

# Management of Lymphadenopathy in Children

## Red flags in the history

- Weight loss
- Fevers/night sweats
- Systemic symptoms
- Breathlessness
- Household TB contact

## Red flags on examination

- Lymph nodes > 2cm
- Pallor
- Hepatosplenomegaly
- Axillary/supraclav nodes
- Unexplained persistent parotid/submandibular gland
- Matted/rubbery nodes
- Nodes increasing rapidly in size

Are there any **red flags**?

YES

USS and bloods within 1 week  
Urgent referral to Paediatrics

NO

Is it localised or generalised?

**Evelina** : For advice from Paediatric Consultant: 07557 159092 (11am-7pm Mon-Fri) or email [general.paediatrics@nhs.net](mailto:general.paediatrics@nhs.net) (answer within 24hrs on Mon-Fri)  
There is an urgent ID clinic on Thursday pms that the child could be booked into

**KCH** : Consultant advice line 02032996613 (option 3), (8.30am – 12am weekdays, 8 30am - 8pm weekend)  
Email via Choose and Book for a response within 24 hrs Mon-Fri.

Localised lymphadenopathy

Generalised lymphadenopathy

How long has it been there?

<4-6 weeks

>4-6 weeks

### Likely reactive

Treat local infections e.g. teeth, scalp, throat, eczema

Give oral antibiotics if lymphadenitis (eg augmentin)

Review 4-6 weeks

### Likely reactive

Consider other causes e.g. TB, EBV

If concerns consider investigations:

- USS
- Bloods (FBC & film, ESR, CRP, LFT and others e.g. EBV)

Review in 4-6 weeks

### Likely infection/ medication reaction

Consider investigations:

- USS
- Bloods (FBC & film, ESR, CRP, LFT and others e.g. EBV, CMV, save serum)

Refer if persists or investigations abnormal

### Likely serious systemic disease

Refer for urgent review

Consider requesting investigations:

- USS
- Bloods (FBC & film, ESR, CRP, LFT and others e.g. EBV, CMV, save serum))

## TOP TIPS (localised)

- ❖ Most cases are reactive
- ❖ If systemic features present do FBC, ESR, CRP and film as minimum.

## TOP TIPS (generalised)

- ❖ Generalised lymphadenopathy is more worrying
- ❖ Most should have baseline bloods
- ❖ All should be reviewed