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INTRODUCTION

The management of complex trauma in children and adolescents is difficult because of his multidimensional nature. Research into this area is particularly challenging and very few clinical studies are available. Clonidine is used off-label in France for this indication.
→ The aim of this work is to study the prescribing practices of clonidine in children and adolescents with complex trauma: the pre-therapeutic assessment, the targeted symptoms, the galenic formulation and the tolerance.

Materials - Méthods

Creation of a questionnaire

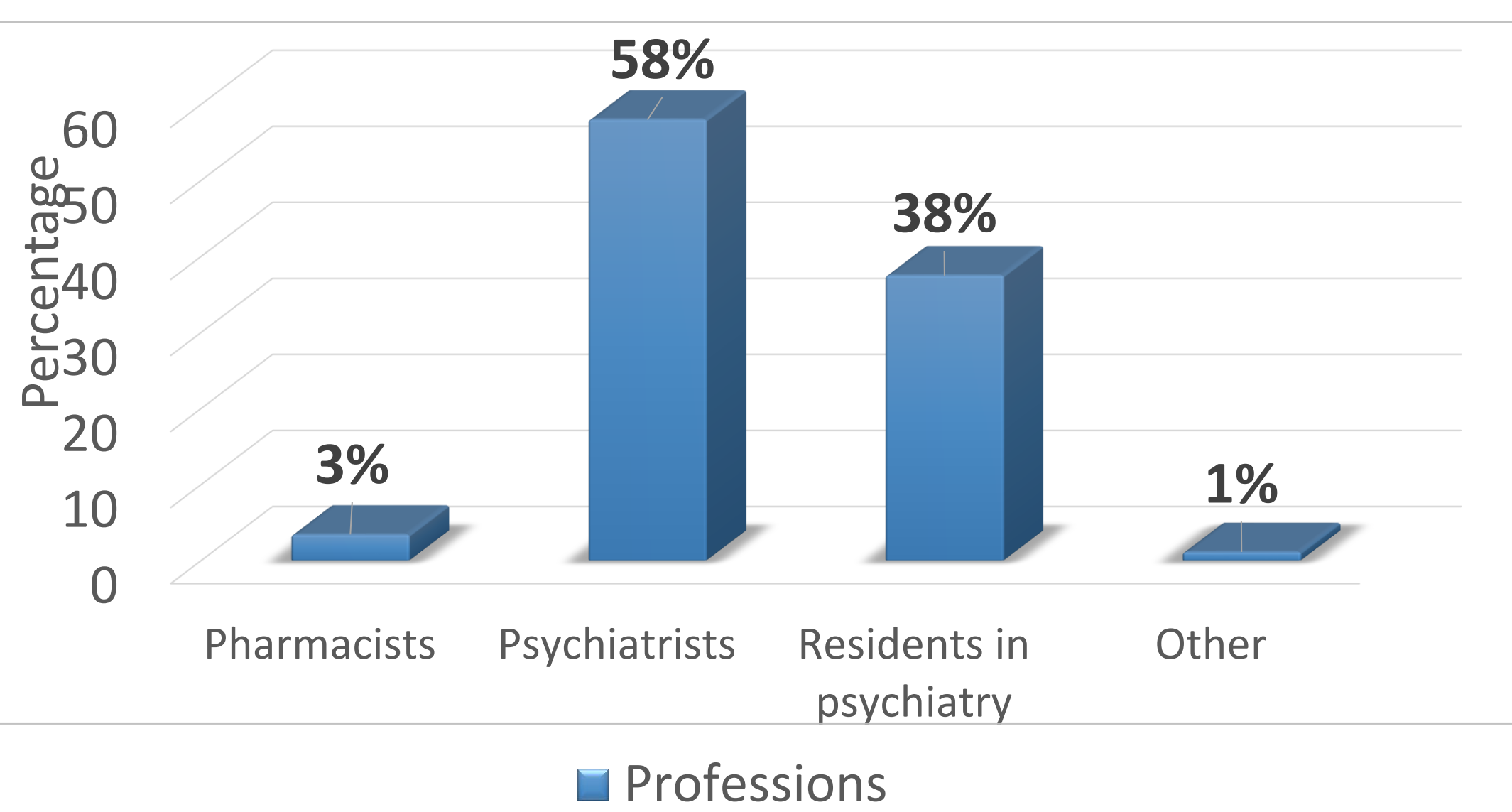
Validation of the questionnaire by the referent child psychiatrist

National distribution of the questionnaire via the mailing of different psychiatry networks

