

Paediatric Clinical Assessment Tools For

Common Children's
Conditions Presenting To
Urgent / Primary Care



Normal Values

Normal values at different ages (APLS, Edition 5)

Age of child (years)	Under 1	1–2	2–5	5–12	Over 12
Respiratory rate	30–40	25–35	25–30	20–25	15–20
Heart rate	110–160	100–150	95–140	80–120	60–100
Systolic blood pressure	80–90	85–95	85–100	90–110	100–120

Calculations for commonly used emergency drugs (APLS, Edition 5)

	Formula	Maximum dose
Weight (kg)	Child 0–12 months Weight = $(0.5 \times \text{age in months}) + 4$	
	Child 1–5 years Weight = $(2 \times \text{age in years}) + 8$	
	Child 6–12 years Weight = $(3 \times \text{age in years}) + 7$	
Energy (J)	4 J/kg	150–200 J biphasic for first shock 150–360 J biphasic for subsequent shocks
Tube size	Pre-term babies 2.5 mm tube Babies usually 3 or 3.5 mm tube Children >1 year Tube size = $(\text{age in years}/4) + 4$	
Fluid Bolus (IV or IO)	20 mL/kg of 0.9% saline Exceptions: Trauma/DKA/cardiac problems use 10 mL/kg of 0.9% saline	500 mL of 0.9% saline in trauma/ DKA/cardiac problems 1000 mL of 0.9% saline
Lorazepam	100 micrograms/kg (IV or IO)	Max single dose 4 mg
Adrenaline (IV or IO)	10 micrograms/kg (0.1 mL/kg of 1:10,000 strength)	Max single dose 1 mg
Glucose 10% (IV or IO)	2–5 mL/kg of 10% dextrose	150–160 mL of 10% dextrose single bolus

UK immunisation schedule

Age of child (months)	Rota virus (oral vaccine)	Diphtheria and tetanus	Pertussus	Polio	Hib	PCV	MenC	MMR	HPV	No. of injections
2 months	✓	✓	✓	✓	✓	✓				2
3 months	✓	✓	✓	✓	✓		✓			2
4 months		✓	✓	✓	✓	✓	✓			3
12 months					✓		✓			1

Neonatal Fluid Requirements

Age	Total volume of fluid required per day (mL/kg)
Day 1	60
Day 2	90
Day 3	120
Day 4 to 28	150