

APLS aide-memoire: girls

Age	Guide Weight (kg)	A ET tube	C Joules 4 J/kg	C Fluids 20 ml/kg (ml)	C Adrenaline 0.1 ml/kg of 1:10 000 (ml)	D Lorazepam 0.1 mg/kg Max 4 mg (mg)	D Glucose 2 ml/kg of 10% Glucose (ml)	RR At rest Breaths per minute 5 th -95 th centile	HR Beats per minute 5 th -95 th centile	BP Systolic			
										5 th centile	50 th centile	95 th centile	
1 month	4.5	3.5	9	20	90	0.5	0.5	9	25-50	120-170	65-75	80-90	105
3 months	6	3.5	10	30	120	0.6	0.6	12	25-45	115-160	65-75	80-90	105
6 months	7	4	12	30	140	0.7	0.7	14	20-40	110-160	65-75	80-90	105
12 months	9	4.5	13	40	180	0.9	0.9	18	20-40	110-160	70-75	85-95	105
18 months	10	4.5	13	40	200	1.0	1.0	20	20-35	100-155	70-75	85-95	105
2 years	12	4.5	13	50	240	1.2	1.2	24	20-30	100-150	70-80	85-100	110
3 years	14	5	14	60	280	1.4	1.4	28	20-30	90-140	70-80	85-100	110
4 years	16	5	14	60	320	1.6	1.6	32	20-30	80-135	70-80	85-100	110
5 years	18	5.5	14	80	360	1.8	1.8	36	20-30	80-135	80-90	90-110	110-120
6 years	20	5.5	15	80	400	2.0	2.0	40	20-30	80-130	80-90	90-110	110-120
7 years	22	6	15	90	440	2.2	2.2	44	20-30	80-130	80-90	90-110	110-120
8 years	25	6	16	100	500	2.5	2.5	50	15-25	70-120	80-90	90-110	110-120
9 years	28	6.5	16	120	500	2.8	2.8	56	15-25	70-120	80-90	90-110	110-120
10 years	32	6.5	17	130	500	3.2	3.2	64	15-25	70-120	80-90	90-110	110-120
11 years	35	6.5	17	140	500	3.5	3.5	70	15-25	70-120	80-90	90-110	110-120
12 years	43	7.5	18	150	500	4.3	4.0	86	12-24	65-115	90-105	100-120	125-140
14 years	50	8	21	150	500	5.0	4.0	100	12-24	60-110	90-105	100-120	125-140
Adult	70	8	24	120-150 Joules biphasic	500	10 ml (i.e. 1 mg)	4 mg	100ml	12-24	60-110	90-105	100-120	

TIP: If a child is particularly big go up one or two years; particularly small go down one or two years
The final responsibility for delivery of the correct dose remains that of the physician prescribing and administering the drug

For a full summary of APLS 6e and to book your place on a course visit <http://bit.ly/APLSfactsheet>



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Supporting paediatric courses

ALSG's paediatric education packages span the entire healthcare pathway for paediatrics, from community care, right through to intensive and critical care.



Pre-hospital Paediatric Life Support (PHPLS)

Management of childhood emergencies prior to hospital admission



Child Protection: Recognition and Response (CPRR)

Teaches to recognise the indicators of possible abuse or neglect



Child Protection in Practice (CPIP)

Provides speciality trainees with competencies required for their ongoing child protection practice



Neonatal, Adult and Paediatric Safe Transfer and Retrieval (NAPSTAR)

Providing a structured approach to the safe transfer and retrieval of patients



SAFE Community

Providing support to healthcare professionals in the community setting and public training to ensure that children and young people receive safe care closer to home