Extraction of the answers and descriptive analysis of the data collected

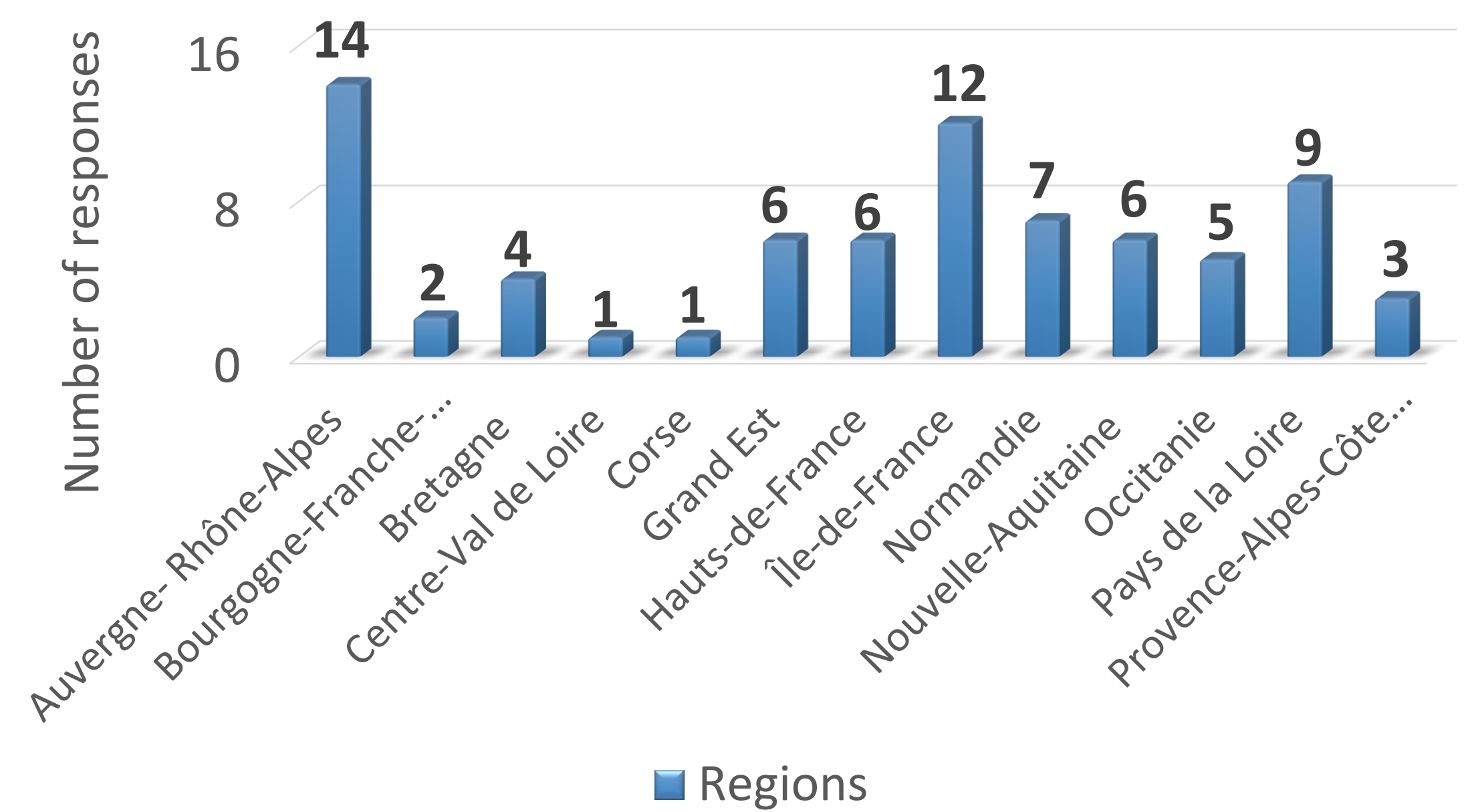
Results

Status of respondents to the questionnaire



➤ **Psychiatrists and residents in psychiatry** mainly replied to the questionnaire

