

Pediatric's Cheat Sheet

<u>Vital Signs:</u>	<u>Newborn</u>	<u>Infant</u>	<u>Toddler</u>	<u>School age</u>	<u>Adolescent</u>
HR	100-180	80-120	80-110	70-110	55-90
RR	35	30	23-25	17-21	17-18
SBP	65	65-100	90-105	100-120	110-135
DBP	41	45-65	55-70	60-75	65-85
Temp (C)	36.5 C	37.5 C	37.2 C	36.7 C	36.6 C
O2 Sat	95%	100%	100%	100%	100%

APGAR

A - appearance	all pink	pink + blue	blue/pale
P - pulse	> 100	< 100	absent
G - grimace	cough	grimace	no response
A - activity	flexed	flaccid	limp
R - respiratory	strong cry	weak cry	absent

7-10 = excellent 4-6 = moderate depression 0-3 = severely depressed

Dosage Calculations

1 mg = 1,000 mcg
1 g = 1,000 mg
1 kg = 1,000 g
1 oz = 30 mL
1 L = 1,000 mL
1 Tbsp = 15 mL
1 Tbsp = 3 tsp
1 tsp = 5 mL
1 kg = 2.2 lbs
1 gr = 60 mg

GTPAL

G - Gravidity	Gravitate = pregnant women
T - Term births (longer than 37 weeks)	Gravidity = number of pregnancies
P - Preterm births	
A - Abortions/Miscarriages	
L - Current living children	

V - variable decelerations	= C - cord compression
E - early decelerations	= H - head compression
A - accelerations	= O - ok, no prob
L - late decelerations	= P - placental insufficiency

Temperature Conversion

C	F	C	F
36	96.8	38.5	101.3
36.5	97.7	39	102.2
37	98.6	39.5	103.1
37.5	99.5	40	104
38	100.4	40.5	104.9

Recommended Immunization Schedule

Hepatitis B: birth, 1-2 months, 6-18 months
Diphtheria/tetanus/pertussis: 2, 4, 6, 15-18 months, + 4-6 yrs
Haemophilus influenzae type B (HIB): 2, 4, 6, + 12-15 months
Measles: 12-15 months + 4-5 yrs
Mumps: 12-15 months + 4-5 yrs
Rubella: 12-15 months + 4-5 yrs
Varicella: single dose at 12-18 months or 2 doses 4 weeks apart after age 13
Pneumococcal conjugate (PCV): 2, 4, 6, + 12-15 months
Hepatitis A: 2 doses 5 months apart after age 12 yrs
Influenza: annually for all infants older than 6 months, children, + teens.
Check: www.cdc.gov for guidelines
Meningococcal meningitis (MCV4): one dose at 11-13 yrs
Rotavirus: Check www.cdc.gov for guidelines
Human papilloma virus (HPV): Check www.cdc.gov for guidelines

Communicating with Children

Infants: Birth to 1 year- wt: dbls @ 6 mos, trpls @ 1 yr

- Direct eye contact: get to their level
- Imitation sounds
- Emphasizing vowels and consonants
- Close contact with primary caregiver

* fontanelles: *
posterior close @ 6-8 wks
anterior close @ 12-18 wks

- Promotion of security through contact and immediate needs of gratification

**** HONEY - DO NOT GIVE to pt < 1 year d/t risk of infant botulism (produces muscle paralysis)****

>>>S/S: constipation, decreased reflexes, weakness, respiratory failure

Toddlers: 1 to 3 yrs - wt: birth wt quadrupled @ 2.5 yrs

- Playing of age-appropriate games such as large balls, simple games, reading picture books
- Simple conversations that encourage autonomy
- Praise for desired behaviors
- Inclusion in conversations
- Don't make promises you can't keep!

Preschoolers: 3 to 5 yrs - wt: 2-3 kg/yr

- Imaginative play (magical thinking)
- Introduction to group play and conversations
- Learning how to take turns in conversation
- Preschoolers are very aware of surroundings, include child in conversations within earshot

Early School Age: 6 to 8 yrs - wt: (gain is slower) 2-3 kg/yr

- Engage about schoolwork and accomplishments
- Talk during shared crafts and art projects
- Encourage and praise efforts: "You are doing a great job"

Later School Age: 9 to 12 yrs - wt: (gain is slower) 2-3 kg/yr

- Enjoys competitive games, support sports by being actively involved
- Enjoys mastering technology/computer games, engage child while playing

Adolescent: 13 to 18 yrs - wt: growth spurt (begins earlier in girls)

- Engage in conversations about teen's goals + life plans
- Ask about peer group members
- Provide time with peers, cell phones, + computer social groups
- Provide internet access if appropriate
- Discuss family structure + home life
- Provide ample time of privacy
- Ask family to step out when interviewing

TIPS - on Assessment of Vital Signs

- Temperature-regulating mechanisms are not well developed in infants and young children, so temp may fluctuate as much as 3 F in 1 day
- Young infants do not shiver and lack adequate adipose tissue to insulate against heat loss
- Factors that influence body temp include exercise, stress, crying + environmental temperature
- When recording temperature, always include route (oral, axilla, rectal, tympanic) when documenting
- Always use least traumatic site + start w/ least invasive 1st

(RR ->> HR ->> Temp)