

Normal Paediatric values

(adapted from APLS)

AGE	RR	HR	SYSTOLIC BP
<1	30-40	110-160	70-90
1-2	25-35	100-150	80-95
2-5	25-30	95-140	80-100
5-12	20-25	80-120	90-110
>12	15-20	60-100	100-120

PEAK EXPIRATORY FLOW RATE

For use with EU/EN13826 scale PEF meters only

Height (m)	Height (ft)	Predicted EU PERFR (L/min)	Height (m)	Height (ft)	Predicted EU PERFR (L/min)
0.85	2'9"	87	1.30	4'3"	212
0.90	2'11"	95	1.35	4'5"	233
0.95	3'1"	104	1.40	4'7"	254
1.00	3'3"	115	1.45	4'9"	276
1.05	3'5"	127	1.50	4'11"	299
1.10	3'7"	141	1.55	5'1"	323
1.15	3'9"	157	1.60	5'3"	346
1.20	3'11"	174	1.65	5'5"	370
1.25	4'1"	192	1.70	5'7"	393

Salbutamol inhaler regime via volumatic spacer device for viral induced wheeze

(Adapted from Paediatric department WPH)

Children under 3 yrs to use volumatic spacer with face mask
Children over 3 yrs to use volumatic spacer with mouth piece
(To use face mask for over 3 yrs when unable to cope without)

- 1) Inhale 10 puffs every 4 hrs for 24 hrs
- 2) Then inhale 8 puffs every 4 hrs for 24 hrs
- 3) Then inhale 6 puffs every 6 hrs for 24 hrs
- 4) Then inhale 4 puffs every 6 hrs for 24 hrs
- 5) Then inhale 2 puffs every 6-8 hrs for 24 hrs
- 6) Then inhale 2 puffs as and when required.

If your child becomes worse then go back up the scale and contact your GP Surgery.