



COMBINED EMERGENCY MEDICINE &
PEDIATRICS RESIDENCY

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Adults are just big kids

Hide-and-Seek: Preventing Delays in Serious Pediatric Diagnoses

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Objectives



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- Describe rates and complications of diagnoses where delay can cause serious consequences
- Suggest high risk features that should prompt further investigation for these often missed diagnoses
- Suggest appropriate return precautions for common illness mimics to limit delays in the diagnosis of missed conditions.

Disclosure



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- I have no relevant financial disclosures

Delayed Diagnoses



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Emergency Department Volume and Delayed Diagnosis of Serious Pediatric Conditions

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Delayed Dx Methods



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Table. Demographic Features of the Cohort of 58 998 Children

Characteristic	Total, No. (%)
Condition	
Bacterial meningitis	2007 (3.4)
Compartment syndrome	774 (1.3)
Complicated pneumonia	6409 (10.9)
Craniospinal abscess	770 (1.3)
Deep neck infection	2527 (4.3)
Ectopic pregnancy	375 (0.6)
Encephalitis	2055 (3.5)
Intussusception	5841 (9.9)
Kawasaki disease	4611 (7.8)
Mastoiditis	3103 (5.3)
Myocarditis	958 (1.6)
Necrotizing fasciitis	161 (0.3)
Nontraumatic intracranial hemorrhage	3252 (5.5)
Orbital cellulitis	4121 (7.0)
Osteomyelitis	1778 (3.0)
Ovarian torsion	1460 (2.5)
Pulmonary embolism	1029 (1.7)
Pyloric stenosis	5396 (9.1)
Slipped capital femoral epiphysis	1280 (2.2)
Septic arthritis	2969 (5.0)
Sinus venous thrombosis	116 (0.2)
Stroke	1913 (3.2)
Testicular torsion	6093 (10.3)

