For a year now, Archimedes has sought to assist practising clinicians to give the best care to patients and families; paediatricians need to integrate the highest quality scientific evidence with clinical expertise and the opinions of the family by providing “evidence based” answers to common questions which are not at the forefront of research, but are at the core of practice. In doing this, we are adapting a format which has been successfully developed by Kevin Mackway-Jones and the group at the Emergency Medicine Journal—“BestBets”.

A word of warning. The topic summaries are not systematic reviews, though they are as exhaustive as a practising clinician can produce. They make no attempt to statistically aggregate the data, nor search the grey, unpublished literature. What Archimedes offers are practical, best evidence based answers to practical, clinical questions.

The format of Archimedes may be familiar. A description of the clinical setting is followed by a structured clinical question: a key to evidence-based decisions.

In this anniversary issue, we highlight four questions which Archimedes considers should have evidence based answers—but don’t. These are:

- How quickly can you withdraw antiepileptic medicines?
- Does melatonin help developmentally delayed children with sleep problems?
- Should children with glue ear get grommets (ventilation tubes)?
- Are children with perianal dermatitis more likely to have been sexually abused?

Readers wishing to submit their own questions—with best evidence answers, or indeed lack of answers—are encouraged to review those already proposed at www.bestbets.org. If your question still hasn’t been answered, feel free to submit your summary according to the Instructions for Authors at www.archdischild.com.
Discontinuing anticonvulsant medication in children

Report by Robert Smith and Robin Ball, Consultant Paediatricians, York District Hospital, UK

A 12 year old girl with primary generalised epilepsy comes to clinic for review. She has been seizure free for two years on sodium valproate 600 mg twice daily. Following discussion with her and her mother, an agreement is reached to withdraw the medication. You advise that the medication should be tapered off over a six week period. At this point the mother informs you that when she had her own anticonvulsant medication withdrawn, this was reduced over a six month period. She questioned whether it was appropriate to reduce the medication so quickly and requested evidence to support the recommendation, raising concerns about the possibility of a higher risk of seizure recurrence.

Structured clinical question

In a child with primary generalised epilepsy [patient] does the rate of withdrawal of anticonvulsants [intervention] affect rate of seizure recurrence or other adverse event [outcome]? 

Search strategy and outcome

The Cochrane library search terms “epilepsy” or “anti-convulsants” yielded no relevant systematic reviews or controlled trials of relevance.

Using PubMed—“anticonvulsants/administration and dosage” (MESH) AND “drug administration schedule” (MESH) limits All child 0–18 years, English, clinical trial. There were 98 hits—one relevant RCT was found.

A further search by Ovid 1966–2001 with search terms “anticonvulsants” OR “epilepsy” (MESH) AND “discontinuing” OR “stopping” OR “withdrawal” (keyword) limited to all child 0–18 was performed. There were 56 hits, the same single RCT was identified. See table 1.

Commentary

Guidelines based on expert recommendations from the 1980s for adults and children suggested discontinuation be undertaken slowly over a period of months to minimise risk of relapse (level 5 evidence). A large textbook of paediatric neurology gave neither advice nor data. A general paediatric text suggested weaning should take place over 3–6 months because abrupt withdrawal may cause status epilepticus (level 5 evidence). The usual practice of two consultant paediatricians, one with an interest in epilepsy, was to withdraw therapy when appropriate over 6–8 weeks.

There is a paucity of published randomised controlled trials on this subject. The seizure recurrence rate in children in this study was 40%, which is in the range of seizure recurrence rates (11–41%) seen in children but on the higher side. This may reflect a patient population in a tertiary centre with more severe epilepsy. The study identified was relatively small and therefore underpowered to detect potential differences as indicated by the wide confidence intervals. This would especially be so for detecting differences in subgroups of children with differing types of epilepsy and on different anticonvulsants. To confirm an absolute risk reduction of 9%, a significance level of 0.05 and power of 80% would require 465 subjects in each group, clearly a much larger study.

