

Paediatric resuscitation on a card

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Resources



[Paediatric Resuscitation Card](#) High resolution scan (600 DPI) of the paediatric resuscitation card given to medical officers commencing a paediatrics rotation at The Sydney Children's Hospital. [2.71 Mb]

One of the best resources I received when I worked at [The Sydney Children's Hospital, Randwick](#), was a laminated card (the size of a business card) attached to my ID badge lanyard. On this card included normal values for weight, heart rate, respiratory rate for infants and children, the correct dosage for a variety of emergency drugs as well as the recommended sizes for endotracheal tubes, nasogastric tubes and indwelling catheters by age.

Below is a low quality scanned JPEG version of the card (both sides). A high quality PDF version suitable for printing is available at the top of this article.

| Initial Approach to Resuscitation | | | | | | | | |
|--|---|-----------|-------------|-------------------------------|-----------------------------|-----|---------|-----|
| A - Airway + C.Spine | Look, listen, feel for air movement | | | | | | | |
| B - Breathing | Resp. rate, effort, air entry | | | | | | | |
| C - Circulation | Heart rate, pallor, capillary refill, BP | | | | | | | |
| D - Disability AVPU | Alert / responds to Voice / Pain / Unresponsive | | | | | | | |
| E - Exposure | Don't forget glucose and temperature (heater) | | | | | | | |
| Drug Dosages | | | | | | | | |
| Adrenaline 1:10,000 | 0.1mL/kg | IV/IO | Morphine | 0.1mg/kg | IV | | | |
| Diazepam | 0.25mg/kg | IV/PR | Paracetamol | 15mg/kg | PO / PR | | | |
| Midazolam | 0.15mg/kg | IV/IM | Codeine | 0.5 - 1mg/kg | PO | | | |
| Glucose 10% | 5mL/kg | IV | Ibuprofen | 5 - 10mg/kg | PO | | | |
| Maintenance Fluid Calculations | | | | | | | | |
| Body Weight | Fluid requirement per day | | per hour | | Initial Fluid | | | |
| First 10 kg | 100mL/kg/24hrs | | 4mL/kg/hr | | 0.45% saline + 2.5% glucose | | | |
| Second 10 kg | 50mL/kg/24hrs | | 2mL/kg/hr | | 0.45% saline + 2.5% glucose | | | |
| Subsequent kg | 20mL/kg/24hrs | | 1mL/kg/hr | | 0.45% saline + 2.5% glucose | | | |
| Infants <5kg initial maintenance fluid 0.225% saline + 10% glucose | | | | | | | | |
| Age | Wt | HR | RR | Adren 1:10,000 0.1mL/kg | ETT (+/- 0.5) | Lip | NG | IDC |
| Yrs | Kg | / min | / min | mL | mm | cm | Fr Feed | Fr |
| < 30 days | 3.5 | 110 - 160 | 30 - 60 | 0.35 | 3.5 | 9 | 6 | 6 |
| 6m | 7 | 100 - 160 | 30 - 40 | 0.7 | 3.5 | 10 | 8 | 8 |
| 1 | 10 | 100 - 150 | 30 - 40 | 1 | 4.0 | 11 | 8 | 8 |
| 2 | 12 | 95 - 140 | 25 - 30 | 1.2 | 4.5 | 12 | 10 | 10 |
| 4 | 16 | 95 - 140 | 20 - 30 | 1.6 | 5.0 | 14 | 10 | 10 |
| 6 | 20 | 80 - 120 | 20 - 25 | 2 | 5.5 | 15 | 12 | 12 |
| 8 | 24 | 80 - 120 | 20 - 25 | 2.4 | 6.0 | 16 | 12 | 12 |
| 10 | 30 | 80 - 110 | 15 - 20 | 3 | 6.5 (c) | 17 | 12 | 12 |
| >12 | 40+ | 60 - 100 | 15 - 20 | 4+ | 7 (c) | 18 | 12 | 12 |
| Expected systolic Blood Pressure = 80+(age in years x 2) mmHg (c) = cuffed ETT | | | | | | | | |
| Fluid Resuscitation Bolus 20mL/kg (Normal Saline) | | | | | | | | |
| Suction: 8 Fr <1 yr, 10 Fr >1yr | | | | | | | | |
| Urine output 1 - 2mL/kg/hr | | | | | | | | |

PAEDIATRIC INFORMATION



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