Delay

- ED discharge within
7 days of diagnosis

Complications

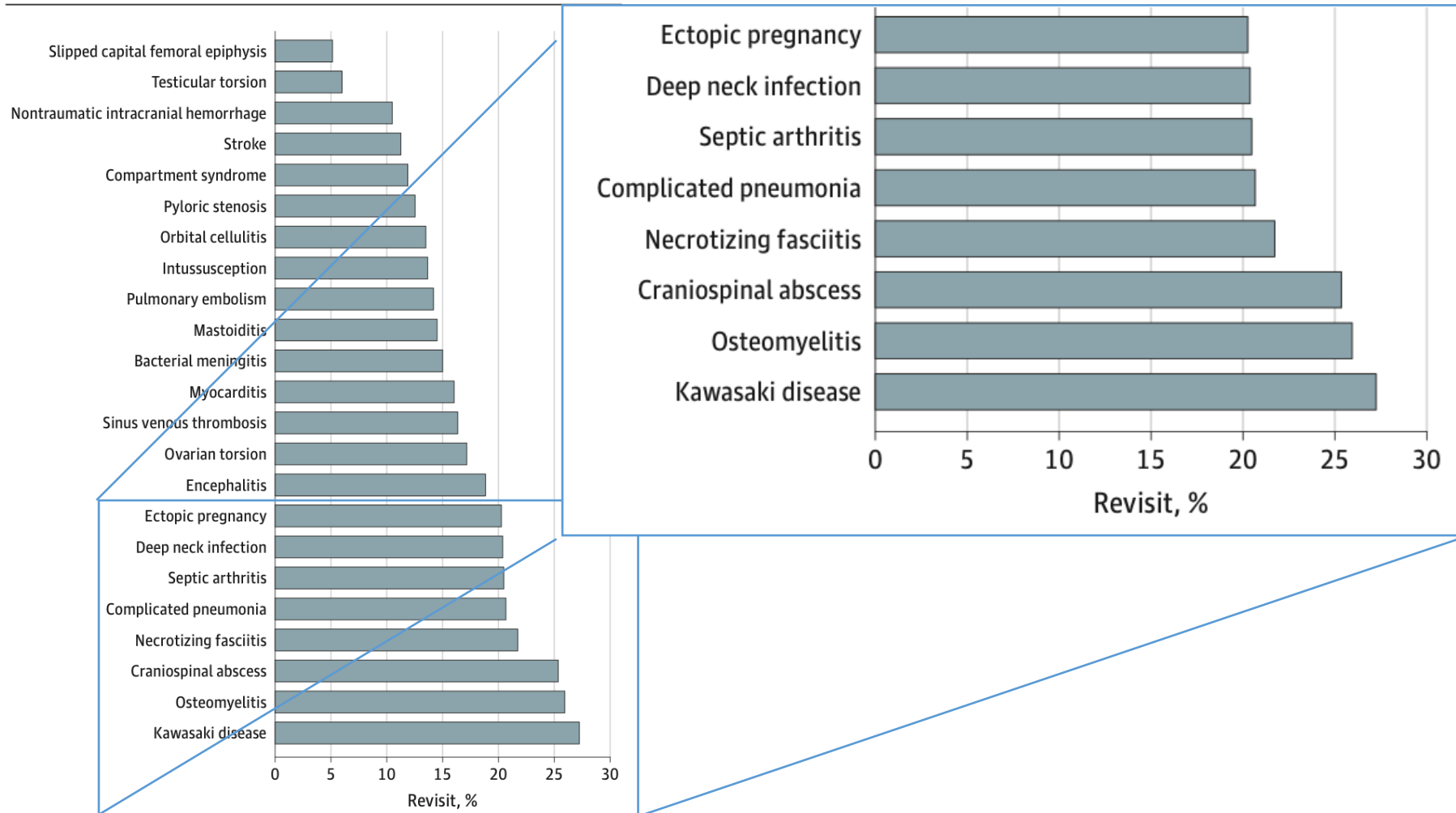
- Condition specific
- Critical procedures
- ICU and hospital LOS
- Subsequent ED encounters

Delayed Dx Results



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Figure 1. Proportions of Patients With a Possible Delayed Diagnosis by Condition



Why the Delay?



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- Progression of common disease
- Diagnostic limitations in early disease
- Unrecognized disease
 - Availability bias
 - Confirmation bias
 - Premature closure
 - Diagnostic momentum
 - Unfamiliarity

High Risk Diagnoses



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Total Delayed Diagnoses	9296
Upper respiratory infection	649 (7.0%)
Viral Infection	366 (3.9%)
Otitis Media	221 (2.4%)
Skin & Soft Tissue Infection	180 (1.9%)
Lymphadenitis	135 (1.5%)

High Risk Symptoms



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Total Delayed Diagnoses	9296
Fever	744 (8.0%)
Nausea and Vomiting	452 (4.9%)
Abdominal Pain	341 (3.7%)
Headache	136 (1.5%)



Ectopic Pregnancy

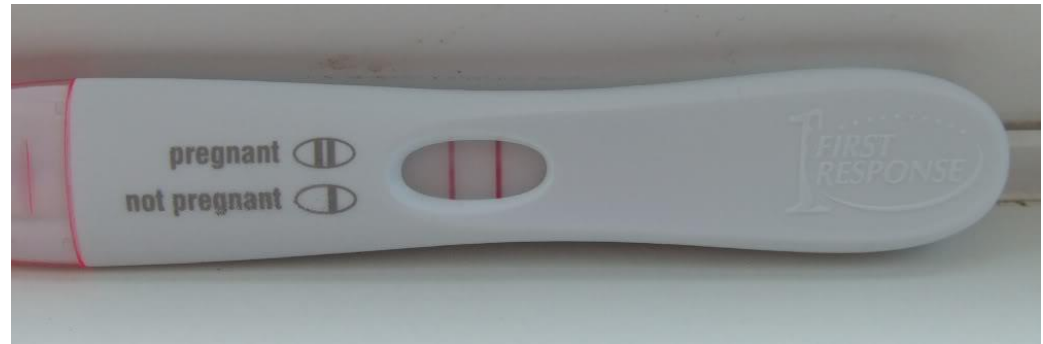
Epidemiology

- Rate of delayed diagnosis: 2.1% but OR 16 for delay in a Pediatric ED
- Odds of complication from delay: 0.45
- Complication:
 - Surgery
 - Loss of ovary or fallopian tube