In this study the type of medication being tapered did not affect risk of seizure recurrence. The majority of patients in both groups were on either phenobarbitone or phenytoin; 66% in six week taper group and 65% in nine month taper group. There were only 9% and 8% in the respective groups on sodium valproate. There are differences in the pharmacology of these drugs which may affect rates of seizure recurrence on withdrawal. Currently, neither phenytoin and phenobarbitone are first or second choice anticonvulsants used by paediatricians in the UK.

They also randomised into two groups for duration of seizure free period (either two or four years seizure free) before tapering was begun. There was a trend towards a greater risk of seizure recurrence in the group that had been seizure free for two years before drug tapering was begun, although this was not significant. The optimum duration of treatment when seizure control has been achieved has not been established.

The presence of mental retardation and the presence of spikes on pre-withdrawal electroencephalogram increased the likelihood of a recurrence of seizures in this and other studies. Our case had normal intelligence and it is not our routine practice to perform withdrawal electroencephalograms in patients with primary generalised epilepsy.

The subject of this enquiry was tapered off valproate over six weeks and has remained seizure free at three month follow up.

Table 1 Discontinuing anticonvulsant medication

<table>
<thead>
<tr>
<th>Citation</th>
<th>Study group</th>
<th>Study type (level of evidence)</th>
<th>Outcome</th>
<th>Key results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennison et al (1994)</td>
<td>149 children with epilepsy randomised to 6 week or 9 month taper after 2 or 4 year seizure free interval</td>
<td>Prospective, randomised unblinded trial (level 1b)</td>
<td>Seizure recurrence</td>
<td>No difference in seizure recurrence rate between 6 week and 9 month taper (p=0.38) Relative risk reduction = 8% 95% CI −34% to +50%</td>
</tr>
</tbody>
</table>

Clinical bottom line

- Many factors need to be taken into consideration when considering withdrawing anticonvulsant medication in children with epilepsy; not least the views of the parents and child, which often do not accord with their physician’s view.
- With regard to the rate of withdrawal of anticonvulsants for a child with primary generalised epilepsy, this study indicated that tapering treatment over six weeks did not give a significantly higher risk of recurrence of seizures than tapering over a longer period.
- Further studies are required to determine the specific recurrence risk on withdrawal for sodium valproate.

References

Is melatonin likely to help children with neurodevelopmental disability and chronic severe sleep problems?

**Report by**

**Caroline Willey, Staff Grade Community Paediatrician, Central Manchester PCT, UK**

**Bob Phillips, Associate Fellow, Centre for Evidence-based Medicine, Oxford, UK**

A girl aged 3 years 6 months has neurofibromatosis with significant visual impairment and mild to moderate learning difficulties. She has always been difficult to settle to sleep and has frequent nocturnal wakings.

A sleep programme with specific behavioural management techniques has been used, as have sedative medications such as trimeprazine, which caused deterioration in concentration and daytime sleepiness. Should she be tried on melatonin?

**Structured clinical question**

In a preschool child with visual impairment and mild to moderate learning difficulties, in whom conventional treatments have failed [patient] is melatonin [intervention] likely to improve her sleep pattern [outcome]?

**Search strategy and outcome**

Secondary sources


Cochrane Library: Systematic Reviews—0, Abstracts of Reviews of Effectiveness—0, Controlled Trials Register—six papers of which two relevant (same papers found through search detailed below).

Primary sources: Medline 1966 to present — using OVID interface

Melatonin.mp AND Sleep disorders.mp (and exploded) AND Learning disabilities (and exploded) AND Limit to: Children <0 to 18 years> Human, English language.

This gave 90 references; all titles checked—15 considered, six included. Nine excluded as three non-systematic reviews, two other conditions, one non-delayed children, one slow release melatonin, two abstracts only.

Embase 1980 to present: searched with same strategy—no additional papers.

See table 2 for summary of the six included papers.

**Commentary**

Most studies had small numbers of participants with significant drop out rates or non-randomisation in larger studies.

Very few of the studies give p values or confidence intervals—they appear far too small to give statistically meaningful effects. One of the trials (Camfield et al) is very different in design, an “N-of-1” study. These trials are designed for each individual patient, and allow for interpersonal variation in drug effect. Classically an N-of-1 trial has three blocks; during each block the patient receives sequentially therapy and placebo under double blind conditions with an appropriate washout period. Response in two or three blocks is considered positive; less than this, caused by chance alone.

