

## Pediatric Assessment – CHEAT SHEET

### Normal Vital Charts by Age

#### **Normal Respiratory Rate:**

| Age              | Respiratory Rate (Breaths/Minute) |
|------------------|-----------------------------------|
| Newborn – 1 year | 30 to 60                          |
| 1 to 3 years     | 25 to 40                          |
| 3 to 12 years    | 20 to 30                          |
| > 12years        | 12 to 20                          |

#### **Normal Heart Rate:**

| Age           | Heart Rate (Beats/Minute) |
|---------------|---------------------------|
| Newborn       | 80 to 200                 |
| < 2 years     | 80 to 180                 |
| 2 to 10 years | 60 to 150                 |
| >10 years     | 60 to 100                 |

#### **Lower Limit of Systolic Blood Pressure:**

(Systolic blood pressure in the 5<sup>th</sup> percentile for the patient's age is at the lower limit of the acceptable range. A blood pressure below that indicates hypotension.)

| Age           | Systolic Blood Pressure (mmHg) |
|---------------|--------------------------------|
| Newborn       | 60                             |
| <1 year       | 70                             |
| 1 to 10 years | 70 + (Age in years x 2)        |
| >10 years     | 90                             |

#### **General Examination:**

##### **Skin:**

- Loss of normal pink coloration of mucosa and nail beds
- Mottling
- Skin warmth or coolness
- Prolonged capillary refill, determined with the extremity above the level of the patient's heart to prevent the mistaken assessment of venous refill

##### **Signs of Dehydration:**

- Sunken fontanelle in infants
- Absent tears
- Sunken eyes
- Skin tenting
- Dry mucous membranes

##### **Color:**

- Cyanosis
  - Acrocyanosis (may be present if room temperature is cool)
  - Central cyanosis
- Jaundice
- Pallor

**Breathing:**

- Bradypnea/tachypnea
- Stridor
- Audible wheezing
- Nasal flaring/grunting
- Intercostal retractions

**Level of Alertness:**

- Awake and alert
- Responds to verbal commands
- Responds only to painful stimulation
- Unresponsive

**Sources:**

American Heart Association. 2020. *Pediatric Advanced Life Support Provider Manual*. ISBN 978-1-61669-599-0.  
Society of Critical Care Medicine. 2018. *Pediatric Fundamental Critical Care Support*. ISBN 978-0-936145-50-1.