

APLS Aide Memoire - Boys

Age	Guide Weight (kg)	A ET tube		C Joules	C Fluid	C Adrenaline	D Lorazepam	D Glucose	RR	HR	BP Systolic		
		Int Diametre mm	Length cm	4 J/kg	10 ml/kg (ml)	0.1 ml/kg of 1: 10 000 (ml)	0.1mg/kg Max 4 mg (mg)	2 ml/kg of 10% Glucose (ml)	At rest Breaths per minute 5 th – 95 th centile	Beats per minute 5 th -95 th centile	5 th centile	50 th centile	95 th centile
Birth	3.5	3.0/3.5	9	20	35	0.4	0.4	7	25 – 50	120 - 170	65 – 75	80 – 90	105
1 month	4.5	3.5	9	20	45	0.5	0.5	9	25 – 50	120 – 170	65 – 75	80 – 90	105
3 months	6.5	3.5	10	30	65	0.7	0.7	13	25 – 45	115 – 160	65 – 75	80 – 90	105
6 months	8	4	12	30	80	0.8	0.8	16	20 – 40	110 – 160	65 – 75	80 – 90	105
12 months	9.5	4.5	13	40	100	1.0	1.0	19	20 – 40	110 – 160	70 – 75	85 – 95	105
18 months	11	4.5	13	40	110	1.1	1.1	22	20 – 35	100 – 155	70 – 75	85 – 95	105
2 years	12	4.5	13	50	120	1.2	1.2	24	20 – 30	100 – 150	70 – 80	85 – 100	110
3 years	14	5	14	60	140	1.4	1.4	28	20 – 30	90 – 140	70 – 80	85 – 100	110
4 years	16	5	14	60	160	1.6	1.6	32	20 – 30	80 – 135	80 – 90	85 – 100	110
5 years	18	5.5	14	80	180	1.8	1.8	36	20 – 30	80 – 135	80 – 90	90 – 110	110 – 120
6 years	21	5.5	15	80	210	2.1	2.1	42	20 – 30	80 – 130	80 – 90	90 – 110	110 – 120
7 years	23	6	15	100	230	2.3	2.3	46	20 – 30	80 – 130	80 – 90	90 – 110	110 – 120
8 years	25	6	16	100	250	2.5	2.5	50	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
9 years	28	6.5	16	120	250	2.8	2.8	56	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
10 years	31	6.5	17	130	250	3.1	3.1	62	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
11 years	35	6.5	17	140	250	3.5	3.5	70	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
12 years	43	7.5	18	150	250	4.3	4.0	86	12 – 24	65 – 115	90 – 105	100 – 120	125 – 140
14 years	50	8	21	150	250	5.0	4.0	100	12 – 24	60 – 110	90 – 105	100 – 120	125 – 140
Adult	70	8	24	120 – 150 Joules biphasic	250	10ml (i.e 1 mg)	4 mg	100 ml	12 – 24	60 – 110	90 - 105	100 – 120	125 – 140

TIP: If a child is particularly big, go up one or two years; particularly small go down one of two years

The final responsibility of delivery of the correct dose remains that of the physician prescribing and administering the drug

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Age	Guide Weight (kg)	A ET tube		C Joules	C Fluid	C Adrenaline	D Lorazepam	D Glucose	RR	HR	BP Systolic		
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Birth	3.5	3.0/3.5	9	20	35	0.4	0.4	7	25 – 50	120 - 170	65 – 75	80 – 90	105
1 month	4.5	3.5	9	20	45	0.5	0.5	9	25 – 50	120 – 170	65 – 75	80 – 90	105
3 months	6	3.5	10	30	60	0.6	0.6	12	25 – 45	115 – 160	65 – 75	80 – 90	105
6 months	7	4	12	30	70	0.7	0.7	14	20 – 40	110 – 160	65 – 75	80 – 90	105
12 months	9	4.5	13	40	90	0.9	0.9	18	20 – 40	110 – 160	70 – 75	85 – 95	105
18 months	10	4.5	13	40	100	1.0	1.0	20	20 – 35	100 – 155	70 – 75	85 – 95	105
2 years	12	4.5	13	50	120	1.2	1.2	24	20 – 30	100 – 150	70 – 80	85 – 100	110
3 years	14	5	14	60	140	1.4	1.4	28	20 – 30	90 – 140	70 – 80	85 – 100	110
4 years	16	5	14	60	160	1.6	1.6	32	20 – 30	80 – 135	80 – 90	85 – 100	110
5 years	18	5.5	14	80	180	1.8	1.8	36	20 – 30	80 – 135	80 – 90	90 – 110	110 – 120
6 years	20	5.5	15	80	200	2.0	2.0	40	20 – 30	80 – 130	80 – 90	90 – 110	110 – 120
7 years	22	6	15	90	220	2.2	2.2	44	20 – 30	80 – 130	80 – 90	90 – 110	110 – 120
8 years	25	6	16	100	250	2.5	2.5	50	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
9 years	28	6.5	16	120	250	2.8	2.8	56	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
10 years	32	6.5	17	130	250	3.2	3.2	64	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
11 years	35	6.5	17	140	250	3.5	3.5	70	15 – 25	70 – 120	80 – 90	90 – 110	110 – 120
12 years	43	7.5	18	150	250	4.3	4.0	86	12 – 24	65 – 115	90 – 105	100 – 120	125 – 140
14 years	50	8	21	150	250	5.0	4.0	100	12 – 24	60 – 110	90 – 105	100 – 120	125 – 140
Adult	70	8	24	120 – 150 Joules biphasic	250	10ml (i.e 1 mg)	4 mg	100 ml	12 – 24	60 – 110	90 - 105	100 – 120	125 – 140

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