

PEDIATRIC QUICK REFERENCES

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PrimeCare
TRAINERS

Trainers in First Aid & Emergency Care

For Infants < 12 months:
Weight (kg) = (age in months + 9)/2

For Children aged 1-5 years:
Weight (kg) = 2 x (age in years + 5)

For Children aged 5-14 years:
Weight (kg) = 4 x age in years.

ETT size (mm):
(Age ÷ 4) + 4.5

ETT length
ETT size × 3

Minimum SBP
70 + (2 × Age)

Fluid Bolus:
20mls/Kg

Blood Tx:
10mls/kg

Defib:
4J/kg








Adrenaline 1:10,000 at 0.1ml
0.1mls/kg

Atropine
20mcgs/kg IV

10% glucose bolus
2mls/kg

Maintenance fluids
4mls/kg/hour for the 1st 10kgs
2mls/kg/hour for every Kg above 10kgs

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