Ectopic Pregnancy

Recognition

- Amenorrhea or 6-8 weeks gestational age
- Abrupt abdominal pain
- Vaginal bleeding
- Current IUD use
- History of PID





Ectopic Pregnancy

Mimics

Total Delayed Diagnoses	76
Vaginal bleeding	35 (46.1%)
Other Pregnancy Complication	24 (31.6%)
Spontaneous abortion	4 (5.3%)
Normal pregnancy	4 (5.3%)
Abdominal Pain	4 (5.3%)



Ectopic Pregnancy

Plain Language Return Precautions

- Vaginal bleeding, especially with clots
- New Abdominal pain
- Changing or worsening abdominal pain
- Passing out



Kawasaki Disease

Epidemiology

- Rate of delayed diagnosis: **27.2%**
- Odds of complication from delay: **1.08**
- Complication:
 - Coronary aneurysm +/-dissection or thrombosis
 - Myocarditis +/- cardiogenic shock
 - Other large artery aneurysms



Kawasaki Disease

Recognition

Table 3. Diagnosis of Classic KD

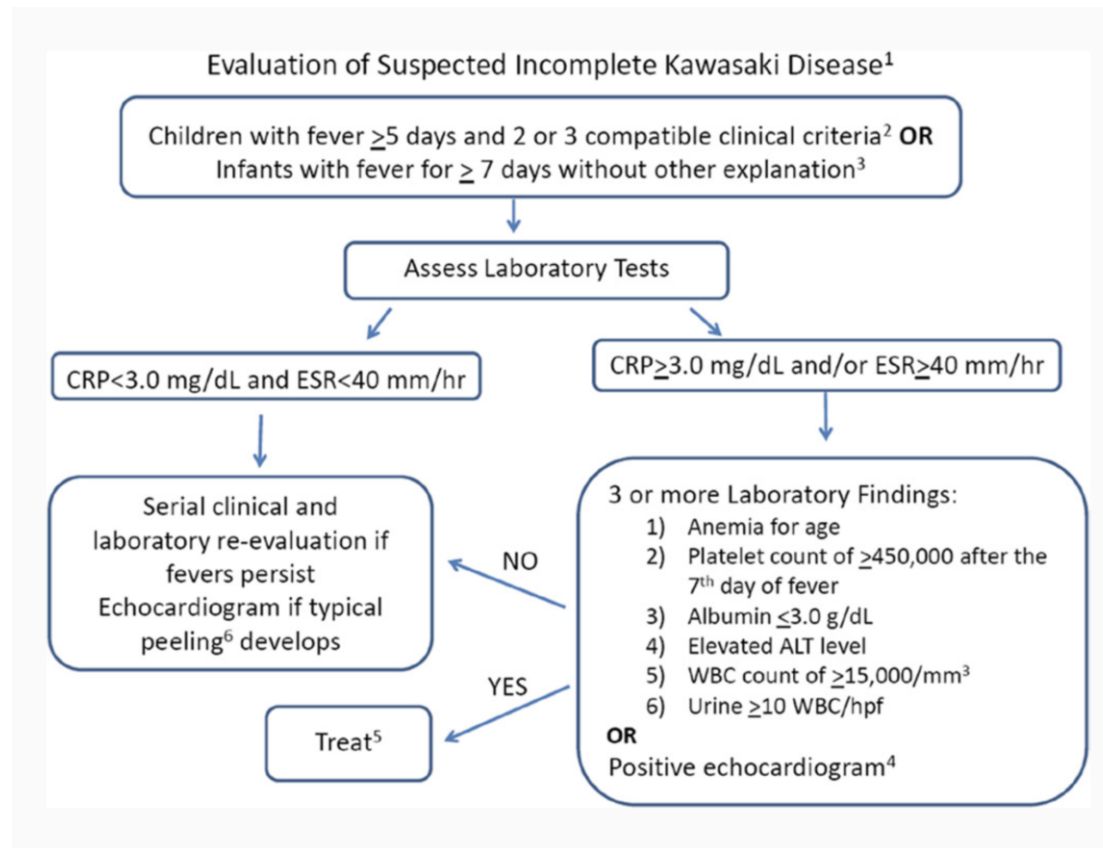
Classic KD is diagnosed in the presence of fever for at least 5 d (the day of fever onset is taken to be the first day of fever) together with at least 4 of the 5 following principal clinical features. In the presence of ≥ 4 principal clinical features, particularly when redness and swelling of the hands and feet are present, the diagnosis of KD can be made with 4 d of fever, although experienced clinicians who have treated many patients with KD may establish the diagnosis with 3 d of fever in rare cases ([Figure 2](#)):

