Paediatric formulae

WETFLAGS

Weight (Luscombe & Owens 2007)	0-12m = (age/2)+4 1-5y = (age x 2)+8 6-12y = (age x 3)+7
Energy	4J/kg
Tube	uncuffed = age/4+4 cuffed = age/4+3.5 infant 3mm 1-2y 3.5mm oral length = age/2+12 nasal length age/2+15
Lorazepam	0.1mg/kg
Fluids	20ml/kg (trauma 10ml/kg aliquots)
Adrenalin	0.1ml/kg 1:10,000 10µg/kg (100µg/kg in β-blocker od)
Glucose	2ml/kg 10%
Sodium Bicarbonate	1ml/kg 8.4%

5 rescue breaths - 15:2 - 100-120 per min
Bag sizes 250ml, 500ml, 1500ml
Needle insufflation 18G / 14G / 12G 1sec : 4sec O2 initially age l/min reduced to 2l/min
Adrenalin anaphylaxis 10µg/kg im <6y 150µg / 6-12y 300µg / >12y 500µg
Bicarbonate 1mmol/kg
Amiodarone 5mg/kg after 3rd and 5th DC
Ca gluconate 10% 0.3ml/kg

Maintenance Fluids

Holliday-Segar formula 100ml/kg/day first 10kg, 50ml/kg/day second 10kg, 20ml/kg/day over 20kg
Or 4 ml/kg/h + 2 ml/kg/h + 1 ml/kg/h
Losses: urine 30ml/kg/d, stool 0-10ml/kg/d, insensible 10-30ml/kg/d

Cerebral oedema

Mannitol 250-500mg/kg (1.25-2.5ml/kg 20%)
3% saline 3ml/kg
Dexamethasone 0.5mg/kg bd

Asthma

Salbutamol 15µg/kg bolus (5µg/kg <2y) infusion 1-5µg/kg/min
Aminophylline 5mg/kg 20min then 1mg/kg/h
$MgSO_4$ 25-40mg/kg (max 2g) 20min
Adrenalin neb 400µg/kg (0.4ml/kg 1:1000)
Saline 3% neb for bronchiolitis (NG9 says don't use)

Normal BP 50th centile BP = 85 + (age x 2)
Normal BP 5th centile BP = 65 + (age x 2)
In sepsis aim for BP=90 + (age x 2)

APLS v5.0 2011
International Liaison Committee on Resuscitation (ILCOR) 2010