Guideline

Paediatric Bone and Joint Infection Management

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Applicable to	All Children's Health Queensland staff				
Authorisation	Executive Director Clinical Services (QCH)				

Purpose

This guideline aims to optimise the assessment, investigation and management of paediatric bone and joint infections.

Scope

This guideline provides information for all Queensland Health employees (permanent, temporary and casual) and all organisations and individuals acting as its agents (including Visiting Medical Officers and other partners, contractors, consultants and volunteers).

Related documents

Procedures, Guidelines, Protocols

- CHQ Guideline – Vancomycin Therapeutic Drug Monitoring
- CHQ-PROC-01035 Antimicrobial Restrictions
- CHQ Antimicrobial restrictions
- Hospital In The Home (HITH) Outpatient Parenteral Antimicrobial Therapy Prescribing, Administration and monitoring guideline

Guideline for management of paediatric bone and joint infections

Introduction

Acute haematogenous osteomyelitis (OM) and septic arthritis (SA) are serious conditions, may be life-threatening and can cause life-long disability. The goal of treatment is to prevent complications such as metastatic infection at other sites, persistent joint damage, growth disturbance or chronic OM.

These infections are not uncommon diseases in childhood and may still pose diagnostic and treatment challenges.

Evidence Base: Literature review of treatment of paediatric bone and joint infection and expert group consensus.

1.1. Diagnosis

Acute

Consider bone or joint infection in any child who has one or more of the following:

- Limb pain
- Limb swelling, erythema
- Metaphyseal point tenderness
- Fever
- Limp/ pseudo paralysis of limb
- Babies with fever but no focal symptoms and no other cause.
    - **Please note**: may be apyrexial.

Differential diagnosis includes

- Soft tissue infection myositis, trauma, tumours, arthritis, autoimmune disorders.

Initial Investigations

- FBC
- CRP (+/-ESR)
- Blood culture
- X-ray (mandatory to exclude fracture, remember x-ray changes are a **late** sign).
    - **Please note**: Normal WCC, CRP, ESR does not exclude septic arthritis or osteomyelitis. However, if all are normal, acute osteomyelitis is highly unlikely. Subacute or chronic osteomyelitis should still be considered.

1.2 Treatment

Septic arthritis (SA)

- Requires urgent orthopaedic consultation.
- Will often require early incision and drainage.
- Intravenous antibiotics unless surgery planned within four (4) hours and systemically well.

Osteomyelitis (OM)

- Where a soft tissue collection or bone abscess is apparent radiologically, surgical drainage is recommended.
- If OM is diagnosed early by MRI scan and medical treatment is initiated successfully, surgical intervention is usually not required.
- If there is poor response to antibiotics after 48 - 72 hours, surgical drainage is indicated.
- There is currently no evidence of benefit for antibiotic impregnated beads in acute osteomyelitis. They may occasionally be inserted at the discretion of the treating consultant surgeon.
- Intravenous antibiotics should be administered immediately; unless surgery planned within four (4) hours and systemically well.
- Specimens in theatre: inoculate pus or joint fluid into:
    - Blood culture bottle; and
    - Neat fluid and/or tissue samples in universal container for microscopy and culture.

      Please note: Swabs for culture are less sensitive, tissue or fluid are preferred. Consider mycobacterial culture and tissue biopsy for histology if history of foreign travel, risk factors for tuberculosis (TB) or chronic history of limp/limb pain.

1.3 Antibiotics

1.3.1 Empiric

Start immediately unless surgical exploration imminent (within four (4) hours).

Please note: Risk of disseminated disease with rapid bony spread and septicaemia is high in young children.

First line empiric antibiotics		**HITH suitability**
Over five (5) years of age	IV Flucloxacillin 50 mg/kg (maximum 2 g/dose) every 6 hours	Yes
Under five (5) years of age (risk of Kingella infections)	IV Cefazolin 50 mg/kg (maximum 2 g/dose) every 8 hours	Yes
Under five (5) years of age and not fully immunised against HiB	IV Cefotaxime 50 mg/kg/dose (maximum 2 g/dose) every 6 hours	Yes (consider changing to Ceftriaxone)
If penicillin allergic (excluding immediate hypersensitivity)	IV Cefazolin 50 mg/kg (maximum 2 g/dose) every 8 hours	Yes
If immediate hypersensitivity to penicillin	IV Lincomycin 15 mg/kg (maximum 1.2 g/dose) every 8 hours (**Please note**: In children < 5 years if Kingella suspected or confirmed discuss with Infectious Disease (ID) team).	No