1. Erythema and cracking of lips, strawberry tongue, and/or erythema of oral and pharyngeal mucosa
2. Bilateral bulbar conjunctival injection without exudate
3. Rash: maculopapular, diffuse erythroderma, or erythema multiforme-like
4. Erythema and edema of the hands and feet in acute phase and/or periungual desquamation in subacute phase
5. Cervical lymphadenopathy (≥ 1.5 cm diameter), usually unilateral



Kawasaki Disease

Recognition





Kawasaki Disease

Mimics

Total Delayed Diagnoses	1256
Fever of unknown origin	269 (12.4%)
Viral infection	200 (15.9%)
Upper respiratory infection	165 (13.1%)
Lymphadenitis	84 (6.7%)
Otitis media	74 (5.9%)

Kawasaki Disease



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Plain Language Return Precautions

- Fever > 5 days with:
 - Pink eye
 - Rash, especially involving eyes and mouth
 - Hand or foot swelling/skin peeling
- Fever > 7 days for ANY reason



Osteomyelitis

Epidemiology

- Rate of delayed diagnosis: **25.9%**
- Odds of complication from delay: **0.81**
- Complication:
 - Septic joint progression
 - Bone abscess
 - Joint/bone destruction



Septic Arthritis

Epidemiology

- Rate of delayed diagnosis: **20.5%**
- Odds of complication from delay: **1.68**
- Complication:
 - Sepsis and septic shock
 - Joint/bone destruction



