



# PALS

## Vital Signs in Children

These 3 tables are reproduced or modified from Hazinski MF. Children are different. In: *Nursing Care of the Critically Ill Child*. 3rd ed. Mosby; 2013:1-18, copyright Elsevier.

### Normal Heart Rates\*

Age	Awake rate (beats/min)	Sleeping rate (beats/min)
Neonate	100-205	90-160
Infant	100-180	90-160
Toddler	98-140	80-120
Preschooler	80-120	65-100
School-age child	75-118	58-90
Adolescent	60-100	50-90

\*Always consider the patient's normal range and clinical condition. Heart rate will normally increase with fever or stress.

### Normal Respiratory Rates\*

Age	Rate (breaths/min)
Infant	30-53
Toddler	22-37
Preschooler	20-28
School-age child	18-25
Adolescent	12-20

\*Consider the patient's normal range. The child's respiratory rate is expected to increase in the presence of fever or stress.

Data from Fleming S et al. *Lancet*. 2011;377(9770):1011-1018.

### Normal Blood Pressures

Age	Systolic pressure (mm Hg)*	Diastolic pressure (mm Hg)*	Mean arterial pressure (mm Hg)†
Birth (12 h, <1000 g)	39-59	16-36	28-42‡
Birth (12 h, 3 kg)	60-76	31-45	48-57
Neonate (96 h)	67-84	35-53	45-60
Infant (1-12 mo)	72-104	37-56	50-62
Toddler (1-2 y)	86-106	42-63	49-62
Preschooler (3-5 y)	89-112	46-72	58-69
School-age child (6-9 y)	97-115	57-76	66-72
Preadolescent (10-12 y)	102-120	61-80	71-79
Adolescent (12-15 y)	110-131	64-83	73-84

\*Systolic and diastolic blood pressure ranges assume 50th percentile for height for children 1 year and older.

†Mean arterial pressures (diastolic pressure + [difference between systolic and diastolic pressures/3]) for 1 year and older, assuming 50th percentile for height.

‡Approximately equal to postconception age in weeks (may add 5 mm Hg).

Data from Gemelli M et al. *Eur J Pediatr*. 1990;149(5):318-320; Versmold HT et al. *Pediatrics*. 1981;67(5):607-613; Haque IU, Zaritsky AL. *Pediatr Crit Care Med*. 2007;8(2):138-144; and National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents. *The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents*. NHLBI; 2005. NIH publication 05-5267.

# Pals Pocket Guide

**M Plany**

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Control and Prevention (U.S.), 1998

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