1.3.2 Alternative empiric antibiotics (discuss with ID team)

Clinical scenario	**Empiric antibiotics**
CA-MRSA suspected*	IV Flucloxacillin 50 mg/kg (maximum 2 g/dose) every 6 hours **and** IV Lincomycin 15 mg/kg/dose (maximum 1.2 g/dose) every 8 hours
Life-threatening, disseminated infection or signs of toxic shock (with bone infection)	IV Vancomycin 15 mg/kg (maximum initial dose: 750 mg/dose) every 6 hours – with appropriate Therapeutic Drug Monitoring **and** IV Flucloxacillin 50 mg/kg (maximum 2 g/dose) every 4 hours **and** IV Lincomycin 15 mg/kg (maximum 1.2 g/dose) every 6 hours
Puncture wound in foot or traumatic wound contaminated by dirt	IV Piperacillin/ tazobactam 100 mg/kg/dose (maximum 4 g/dose of piperacillin equivalent) every 6 hours

***** Previous history of skin infection, boils or MRSA colonisation, member of high-risk group (Samoan, Pacific Islander, Aboriginal and/or Torres Strait Islander), family history of recurrent boils.

1.3.3 Tailor antibiotics to culture results (if any) after discussion with ID team

Intravenous antibiotic options based on organisms cultured after discussion with ID team		**HITH suitability**
MSSA	IV Flucloxacillin 50 mg/kg (maximum 2 g/dose) every 6 hours (consider Cephalexin if IV access difficult or tenuous)	Yes
nmMRSA	IV Lincomycin 15 mg/kg (maximum 1.2 g/dose) every 6 hours (if sensitive) **or** IV Trimethoprim / Sulfamethoxazole 8 mg/kg/dose (Max 320mg/dose of trimethoprim component) every 12 hours	No No
MRSA resistant to Clindamycin or Trimethoprim/ Sulfamethoxazole	IV Vancomycin 15 mg/kg (maximum initial dose 750 mg/dose) every 6 hours - with appropriate Therapeutic Drug Monitoring (TDM)	Yes – seek ID and Senior Pharmacist advice on Vancomycin dose conversion and TDM.
Kingella kingae	IV Cefazolin 50 mg/kg (maximum 2 g/dose) every 8 hours	Yes
Salmonella sp	IV Cefotaxime 50 mg/kg (maximum 2 g/dose) every 6 hours **or** IV Ceftriaxone 100 mg/kg (maximum 4 g/day) 24 hourly	Yes (consider changing to Ceftriaxone)

1.5 Length of Treatment

1.5.1 Intravenous treatment initially (48 hours minimum)

- Short intravenous courses are effective when combined with continuing oral antibiotics in uncomplicated infection.
- Oral switch can be considered early after 48 hours if disease is uncomplicated and there is clinical improvement. Aim to change to oral when:
  - Clinical improvement
  - Afebrile at least 24 hours
  - Tolerating oral intake
  - CRP less than 20 or CRP decreased by more than ⅔ of highest value.
- Consider PICC line access for longer IV antibiotics course than 2 - 3 days in the following:
  - Complex disease with significant bone destruction
  - Neonates
  - Immunocompromised
  - Pseudomonas osteomyelitis
  - Relapsed infection, especially in setting of non-compliance
  - Persistent bacteraemia.

1.5.2 Oral (follow on treatment)

Organism	Formulation	Antibiotics
MSSA	**Capsule**	Oral Flucloxacillin 25 mg/kg (maximum 1 g/dose) four times a day **or** Oral Dicloxacillin 25 mg/kg (maximum 1 g/dose) four times a day
	Syrup	Oral Cephalexin 30 mg/kg (maximum 1 g/dose) three times a day
	Capsule	Oral Clindamycin 10 mg/kg (maximum 450 mg/dose) four times a day **if has penicillin immediate hypersensitivity**
nMRSA	**Capsule**	Oral Clindamycin 10 mg/kg (maximum 450 mg/dose) four times a day
	Tablet or suspension	Oral Trimethoprim / Sulfamethoxazole 8 mg/kg (Maximum 320mg/dose of trimethoprim component) every 12 hours
MRSA resistant to clindamycin or trimethoprim/ sulfamethoxazole **(On ID advice and approval only)**	Oral Rifampicin 10 mg/kg (maximum 300mg/dose) every 12 hours (suspension or capsule) With one of either Oral Sodium fusidate 12 mg/kg (maximum 500 mg/dose) every 8 hours (tablets only) **or** Oral Linezolid (tablets) a. Infants (more than 1 month of age) and children (up to 12 years of age): 10 mg/kg (maximum 600 mg/dose) every 8 hours b. Children over 12 years old: 10 mg/kg (maximum 600 mg/dose) every 12 hours c. Monitor FBC, eLFTS and Lactate • Weekly	
Pseudomonas aeruginosa **(on ID advice and approval only)**	Oral Ciprofloxacin 15 mg/kg (maximum 750 mg/dose) twice daily (tablets, suspension requires special compounding – contact Pharmacy)	
Streptococcus pyogenes (Group A streptococcus)	Oral Amoxicillin 30 mg/kg/dose (maximum 1 g/dose) three times a day (capsules and suspension)	
Salmonella sp **(on ID advice only)**	Oral Amoxicillin 30 mg/kg/dose (maximum 1 g/dose) three times a day **or** According to sensitivities based on ID advice.	