Osteomyelitis

Recognition

Table III

Presenting features

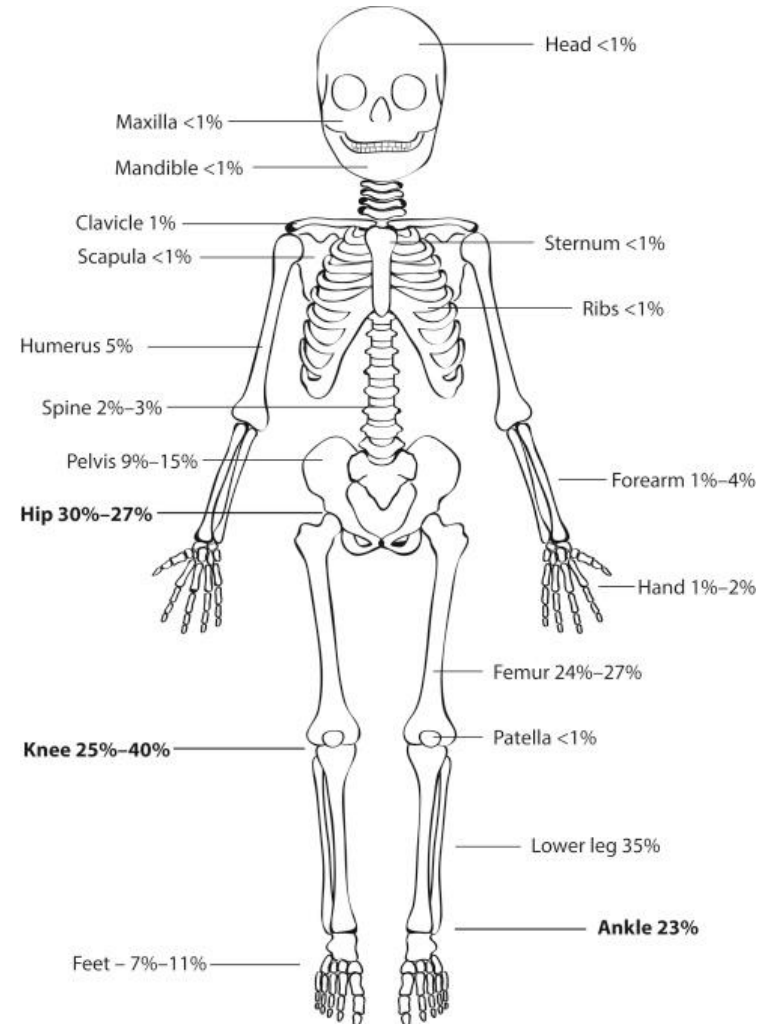
Symptom	Incidence* (%)
Pain	81.1
Localised signs/symptoms	70.0
Fever	61.7
Reduced range of movement	50.3
Reduced weight-bearing	49.3

Osteo/Septic Arthritis



Recognition

- Observe for abnormal posturing, movement or guarding
- Careful repetitive palpation of potential sites
- X-rays for localizing pain or limp
- Consider CRP, ESR and blood cultures





Osteomyelitis

Mimics

Total Delayed Diagnoses	461
Localized pain, etc	76 (16.5%)
Myalgia/Transient Synovitis, etc	60 (13.0%)
Fever of unknown origin	44 (9.5%)
Sprain and strains	43 (9.3%)
Skin and subcutaneous tissue infections	35 (7.6%)



Septic Arthritis

Mimics

Total Delayed Diagnoses	608
Localized pain	146 (24.0%)
Myalgia/Transient Synovitis, etc	79 (13.0%)
Fever of unknown origin	61 (10.0%)
Sprain and strains	36 (5.9%)
Skin and subcutaneous tissue infections	34 (5.6%)

Osteo/Septic Arthritis



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Plain Language Return Precautions

- Fever > 5 days
- Persistent, worsening symptoms
- Limp
- Red, hot, swollen areas on the skin
- Refusal to move an extremity
- Holding their body in an odd position of comfort

Deep Neck Infection



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Epidemiology

- Rate of delayed diagnosis: 20.4%
- Odds of complication from delay: 1.56
- Complication:
 - Intubation, Tracheostomy
 - Mechanical ventilation
 - Repeat Surgery

Deep Neck Infection



Recognition

History

- Neck pain (38%)
- Fever (17%)
- Sore throat (17%)
- Neck mass (16%)
- Stridor (5%)

Physical Exam

- Limited neck movement (94%)
- Limited neck extension (45.0%)
- Torticollis (36.5%)
- Limited of neck flexion (12.5%)

Deep Neck Infection



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Recognition

< 4 years

- Agitation (50%)
- Cough (35%)
- Drooling (27%)
- Lethargy (46%)
- Trismus (14%)

> 4 years

- Agitation (14%)
- Cough (14%)
- Drooling (12%)
- Lethargy (33%)
- Trismus (53%)

Deep Neck Infection



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Mimics

Total Delayed Diagnoses	515
Upper Respiratory Infection	144 (28.0%)
Fever	55 (10.7%)
Lymphadenitis	51 (9.9%)
Viral Infection	35 (6.8%)
Spondylosis, disc problems	32 (6.2%)



