

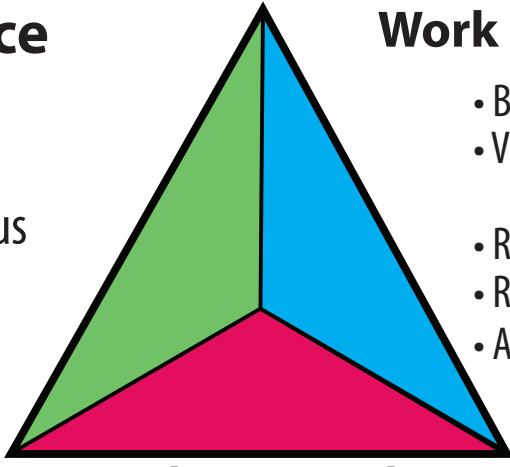


Maryland Pediatric Reference

Pediatric Assessment (Initial Impression)

Appearance

- Tone
- Interactivity/mental status
- Consolability
- Look or gaze
- Speech or cry



Circulation to Skin
Skin Color

Work of Breathing

- Body position
- Visible movement (chest/abdomen)
- Respiratory rate
- Respiratory effort
- Audible airway sounds

Pediatric Vital Signs

Age	Est. Weight	Heart Rate	Resp. Rate	Systolic BP
Premature	< 3 kg	160	> 40	60
Newborn	3.5 kg	130	40	70
3 mo.	6 kg	130	30	90
6 mo.	8 kg	130	30	90
1 yr.	10 kg	120	26	90
2 yrs.	12 kg	115	26	90
3 yrs.	15 kg	110	24	90
4 yrs.	17 kg	100	24	90
6 yrs.	20 kg	100	20	95
8 yrs.	25 kg	90	20	95
10 yrs.	35 kg	85	20	100
12 yrs.	40 kg	85	20	100
14 yrs.	50 kg	80	18	110
Adult	> 50 kg	80	18	120

Reassess unstable patients frequently (recommended every 5 minutes).
Reassess stable patients at a minimum of every 15 minutes.

Definition of Hypotension by Age and Systolic Blood Pressure

Age	Systolic Blood Pressure
Term neonates (0 to 28 days)	< 60 mm Hg
Infants (1 to 12 months)	< 70 mm Hg
Children 1 to 10 years	< 70 mm Hg + (age in years × 2) mm Hg
Children > 10 years	< 90 mm Hg

FLACC Score (add up in range from 0-10)

Use for pediatric patients ages 2 months – 7 years

CATEGORY	0 POINTS	1 POINT	2 POINTS
Face	No expression or smile	Occasional grimace, withdrawn	Quivering chin, clenched jaw
Legs	Normal/relaxed position	Uneasy, restless, tense	Kicking or legs drawn up
Activity	Lying quietly, normal position	Squirming, tense	Arched, rigid, or jerking
Cry	No crying	Moans or whimpers	Constant crying, screams, or sobs
Consolability	Content, relaxed	Distractible	Inconsolable

Pediatric Sepsis

Recent fever or illness and ...

- Confused or decreased mentation?
- Rapid heart rate and/or breathing?
- Developmentally delayed or bed bound?

THINK SEPSIS!

Suspected infection/illness and 3 of the following criteria?

	<28 days	1-12 mo	1-2 yr	2-4 yr	5-12 yr	13-17 yr
Heart Rate (greater than)	205	205	190	140	140	100
Resp Rate (greater than)	60	60	40	40	34	25
Systolic BP (less than)	60	70	70 + age × 2	70 + age × 2	70 + age × 2	90
Mental Status	Unresponsive, confused, inappropriate, lethargic					
High Risk Conditions	Cancer, Asplenia or Sickle Cell Disease, Previous Transplant			Central or Indwelling Line/Catheter, Immunodeficiency/Suppression		
Temp	Greater than 38.0° C (100.4° F)					
Cap Refill/Skin	Delayed (>3 seconds), mottled					

Pain Rating Scale (Wong-Baker FACES)

Use for pediatric patients ages 3 and older

Moderate Pain

0 No Hurt | 1 Hurts Little Bit | 2 Hurts Little More | 3 Hurts Even More | 4 Hurts Whole Lot | 5 Hurts Worst

Average Equipment Sizes

Age	Premie	Newborn	3 mo.	6 mo.	1 yr.	2 yrs.	3 yrs.	4 yrs.	6 yrs.	8 yrs.	10 yrs.	12 yrs.	14 yrs.	Adult	
Estimated Weight	<3 kg	3.5 kg	6 kg	8 kg	10 kg	12 kg	15 kg	17 kg	20 kg	25 kg	35 kg	40 kg	50 kg	>50 kg	
Oral Airway	0	0	1	1	1	2	2	3	4	4	5	5	5	5	
NP Airway	NP airways are not recommended for children under 1 year of age					18-20	20	22-24	24	24-26	28	28-30	30	32-34	34
BVM	Infant	Infant	Infant	Infant	Child	Child	Child	Child	Child	Child/Adult	Adult	Adult	Adult	Adult	
ETT Blade	0	0-1	1	1	1	1-2	2	2	2	2	3	3	3	3-4	
ETT Size	2.5-3.0	3.0-3.5	3.5	3.5-4.0	4.0	4.0-4.5	4.5	4.5-5.0	5.0-5.5	5.5-6.0	5.5-6.5	6.5-7.0	6.5-7.5	6.5-7.5	
Suction Catheter	6 F	6 F	6-8 F	8 F	8 F	8-10 F	10 F	10 F	10 F	10-12 F	12 F	12 F	12-14 F	12-14 F	
Gastric Tube	5 F	5-8 F	5-8 F	8 F	8 F	8-10 F	10 F	10-12 F	12-14 F	14 F	14 F	14-18 F	16-18 F	16-18 F	

i-Gel Sizing Chart

Patient Size	Size	Weight
Neonate	1	2 – 5 kg
Infant	1.5	5 – 12 kg
Small pediatric	2	10 – 25 kg
Large pediatric	2.5	25 – 35 kg
Small adult	3	30 – 60 kg
Medium adult	4	50 – 90 kg
Large adult	5	90+ kg

Important Numbers

Poison Center 800-222-1222 | Maryland EMRC 877-840-4245
 C4 Critical Care Coordination Center (Hospital Use Only) 410-706-7797