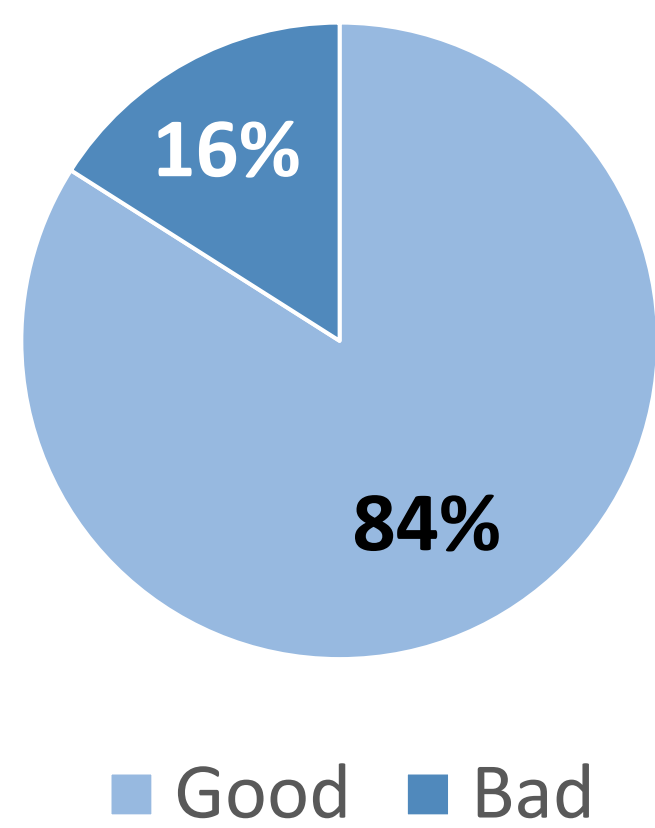
Distribution of responses by regions



➤ Mainly the **Auvergne-Rhône Alpes** and **Ile-de-France** regions

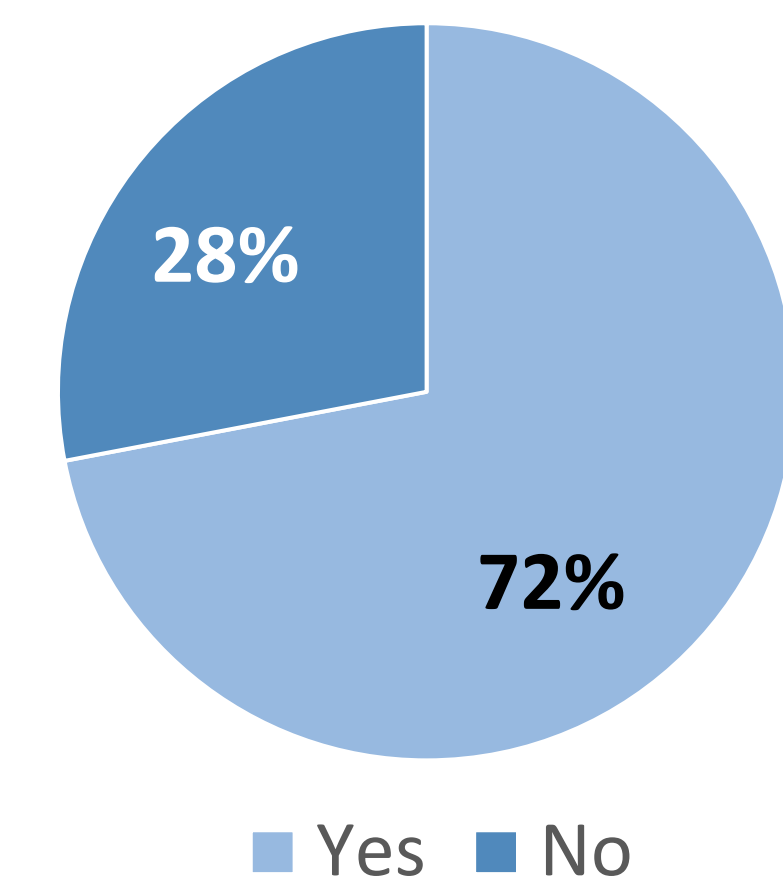
88 responses

Good or bad tolerance of Clonidine ?



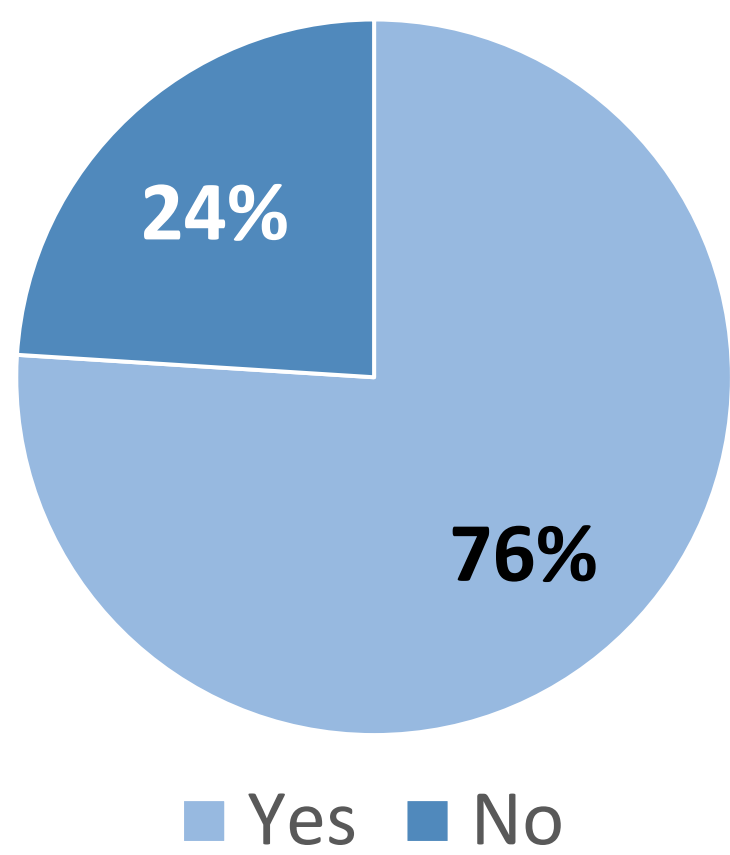
➤ The remaining 16% reported episodes of **hypotension or headaches**