Deep Neck Infection

Plain Language Return Precautions

- Holding their neck in an odd position of comfort
- Refusal to open their mouth
- Drooling
- Refusal to eat or drink
- Inconsolably fussy



Orbital Cellulitis

Epidemiology

- Rate of delayed diagnosis: 13.5%
- Odds of complication from delay: 2.47
- Complication:
 - Orbital, sinus or cranial abscess
 - Orbital, sinus, ear or cranial surgery
 - Eye enucleation

Orbital Cellulitis



Recognition

Pre-septal

- Trauma (39%)
- Sinus infection (9%)
- Fever (47%)
- Diplopia (<1%)
- Ophthalmoplegia (<1%)
- Proptosis (<1%)

Post-septal

- Trauma (11%)
- Sinus infection (91%)
- Fever (94%)
- Diplopia (54%)
- Ophthalmoplegia (11%)
- Proptosis (94%)

Orbital Cellulitis



Mimics

Total Delayed Diagnoses	557
Skin and Soft Tissue Infection	107 (19.2%)
Inflammation	71 (12.7%)
Upper Respiratory Infection	63 (11.3%)
Other Eyes Disorder	40 (7.2%)
Eye Inflammation/infection	35 (6.3%)

Orbital Cellulitis



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Plain Language Return Precautions

- Fever
- Pain with eye movement
- Eye bulging or swelling
- Double vision
- Sinus symptoms or swelling

Craniospinal Abscess



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Epidemiology

- Rate of delayed diagnosis: 25.3%
- Odds of complication from delay: 1.49
- Complication:
 - Intubation, mechanical ventilation
 - Cranial or spinal surgery
 - Death

Craniospinal Abscess



Recognition

- Classic triad: Fever, Back pain, Focal deficit

Table 1. Sensitivity, Specificity, Positive Predictive Value (PPV), Negative Predictive Value (NPV), and Likelihood Ratios for a Positive (LR+) and Negative (LR-) Test for the Incidence of the "Classic Triad" Versus Risk Factor Assessment in Screening ED Patients with Spine Pain for SEA

	Sensitivity	Specificity	PPV	NPV	LR+	LR-
Classic triad	7.9	99.2	83.3	68.3	10.0	0.93
Risk factors	98.4	78.6	69.7	99.0	4.6	0.02

Craniospinal Abscess



Recognition

Table 2. Prevalence of A Priori Risk Factors in SEA Patients

Risk Factor	Percent
Intravenous drug use	60
Immunocompromised	21
Alcohol abuse	19
Recent spine procedure	16
Distant site of infection	14
Diabetes	13
Indwelling catheter	11
Recent spine fracture	3
Chronic renal failure	3
Cancer	3
Presence of one or more of above	98

Craniospinal Abscess

Recognition



TABLE 2

Summary of Clinical Data on 9 Patients With SEA: Symptoms on Presentation

Pt	Fever	Irritability	Weakness	Enuresis/Encopresis	Musculoskeletal
1	None	Yes	Yes, bilateral lower extremities	Yes, constipation	Refusal to bear weight or sit up
2	Yes	Yes	Yes, left lower extremity	None	Slight left lower extremity limp
3	Yes	None	None	None	None
4	Yes	None	Brisk reflexes bilateral lower extremities	None	None
5	Yes	None	Yes, bilateral lower extremities	None	Bilateral flank pain
6	None	None	None	None	Neck pain
7	None	None	Decreased strength in bilateral hip flexors, increased reflexes bilateral lower extremities with clonus, left scapular protrusion.	None	None
8	Yes	Ill appearing	None	None	None
9	Yes	None	None	None	Back pain with significant decreased range of motion, mild swelling of thoracic area, alteration of gait

