

Paediatric Life Support Course

**Helpful Formulae**

Knowing the following formulae will be beneficial for participation in the PLS course. You will find this & more detailed information in the APLS manual.

* **A** – **Airway**

ETT size:

3.0 – 3.5 Newborn up to 6 months

4.0 for 6-12 months

(Age/4) + 4 for over 12mths

* **B** – **Breathing**

High-flow O2

* **C** – **Circulation**

Adrenaline dose:

0.1 mL/kg 1:10 000 IV or IO (= 10mcg/kg)

Defibrillation: 4 J/kg

Fluids: 20 mL/kg Normal Saline

(In trauma, consider 10 mL/kg of normal saline)

Blood: 10mL/kg or O negative

* **DEFG** – **Don’t ever forget glucose**

Glucose dose: 2 mL/kg of 10% Dextrose IV