

I. Normal observation values at different ages (from APLS, Edition 5)

Age of child (years)

	<1	1–2	2–5	5–12	>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

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2. Calculations for commonly used emergency drugs (formulas used from 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 = $(3 \times \text{age in years}) + 7$	

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2. (cont'd)

Energy (J)	4 J/kg	150–200 J biphasic for first shock 150–360 J biphasic for subsequent shocks
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Tube size	Pre-term babies 2.5 mm tube Babies usually 3 or 3.5 mm tube Children >1 year Tube size = (age in years/4) + 4
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2. (cont'd)

Fluid Bolus (IV or IO)	10 mL/kg of 0.9% saline if trauma/ DKA/cardiac problems 20 mL/kg of 0.9% saline otherwise	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

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3. UK immunisation schedule

	Rota- virus (oral vaccine)	Diph- theria and tetanus	Per- tussus	Polio	Hib	PCV	MenC	MMR	HPV	No. of injec- tions
2 months				2
3 months			2
4 months				3
12 months					.		.			1

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3. (cont'd)

13 months

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2

3 years,
4 months

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2

13–18
years

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1

12–18-
year-old
girls

• 3 doses

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4. Daily fluid requirements

Volume of fluid required in 24 hours (children)

Normal fluid for maintenance is 0.9% sodium chloride/5% dextrose

100 mL/kg for first 10 kg weight+

50 mL/kg for second 10 kg+

20 mL/kg thereafter

Volume of fluid required in 24 hours (neonates)

Normal fluid for maintenance is 10% dextrose

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4. (cont'd)

Day of life	Total volume of fluid required per day (mL/kg)
1	60
2	90
3	120
4 days and older	150

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