	Description of SEA Location and Features
1	L3-L4, posterior, no spinal stenosis, no osteomyelitis
2	T1-T12, posterior, lateral spinal cord displacement, osteomyelitis of fibula
3	T1-L2, posterior, no spinal stenosis, no osteomyelitis
4	T7-T11, anterior, lateral spinal cord displacement, T9 osteomyelitis
5	L4-S1, posterior, no spinal stenosis, no osteomyelitis
6	T1-L1, anterior, no spinal stenosis, T10 osteomyelitis
7	T3-T6, anterior, no spinal stenosis, T5 anterior wedge fracture, no osteomyelitis
8	L1-L4, posterior, no spinal stenosis, no osteomyelitis
9	T5-T6, posterior, no spinal stenosis, T6 osteomyelitis

Craniospinal Abscess



Mimics

Total Delayed Diagnoses	195
Upper Respiratory Infection	31 (15.9%)
Headache	24 (12.3%)
Fever	22 (11.3%)
Viral Infection	7 (3.6%)
Otitis Media	7 (3.6%)

Craniospinal Abscess



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Plain Language Return Precautions

- Fever
- New loss of bowel or bladder control
- Back pain that is worsening or changing
- Refusal to bear weight or limp
- Holding their body in an odd position of comfort
- Fussy and inconsolable

Case - H&P



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- Peds ED at 0100 in January
- 2 y/o M in ED for fever x 1 hour. No other symptoms.
- Tmax 101, + sick contacts at home
- PMHx: tracheomalacia, GERD, Vaccines (incl flu) UTD
- Rx: Acetaminophen, Diphenhydramine
- ROS neg. More tired, not drinking as much, normal UOP
- T 36.9 HR 163 BP n/o RR 28 O2 sat 95%
- Normal exam. Active and playful in the room

Case - ED Course



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- No source found for fever on exam
- Patient tolerated PO, easy work of breathing
- Father declined flu swab, felt son looked better
- PCP appt in the AM, requesting discharge
- D/C Vitals: T 38.3 HR 118 BP n/o RR 24 O2 sat 97%

Case - Visit #2



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- Peds ED at 0100 in January
- 2 y/o M in ED for fever x 25 hours. Still no other symptoms.
- Tmax 103, missed PCP appt
- Rx: alternating acetaminophen/ibuprofen
- Less active, not drinking as much, less UOP
- T 38.9 HR 188 BP n/o RR 34 O2 sat 97%
- Tired but arousable. Tachypenic with nasal flaring.
- Otherwise normal exam.

Case - ED Studies



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WBC	10.6	7.0 - 13.0 K/UL
RBC	4.37	4.10 - 5.30 M/UL
HGB	11.7	10.8 - 14.8 G/DL
HCT	34.3	34.0 - 47.0 %
MCV	78.5	75.0 - 85.0 FL
MCH	26.7 (*)	27.0 - 31.0 PG
MCHC	34.1	32.0 - 36.0 G/DL
RDW	11.5	11.5 - 14.5 %
PLT CNT	291	130 - 450 K/UL
MPV	6.7 (*)	7.4 - 10.4 FL
BANDS	10	
SEGS	67 (*)	15 - 35 %
LYMPHS	11	
MONOS	12 (*)	5.5 - 11.7 %
PLT EST	ADEQUATE	
MICRO	1+	

BASIC METABOLIC PANEL

Collection Time
2/16/13 1:15 AM

Component	Value	Range
GLUCOSE	124 (*)	60 - 100 mg/dL
BUN	7	4 - 19 mg/dL
CREATININE	0.2	0.18 - 0.35 mg/dL
CALCIUM	10.0	8.8 - 10.8 mg/dL
NA	131 (*)	136 - 145 mmol/L
K	4.6	3.4 - 5.1 mmol/L
CL	97 (*)	98 - 107 mmol/L
CO2	22	22 - 29 mmol/L