1.5.3 Total length of treatment

Uncomplicated disease

The total duration of antibiotic therapy required to effect complete cure is unknown, but often clinical practice is based on consideration of reduction of old textbook regimes of up to 6 weeks therapy for both uncomplicated and complex disease. Historic observational studies suggested a risk of relapse with antibiotic therapy in OM of less than three weeks. More recently, experience in small populations with predominant MSSA and uncomplicated infection have shown good outcomes with 20 to 30 days total antibiotic therapy in OM and as little as 10 days in SA.[5,6]

Sequential CRP determinations provide an excellent method for monitoring OM and SA. ESR falls more slowly.

- Recheck CRP, (+/- ESR) one week after commencing oral antibiotics and just prior to stopping.
- When CRP less than 20 (and ESR) and falling then stop antibiotics having completed a total of:
  - Acute OM: 3 to 4 weeks
  - SA: 2 to 3 weeks

Complicated disease

Where there is evidence of multifocal disease, vertebral or pelvic involvement, significant bone destruction, unusual pathogen, delayed or incomplete surgical drainage, delayed presentation or immunocompromised, the total duration of antibiotic therapy may be longer. This is managed on a case by case basis.

IV therapy should be prolonged for at least 3 weeks in SA and 4 to 6 weeks in OM

1.6 Clinical Management

- Children with suspected bone or joint infections should be admitted under orthopaedic team for assessment in the first instance.
- All children with bone and joint infections should be managed by Paediatric Orthopaedics and Paediatric ID.
- Long term intravenous antibiotic management should continue with Paediatric ID involvement.
- Outpatient follow-up during antibiotic course by Paediatric ID team.

Glossary of acronyms

CA-MRSA	Community acquired Methicillin-resistant Staphylococcus Aureus
CHQ@Home	Children's Health Queensland Hospital In the Home Service
CRP	C-reactive protein
ESR	Erythrocyte sedimentation rate
FBC	Full blood count
Hib	Haemophilus influenza type B
HITH	Hospital In The Home
ID	Infectious diseases
IMPS	Infection management and prevention service
MRI	Magnetic resonance imaging
nMRSA	Non-multiresistant methicillin-resistant Staphylococcus aureus
MRSA	Methicillin-resistant Staphylococcus aureus
MSSA	Methicillin sensitive Staphylococcus aureus
OM	Osteomyelitis
PICC	Percutaneous inserted central catheter
SA	Septic arthritis
TB	Tuberculosis
TDM	Therapeutic drug monitoring

Consultation

Key stakeholders who reviewed the minor amendments to this version:

- Director, IMPS, Immunology and Rheumatology, CHQ
- Pharmacist Advanced - Antimicrobial Stewardship, CHQ

Key stakeholders who reviewed this version:

- Director, IMPS, Immunology and Rheumatology, CHQ
- Paediatric Infection Specialist, IMPS, CHQ
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- Clinical Microbiologist, Pathology Queensland
- Orthopaedic Surgical Consultant team CHQ

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Guideline revision and approval history

Version No.	Modified by	Amendments authorised by	Approved by
1.0	Infectious Diseases Consultant-Antimicrobial Stewardship (Infection Management and Prevention Service)	Medicines Advisory Committee (CHQ)	Sue McKee, General Manager Operations
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Accreditation references	National Safety and Quality Health Service Standards (1-8) – **Standard 3:** Preventing and Controlling Healthcare-Associated Infection **Standard 4:** Medication Safety