



## **APLS Aide Memoire**

		A ET tube	ec.	C Joules	C Fluid	C Adrenaline	D Lorazepam	D Glucose	RR	뜊		BP systolic	
Age	Guide weight (kg)	Int. diameter (mm)	Length (cm)	4 J/kg	10 ml/kg (ml)	0.1 ml/kg of 1 : 10 000 (ml)	0.1 mg/kg Max 4 mg (mg)	3 ml/kg of 10% glucose (ml)	At rest Breaths per minute 5th-95th centile	Beats per minute 5th-95th centile	5th centile	50th centile	95th centile
Birth	3.5	3.0/3.5	6	20	35	0.4	0.4	10.5	25–50	120–170	65–75	06-08	105
1 month	4	3.5	6	20	40	0.4	0.4	12	25–50	120–170	65–75	06-08	105
3 months	22	3.5-4	10	30	20	0.5	0.5	15	25–45	115–160	65–75	06-08	105
6 months	8	4	12	30	80	0.8	0.8	24	20–40	110–160	65–75	06-08	105
12 months	10	4.5	13	40	100	1.0	1.0	30	20–40	110–160	70–75	85–95	105
2 years	12	4.5	13	20	120	1.2	1.2	36	20–30	100–150	70–80	85–100	110
3 years	14	5	14	09	140	1.4	1.4	42	20–30	90–140	70–80	85–100	110
4 years	16	5	14	09	160	1.6	1.6	48	20–30	80–135	80–90	85–100	110
5 years	18	5.5	14	80	180	1.8	1.8	54	20–30	80–135	80–90	90–110	110–120
6 years	20	5.5	15	80	200	2.0	2.0	09	20–30	80–130	80–90	90–110	110-120
7 years	23	6	15	100	230	2.3	2.3	69	20–30	80–130	80–90	90–110	110-120
8 years	24	6	16	100	240	2.4	2.4	72	15–25	70–120	80–90	90–110	110–120
9 years	28	6.5	16	120	250	2.8	2.8	84	15–25	70–120	80–90	90–110	110-120
10 years	30	6.5	17	120	250	3.0	3.0	90	15–25	70–120	80–90	90–110	110–120
11 years	35	6.5	17	140	250	3.5	3.5	100	15–25	70–120	06-08	90–110	110–120
12 years	40	7.5	18	150	250	4.0	4.0	100	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	80	24	120–150 Joules biphasic	250	10 ml (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 or two years

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

Reproduced from Advanced Paediatric Life Support: A Practical Approach to Emergencies, 7th Edition, first published 2023 © 2023 John Wiley & Sons Ltd.

This algorithm is to be used for educational purposes only and must not be shared with third parties.

ALSG is a medical education charity aiming to improve outcomes for people in life-threatening situations, anywhere along the healthcare pathway. www.alsg.org