Case - ED Course #2



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- CXR: perihilar infiltrates without focal consolidation. No effusions. No cardiomegaly
- Influenza A&B: negative
- IV placed and 20mL/kg bolus given
- Labs and blood cultures sent
- Patient perked up, tolerated PO, more active
- Return precautions explained, PCP follow up
- D/C Vitals: T 37.8 HR 135 BP n/o RR 28 O2 sat 98%

Case - Visit #3



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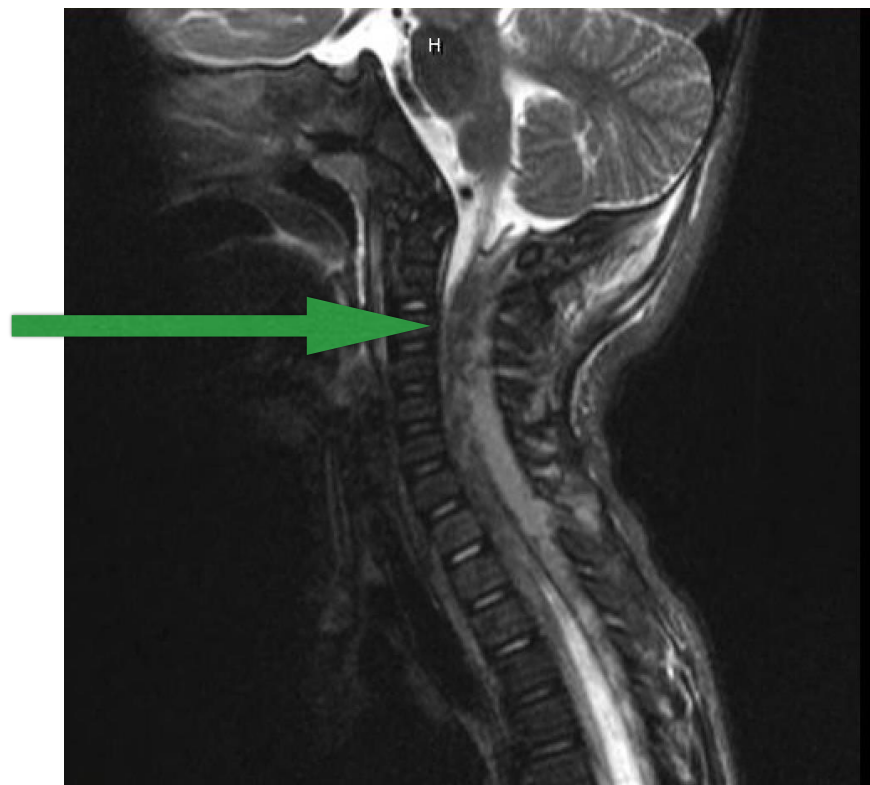
- 2 y/o M in ED for fever x 4 days.
- Tmax 103.8. Patient developed a rash on left foot that spread cephalic last night
- Rx: alternating acetaminophen/ibuprofen
- ROS otherwise neg. Poorly arousable, poor PO, less UOP
- T 39.5 HR 194 BP n/o RR 42 O2 sat 95%
- Ill-appearing, responsive to only to stimuli.
- Tachypenic with nasal flaring. Tachycardic with 2/6 SEM
- Petechial rash on LLE only. Pain with flexion of neck

Case - ED Studies



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- Blood cultures from Visit #2 positive for MRSA
- LP: pleocytosis with negative culture
- MRI Brain/Spine: C2-T4 epidural abscess
- Echo: 13mm vegetation on mitral valve



Summary



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- Be vigilant to consider and rule out the needles in the haystack
- Be cautious with the quick diagnosis of URI, viral syndrome or otitis media
- Provide specific, disease-oriented return precautions
- Return precautions should be plain language and actionable

Questions?



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Thank you



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A vibrant, multi-colored rainbow arches across a dramatic sky filled with soft, white clouds. Below the rainbow, a desert landscape is visible, featuring green shrubs, a tall saguaro cactus on the right, and a range of rugged mountains in the distance under a hazy horizon.

Greetings from Tucson