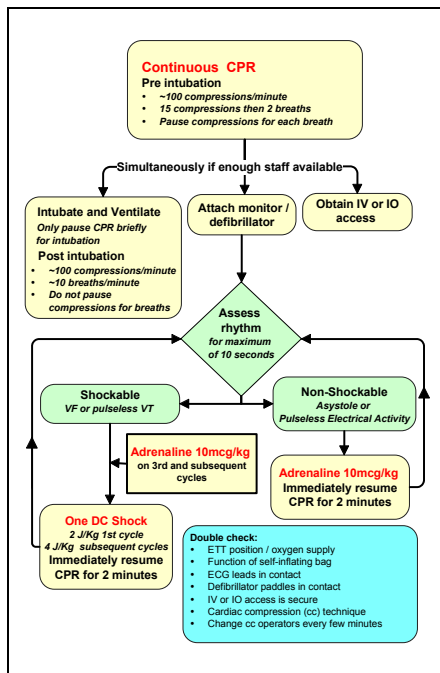


# Paediatric Resuscitation Card

Age	Min Wt	Syst BP	Heart Rate	Resp Rate	Adren 1 in 10,000	Adren 1 in 1,000	ETT int diam	ETT lip / nose	DC shock 2/4 J/kg	Fluid 20 mls/kg
	kg	mmHg	bpm	bpm	mls	mls	mm	cm	J	mls
Term:	3.5	50	100-170	40-60	0.4	-	3.0/3.5	8.5 / 10.5	7/14	70
3m:	6	50	100-170	30-50	0.6	-	3.5	9.5 / 11	12/24	120
6m:	8	60	100-170	30-50	0.8	-	4.0	10 / 13	16/32	160
1y:	10	65	100-170	30-40	1.0	0.1	4.0	11 / 14	20/40	200
2y:	13	65	100-160	20-30	1.5	0.15	4.5	12 / 15	26/52	260
4y:	15	70	80-130	20	1.5	0.15	5.0	14 / 17	30/60	300
6y:	20	75	70-115	16	2.0	0.2	5.5	15 / 19	40/80	400
8y:	25	80	70-110	16	2.5	0.25	6.0	16 / 20	50/100	500
10y:	30	85	60-105	16	3.0	0.3	6.5	17 / 21	60/120	600
12y:	40	90	60-100	16	4.0	0.4	7.0	18 / 22	80/160	800
14y:	50	90	60-100	16	5.0	0.5	7.5	19 / 23	100/200	1000
17y+:	70	90	60-100	16	10.0	1.0	7.5/8.0	19 / 23	150/300	1000

Read notes at [www.mikesouth.org.au](http://www.mikesouth.org.au) before you use this card. Mike South 2006 [mike.south@rch.org.au](mailto:mike.south@rch.org.au)



- Cut out the diagram (just inside the lines)
- Cut out the table.
- Stick back to back and laminate in an ID card pouch
- Hot laminating can often be done at sports clubs etc.

Clearly printed laminated copies of all of our cards can be obtained for \$3 each from:

Child Health Information Centre  
 Royal Children's Hospital  
 Flemington Road PARKVILLE VIC  
 AUSTRALIA 3052  
 Phone: +61 3 9345 6429  
 Fax: +61 3 9345 6120

email: [chic.bookshop@rch.org.au](mailto:chic.bookshop@rch.org.au)

- Min sys BP** minimum systolic BP
- Adren** Adrenaline
- ETT** Endotracheal tube internal diameter
- Lip/nose** ETT length
- DC** Cardioversion joules  
use 2J/kg for 1<sup>st</sup> shock then 4J/kg

This card is designed to be a readily available guide to acceptable physiological variables, endotracheal tube sizes and positions, and to doses of drugs and other therapies.  
**It is not a recipe card** - it is important that you think carefully if “standard” doses of drugs are appropriate for any individual patient. Do not just blindly follow the doses given here – think first.

Information presented here comes from several sources, particularly Drug Doses by Frank Shann

If you know the patient’s weight – use that, otherwise the age can be used.

Doses have been rounded where sensible to do so, and minimum and maximum doses applied to some drugs.

For minimum systolic blood pressure, and heart and respiratory rate – look at trends as well as absolute numbers.

Adrenaline dose is given in mls for 1:10,000 solution.

DC shock energy has been rounded to figures commonly found on defibrillators. Use 2J/kg for first shock and 4j/kg subsequently.

I’ve done my best to ensure this information is accurate but it is your responsibility to verify doses etc before using the card. You are welcome to modify it in any way you like but please ensure any changes are not attributed to me.

Comments and feedback welcome

### ***Mike***

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[www.mikesouth.org.au](http://www.mikesouth.org.au)