Even allowing for the difficulty of recruitment and objective assessment of outcomes in children with multiple difficulties, there is currently little good quality evidence for the effectiveness of melatonin. The startling increase in seizures noted by the Sheldon paper is of great concern, especially in the UK where melatonin is often given in an uncontrolled way with overseas imports of the drug. A large multicentre placebo controlled randomised controlled trial is needed to try to clarify which children and what types of sleep disorder are most amenable to treatment, and to define the likely side effect profile.

**CLINICAL BOTTOM LINE**

- Melatonin may be effective in sleep onset difficulties, but not in fragmented sleep or early morning waking, though evidence is poor quality.
- There is little evidence regarding melatonin’s long term safety profile.
- Melatonin should be used with caution in any child with epilepsy in view of increased seizure frequency in one study; “N-of-1” methods may be considered.

**Do grommets prevent language delay?**

**Report by**

**Vidya Sudhakar-Krishnan, Paediatric Registrar, St James’s University Hospital, Leeds, UK**

**Mary Rudolf, Consultant Community Paediatrician, Leeds General Infirmary, Leeds, UK**

A mother brings her 2 year old daughter to your clinic. She is concerned about her speech which she feels is poor for her age. Her daughter has failed two consecutive audograms. On otoscopy she has signs of bilateral otitis media with effusion (OME) which you have confirmed on a previous occasion two months ago. Should you refer for insertion of grommets?

**Structured clinical question**

In preschool children with OME (glue ear) [patient] does the insertion of ventilation tubes (grommets) [intervention] as
possibility of uneven allocation. The large numbers of the have problems with small study populations leaving the have attempted to overcome this by randomisation, but still maternal education, and comorbid conditions. These studies highlights the major problem in that there are no clear any truly exist. The large unintentional crossover in some is likely to reduce the effectiveness of ventilation tubes, should the UK population. The inclusion of “asymptomatic” children the patient population in two of the studies is not similar to the anaesthesia and cost-benefit analysis of the procedure need to be addressed. The results of a further randomised controlled trial are awaiting publication.

**Search strategy and outcome**
Secondary searches: Cochrane—one relevant protocol (planned systematic review)." 

Search results—127 articles, three relevant. See table 3.

**Commentary**
The use of language development as an outcome measure is problematic because of confounding factors, such as age, maternal education, and comorbid conditions. These studies have attempted to overcome this by randomisation, but still have problems with small study populations leaving the possibility of uneven allocation. The large numbers of the watchful waiting group being treated despite the study protocol may bias the results, reducing the apparent effect of ventilation tubes. These problems need to be taken into consideration when interpreting the studies.

In the UK, screening is not routinely carried out for OME, so no patient population in two of the studies is not similar to the UK population. The inclusion of “asymptomatic” children is likely to reduce the effectiveness of ventilation tubes, should any truly exist. The large unintentional crossover in some studies highlights the major problem in that there are no clear indications for the insertion of grommets.

Taken as a whole, there does seem to be some improvement in language skills a few months after the treatment. It is not evident that these effects persist long term and the differences seem to diminish with time, as one would expect with the natural history of the condition.

As grommet insertion is the most common elective operation in preschool children, concerns both about risks of the insertion when interpreting the studies.

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**Table 2** Melatonin in sleep disorders

