ethylene glycol and lithium poisonings
- Require nephrology and critical care



Antidotes	
Poison	Antidote
Acetaminophen Anticholinergics β-blockers Ca-channel antagonists Carbamate insecticides Cyanide Digoxin; digitoxin Ethylene glycol Heavy metals Isoniazid Iron	N-Acetylcysteine Physostigmine Glucagon; Insulin / glucose Insulin / glucose Atropine Hydroxycobalamin Fab antibody fragments Fomepizole Chelators Pryidoxine Deferoxamine
	Children's Hosp of The King's Daugh



Disposition

- Critical care setting : unstable patients
- ED 6-8 hours : Stable and low concern for serious intoxication
- 24 hour observation : Intoxication of
 - Modified release pharmaceuticals
 - Sulfonylureas
 - Clonidine
 - Calcium channel antagonists
 - Lithium
 - Methadone
 - Monoamine oxidase inhibitors
- Others:
 - Variable
 - Clinical and social factors need to be assessed

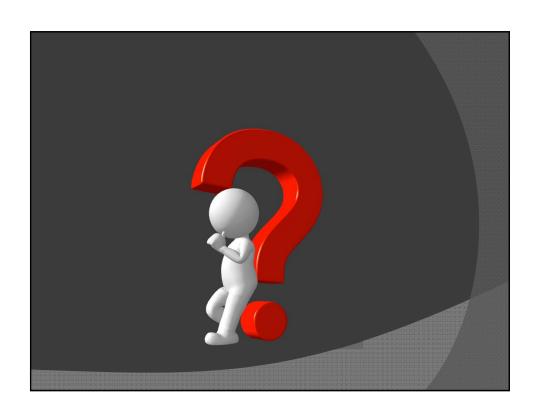












References

- Gummin, DD, Mowry JB, Spyker, DA, Brooks, DE, Fraser MO, Banner, W. 2016 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 34th Annual Report, Clinical Toxicology, 55:10, 1072-1254.
- Matteucci MJ. One pill can kill: assessing the potential for fatal poisonings in children. Pediatr Ann. 2005; 34:964-968.
- Schafermeyer RW, Tenenbein M. Pediatric Emergency Medicine. Fourth Edition. 631-635.
- Suchard J. One pill can kill pediatric poisonings. Program and abstracts of the American College of Emergency Physicians Scientific Assembly; September 28-October 1, 2010; Las Vegas, Nevada.
- Emedicine.com