

Dosing Common Drugs:

Acetaminophen (Tylenol): PO/PR/IV 15 mg/kg/dose, q6 hr prn fever/pain (max 3g/day)
Ibuprofen (Motrin): 10 mg/kg/dose, q6 hr prn fever/pain
Amoxicillin: for AOM, high dose 80-100 mg/kg/day, divided q12 hr x 10 days (max 3g/day)
Ceftriaxone: 50 mg/kg q24 hr (50 mg/kg q12 hr for meningitis)
Vancomycin: 15 mg/kg/dose q6-8 hrs, trough prior to 4th dose (goal 10-20)
Albuterol: Dosing is variable. For mild intermittent asthma: 90 mcg/spray MDI 2 puffs q4-6 hours prn wheezing
Prednisolone (Orapred): 1 mg/kg/day divided BID x 3-5 day for mild asthma exacerbations

Conversions:

Volume: 1 oz = 30 ml
1 tsp = 5ml
1 tbsp = 3 tsp (15 ml)

Weight: 1 lb = 1 kg x 2.2

Fluid Management:

Signs of dehydration:

Most sensitive: dry mucous membranes, irritability/lethargy
Most specific: delayed cap refill (nl <2 sec), skin turgor, resp distress
Other signs: sunken fontanelle, decreased UOP or weight, tachycardia

Bolus: normal saline 20ml/kg (10ml/kg for cardiac)

Maintenance: 4-2-1 Rule

For the 1st 10 kg: 4 ml/kg/hr
For the 2nd 10 kg: 2 ml/kg/hr
For each additional 1 kg: add 1 ml/kg/hr

Example: 25 kg kid: $4 \times 10 + 2 \times 10 + 5$
= 65 ml/hr of D5NS or D51/2NS + 20 meq KCl

UOP: goal 2-3 ml/kg/hr (up to 40 kg)

Useful Lab Values (CSF):

Normal CSF (Infant >1mo): WBC<10; 0% PMNs; protein<40; glucose 50-60

Bacterial meningitis: low glucose, high protein, neutrophil predominance

Asthma Classification:

	Sx/Albuterol use	Night Sx	Lung Fx' n
Intermittent	<2/wk	0	FEV1>80%
Mild*	>2/wk	1-2/mo	<80%
Moderate*	Daily	3-4/mo	60-80%
Severe*	All day	>1/wk	<60%

Apgar Score (Max 10; Take at 1, 5 min of life)

	0	1	2
Tone	Floppy	Some flexion	Vigorous
Color	Blue/pale	Blue extremities	All pink
Respiratory	None	Irregular	Regular, Crying
HR	None	<100	>100
Irritability	None	Grimace	Cough/Sneeze

Pediatric Vital Signs

Normal Heart Rate by Age (beats/minute) Reference: PALS Guidelines, 2015		
Age	Awake Rate	Sleeping Rate
Neonate (<28 d)	100-205	90-160
Infant (1 mo-1 y)	100-190	90-160
Toddler (1-2 y)	98-140	80-120
Preschool (3-5 y)	80-120	65-100
School-age (6-11 y)	75-118	58-90
Adolescent (12-15 y)	60-100	50-90

Normal Respiratory Rate by Age (breaths/minute) Reference: PALS Guidelines, 2015	
Age	Normal Respiratory Rate
Infants (<1 y)	30-53
Toddler (1-2 y)	22-37
Preschool (3-5 y)	20-28
School-age (6-11 y)	18-25
Adolescent (12-15 y)	12-20

Temperature

C	F
37	98.6 ^a
38.0	100.4 ^b
38.5	101.3 ^c

^A Normal
^B Fever (infant)
^C Fever (>3mo)

Major Developmental Milestones

Age	Gross Motor	Fine Motor	Verbal	Social
2 mo	Lifts chest when prone	Tracks past midline	Coos	Social smile
4 mo	Rolls front to back	Grasps objects		Laughs
6 mo	Sits, rolls both directions	Reaches for objects	Babbles	
9 mo	Pulls to stand, cruises	Pincer (immature)	Mama/Dada	Stranger anxiety
12 mo	Stands alone, walks	Pincer (mature)	1-4 words	
15 mo	Walks well	Finger feeds, uses cup	4-6 words	Follows single-step commands
18 mo	Runs, walks upstairs holding hands	Scribbles	10-25 words	Helps undress self
24 mo	Up/down stairs, throws ball, jumps		2-3 word phrases, 50% intelligible**	Helps dress self, parallel play

** 3 yo 75% intelligible; 4 yo 100% intelligible