<table>
<thead>
<tr>
<th>Citation</th>
<th>Study group</th>
<th>Level of evidence</th>
<th>Outcomes</th>
<th>Key results</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan et al (1994)</td>
<td>15 children aged 6 mth to 14 y, mean 8.8 y</td>
<td>Double blind placebo</td>
<td>Sleep charts</td>
<td>No adverse effects</td>
<td>6 (40%) not randomised</td>
</tr>
<tr>
<td></td>
<td>Most multiply disabled, 5 with epilepsy, 9 visually impaired</td>
<td>controlled trial (level 1b)</td>
<td>Parental interview</td>
<td>No response in 2/15</td>
<td>Type of sleep disturbance described</td>
</tr>
<tr>
<td></td>
<td>Melatonin 2.5–5 mg</td>
<td>crossover study</td>
<td>1 child—ceased effect even with 20 mg after 6 mth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O’Callaghan et al (1999)</td>
<td>7 children aged 2–28 y</td>
<td>Crossover randomised</td>
<td>Sleep diary</td>
<td>Mean improvement in total</td>
<td>Short treatment time</td>
</tr>
<tr>
<td></td>
<td>with tuberous sclerosis</td>
<td>double blind trial (level 1b)</td>
<td>Total sleep time</td>
<td>sleep time of 0.55 h (CI 0.088 to 1.01)</td>
<td>for any adverse effects to</td>
</tr>
<tr>
<td></td>
<td>with epilepsy + SUD</td>
<td></td>
<td>Sleep onset latency</td>
<td>No effect on fragmented</td>
<td>become apparent</td>
</tr>
<tr>
<td></td>
<td>Randomised to placebo</td>
<td></td>
<td>No. awakenings</td>
<td>Sleep onset latency improved but did not reach</td>
<td>No effect noted on</td>
</tr>
<tr>
<td></td>
<td>or 5 mg melatonin 20 min prior to bedtime</td>
<td></td>
<td></td>
<td>significance</td>
<td>seizure frequency</td>
</tr>
<tr>
<td>Dodge and Wilson (2001)</td>
<td>20 children with moderate to severe</td>
<td>Randomised double</td>
<td>Sleep latency</td>
<td>Sleep latency improved</td>
<td>No side effects reported</td>
</tr>
<tr>
<td></td>
<td>developmental disabilities</td>
<td>blind placebo controlled</td>
<td>Duration of sleep</td>
<td>in all but 2 children on MLT (p&lt;0.05)</td>
<td>Large drop out rate in</td>
</tr>
<tr>
<td></td>
<td>(4/20 visual impairment), age range</td>
<td>trial (level 2b)</td>
<td>Sleep log and parent questionnaire</td>
<td>more marked in those with greater sleep</td>
<td>diagnosis, age, epilepsy, etc</td>
</tr>
<tr>
<td></td>
<td>1–12 years</td>
<td></td>
<td></td>
<td>latency on baseline</td>
<td>in those not completing</td>
</tr>
<tr>
<td></td>
<td>36 recruited but only 20 completed study</td>
<td></td>
<td></td>
<td>Duration of sleep improved with MLT but no</td>
<td>No baseline data for</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>different from placebo</td>
<td>type or severity of sleep</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No change in number of wakenings</td>
<td>problems in those dropping out</td>
</tr>
<tr>
<td>Camfield et al (1996)</td>
<td>6 children aged 3–13 y</td>
<td>“No-1” double blind</td>
<td>Sleep diary</td>
<td>Found MLT to be ineffective</td>
<td>Low dose used timing in relation</td>
</tr>
<tr>
<td></td>
<td>Blind with at least moderate learning disability</td>
<td>placebo trial (level 2b)</td>
<td>Average numbers hours sleep per 24 hours</td>
<td>in 5/6</td>
<td>to desired sleep time may have</td>
</tr>
<tr>
<td></td>
<td>0.5–1 mg melanin</td>
<td></td>
<td>Number of wakenings between 9 pm and 7 am</td>
<td></td>
<td>been too long</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Number of nights without wakening between 10 pm and 7 am</td>
<td></td>
<td>No adverse effects noted</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No information about blinding or</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>randomisation</td>
<td></td>
</tr>
<tr>
<td>Palm et al (1997)</td>
<td>8 aged 3–23 y (6 children aged 18 or less)</td>
<td>Open study (level 4)</td>
<td>Sleep diaries for 6 weeks prior to treatment and several months during treatment</td>
<td>“Dramatic” response in all 8</td>
<td>No side effects reported</td>
</tr>
<tr>
<td></td>
<td>All functionally blind, M/5 learning disabilities</td>
<td></td>
<td>MLT levels showed delayed peak</td>
<td>Loss of effect in 1 after 6–8 months</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.5–2 mg melanin, age dependent</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sheldon (1998)</td>
<td>6 children, 9 months to 18 y</td>
<td>Open study, consecutive</td>
<td>Wrist actigraph</td>
<td>Marked improvement in all 3 measures in 5/6</td>
<td>Study stopped due to increased</td>
</tr>
<tr>
<td></td>
<td>Published as research letter</td>
<td>recruitment (level 4)</td>
<td>Changes in sleep onset latency, nocturnal wakenings</td>
<td></td>
<td>or new seizure type activity on</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total sleep time</td>
<td></td>
<td>melatonin in 4/6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No info on types of AE meds used</td>
</tr>
</tbody>
</table>