To book or find out more

contact@alsg.org | <http://bit.ly/APLSfactsheet> | 0161 794 1999

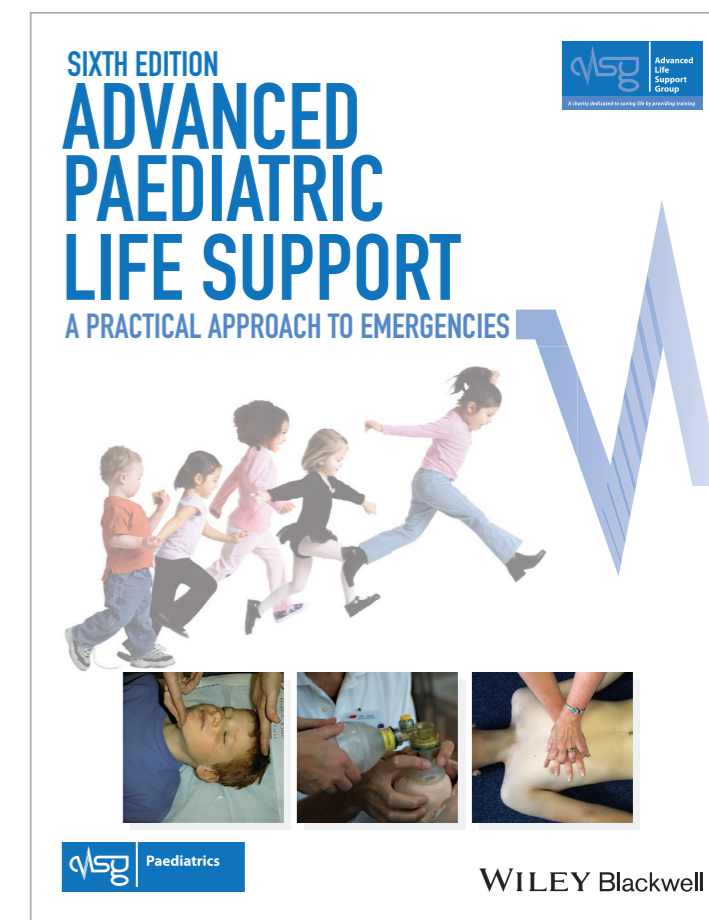


WILEY



ADVANCED PAEDIATRIC LIFE SUPPORT (APLS)

A comprehensive and structured approach to emergency paediatric training



19-600001/MLEA04-3093



WILEY

Advanced Paediatric Life Support (APLS)

APLS continues to be the leading course for paediatric specialists, the blended learning package not only focuses on resuscitation but examines emergency treatment options, continual stabilisation techniques, as well as scrutinising the procedures required for a transfer to a definitive care environment for the child.

- Teaching experience for over 25 years
- Internationally recognised and taught in over 100 centres around the world and more than 83,000 clinicians trained
- Course development chaired by leading paediatric physician, Stephanie Smith, Emergency Paediatric Consultant & Clinical Director
- Working groups include specialist paediatric and emergency physicians from around the world – benefiting from new approaches and global learnings



Endorsed by the Royal College of Paediatrics & Child Health (RCPCH) with curriculum key capabilities covered in the course



“The RCPCH are pleased to provide Endorsement of the Advanced Life Support Group (ALSG) Advanced Paediatric Life Support (APLS) course. APLS provides the knowledge and skills necessary for recognition and effective treatment and stabilisation of children with life threatening emergencies, using a structured, sequential approach and aims to teach, practice and test the acquisition and use of these technical skills.”

RCPCH, Vice President for Education & Professional Development



Paediatric Life Support (PLS)

PLS provides a planned structure and understanding of the necessary skills required for initial recognition and stabilisation of children with life threatening emergencies, whilst recognising individual roles within an emergency or trauma team and responsibilities to senior clinicians.

So much more than resuscitation



Rigorous challenging scenarios by following a structured approach

Practical experiences to ensure life-saving treatment decisions are undertaken

Supported by APLS structure and practice

- Blended learning package including e-modules, practical face-to-face training with specialty faculty, course manual and supporting online materials for four years
- Structured and sequential approach to learning
- Practical course includes lectures, demos, simulation training and safe environment to practice techniques
- Newly developed continuous assessment and feedback on competencies - proven benefits to learnings and outcomes
- Key areas which need greater understanding and clarity addressed immediately
- Standard course materials across training programmes creating a consistent language amongst clinicians at all levels
- Standardised and systematic approach to caring for a seriously ill or injured child
- Integrated consideration and feedback on Human Factors (non-technical skills) underpin the clinical aspects of the course material
- International spread of Working Group ensures course materials benefit from new approaches and global learnings
- Access to online learning modules and course updates for four years following completion of the course(s) ensuring access to updates and refresher opportunities
- Paediatric e-book for ease of access on mobile devices which is updated regularly in line with course updates
- Access to a paediatric e-library including video resources showing rarely seen conditions

APLS aide-memoire: boys

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Birth	3.5	3.0/3.5	9	20	70	0.4	0.4	7	25-50	120-170	65-75	80-90	105
1 month	4.5	3.5	9	20	90	0.5	0.5	9	25-50	120-170	65-75	80-90	105
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6 years	21	5.5	15	80	420	2.1	2.1	42	20-30	80-130	80-90	90-110	110-120
7 years	23	6	15	100	460	2.3	2.3	46	20-30	80-130	80-90	90-110	110-120
8 years	25	6	16	100	500	2.5	2.5	50	15-25	70-120	80-90	90-110	110-120
9 years	28	6.5	16	120	500	2.8	2.8	56	15-25	70-120	80-90	90-110	110-120
10 years	31	6.5	17	130	500	3.1	3.1	62	15-25	70-120	80-90	90-110	110-120
11 years	35	6.5	17	140	500	3.5	3.5	70	15-25	70-120	80-90	90-110	110-120
12 years	43	7.5	18	150	500	4.3	4.0	86	12-24	65-115	90-105	100-120	125-140
14 years	50	8	21	150	500	5.0	4.0	100	12-24	60-110	90-105	100-120	125-140
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