Systematic pre-therapeutic assessment ?



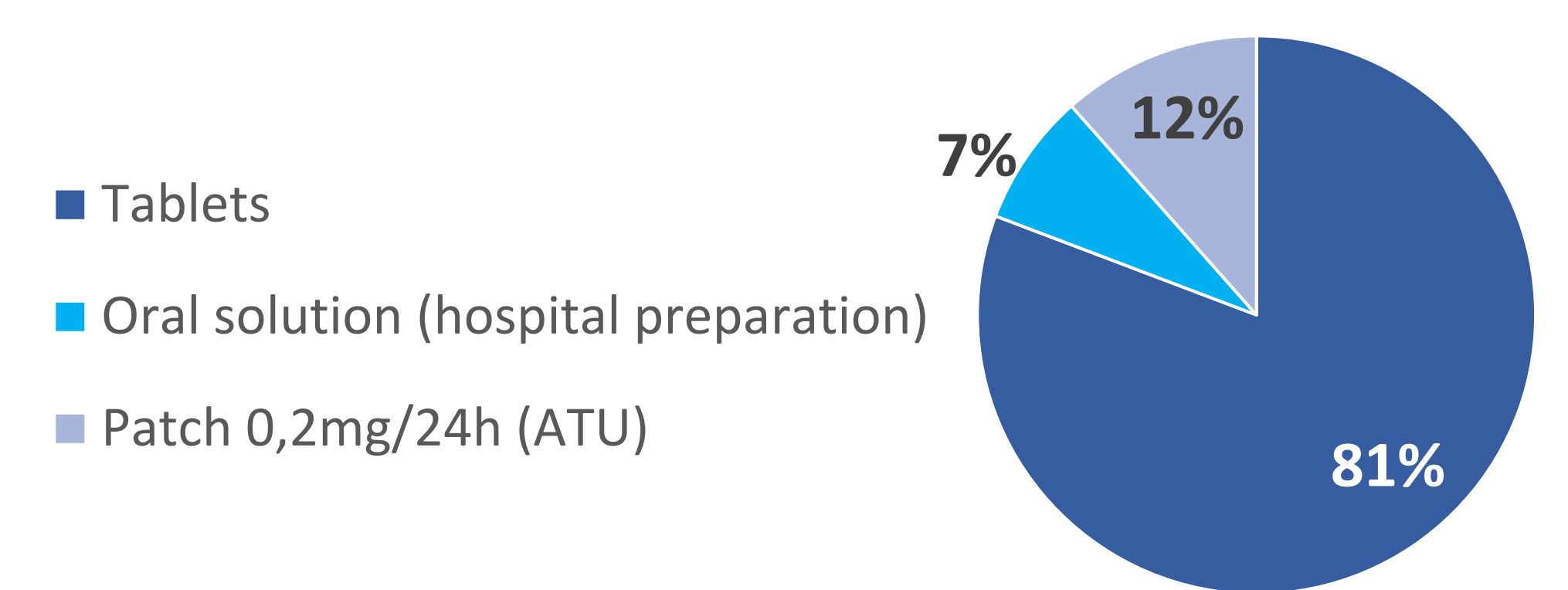
➤ A pre-therapeutic assessment with **electrocardiogram, blood pressure and pulse** are carried out

Observation of clinical efficacy ?



➤ A clinical efficacy is observed in 76% of cases, in particular on **nightmares, insomnia and anxiety**. Then, come the flashbacks for 6 people and then for 1 or 2 people, the agitation, depression or tantrums.

Galenic form of Clonidine



➤ The use of Clonidine is especially in **tablet form**, as a **last resort and very often in combination medication** for children with complex trauma only or with other psychiatric pathologies pre-existing.

For the 25 people who answered the entire questionnaire

Discussion/Conclusion

Preliminary data seem to indicate that clonidine could have a positive clinical impact on certain symptoms of complex trauma. A multicenter, double-blind clinical study, Clonidine versus placebo, on a larger sample and taking into account the environmental context of the child, could make it possible to confirm or not this hypothesis.