MLT, melatonin.
### Table 3 Grommets in OME

<table>
<thead>
<tr>
<th>Citation</th>
<th>Study group</th>
<th>Study type (level of evidence)</th>
<th>Outcome</th>
<th>Key results</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rach et al (1991)</td>
<td>n=52</td>
<td>Randomised controlled trial (level 2b)</td>
<td>Improvement in language scores at 6 months</td>
<td>Improvement in scores in the treatment group, but large overlapping CI</td>
<td>Follow up 100%, small numbers in trial and follow up time not sufficient; Balanced randomisation; Testers not blinded</td>
</tr>
<tr>
<td>Maw et al (1999)</td>
<td>n=182</td>
<td>Randomised controlled trial (level 2b)</td>
<td>Improvement in language scores at 9 and 18 months</td>
<td>Improvement in treated group at 9 months; Mean difference between groups was not significant 0.31 (−0.03 to 0.66) 95% CI</td>
<td>Follow up 83%; Large drop out in trial makes results difficult to interpret; by 18 months 85% of watchful waiting group had grommets inserted; Data analysed by intention to treat</td>
</tr>
<tr>
<td>Rovers et al (2000)</td>
<td>n=187</td>
<td>Randomised controlled trial (level 2b)</td>
<td>Improvement of language scores at 6 and 12 months</td>
<td>No difference between treatment and watchful waiting groups</td>
<td>Follow up 79%; Balanced allocation for groups but groups were different for confounding factors; not clear if testers were blinded</td>
</tr>
</tbody>
</table>

### CLINICAL BOTTOM LINE

- In children with OME and language delay, there is no good evidence to suggest that insertion of ventilation tubes will improve language development.
- A more important factor is mother’s level of education, which has been shown to have a greater effect on language acquisition in young children.

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### Structured clinical question

In young children [patient] with signs of perianal dermatitis [risk factor] is there an increased likelihood of sexual abuse [outcome]?

### Search strategy and outcome

Secondary sources: nil.

Medline: perianal dermatitis.mp or exp anus disease/ or exp tympanosclerosis.

Search results—26 articles found, none relevant.

### Commentary

Nelson’s textbook cites the consideration of child sexual abuse as an association with perianal dermatitis. A search of the literature does not appear to provide any primary evidence to support this association.

### CLINICAL BOTTOM LINE

- No evidence has been found to support or refute the association of perianal dermatitis and sexual abuse.

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Is perianal dermatitis a sign of sexual abuse?

Report by

**Joanna Thomas**, Staff Grade in Community Child Health, Leeds Community and Mental Health Trust, UK

**Mary Rudolf**, Consultant Paediatrician in Community Child Health, Leeds Community and Mental Health Trust, UK

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ou have seen a toddler in clinic, and as a “by the way” on leaving, the mother tells you that the child has a very red bottom and cries on defaecation although she is not constipated. On examination you see the classic signs of perianal dermatitis. You prescribe penicillin, and subsequent culture confirms streptococcal A infection. After clinic the staff grade doctor, who works with you and has expertise in child protection informs you that you should be considering sexual abuse as an issue. You decide to find out if there is an association between perianal dermatitis and child sexual abuse.

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**Is perianal dermatitis a sign of sexual abuse?**

**Report by**

**Joanna Thomas**, Staff Grade in Community Child Health, Leeds Community and Mental Health Trust, UK

**Mary Rudolf**, Consultant Paediatrician in Community Child Health, Leeds Community and Mental Health Trust, UK