

BASIC PAEDIATRIC PROTOCOLS

for ages up to 5 years

February 2022

5th Edition

DRAFT



February 2022 5th Edition

DRAFT

Acknowledgements

The development of this 5th edition of the Basic Pediatric Protocol marks an important milestone in the efforts of the health sector to ensure that quality health services are provided to children under five years in Kenya. Its use is expected to contribute to provision of the highest quality of health care service delivery as envisaged in the Constitution of Kenya.

The Ministry of Health, expresses its gratitude to the members who made the original contribution to the protocol, and to the reviewers who have contributed to updating the guidelines in this book. The review was done through a long process of consultation, teamwork and information gathering. It was headed by Dr. Caroline Mwangi, Head, Division of Neonatal and Child Health in consultation with the various pediatric stakeholders.

We wish to thank everyone who reviewed most of the evidence and made recommendations to this protocol. Special thanks goes to Elsa Odira, Program Manager, Division of Neonatal and Child Health, and the core review team, Dr. Joy Odhiambo (Kisumu) Dr. Maryanne Wachu (Bomet) Dr. Abdullahi Rashid (Wajir) Dr. Rachael Kanguha (Tharaka Nithi) Dr. Brenda Oeba (Nyamira) Alice Nyimbaye (Homabay), Jason Kiruja (KNH), Dr Emelda A. Manguro (Machakos) and Beatrice Juma (Kisumu).

The Ministry of Health appreciates the financial support given by UNICEF, Save the Children, CHAI and other development partners towards the review of this protocol.

Dr. Mulwa, A.M

Ag: Director Preventive and Promotive Health Services Ministry of Health February, 2022



Table of Contents

Foreword

Principles of good care Specific Policies

Infection Prevention Control

Hand Hygiene Technique

Clinical audit and use of the protocols

Audit framework tool

List of essential equipment

Essential drugs

Emergency drugs - Diazepam, Lorazepam and Glucose

Anticonvulsant drug doses and administration

Intravenous/intramuscular antibiotic dose

Oral antibiotic doses

Initial Maintenance Fluids/Feeds

Triage of sick children

Infant/Child Basic Life Support

Infant/Child WITH SIGNS OF LIFE

Oxygen Therapy

Prescribing Oxygen

Use of Intra-osseuos lines

Treatment of convulsions

Malaria

- · Anti-malarial drug doses and preparation
- · Malaria treatment doses

Meningitis

Diarrhoea / Gastroenteritis

Dehydration management

Diabetic Ketoacidosis Management

Measuring nutritional status

Fluid management

Complicated severe acute malnutrition

· Feeding children with severe malnutrition

Pneumonia

· Pneumonia treatment failure definitions

Possible asthma

Tuberculosis

· Tuberculosis treatment

HIV PITC and Feeding

- · Algorithm for Early Infant Diagnosis of HIV
- Presumptive Diagnosis of HIV in Children
- HIV Testing Services Algorithm for the child >18 months
- The resulty dervices Algorithm for the child a to mon
- · ARVs for Infant Prophylaxis

Newborn Resuscitation

Essential Newborn Care

· Newborn feeding/fluid requirements

Neonatal Hypoglycemia

Neonatal Convulsions

Neonatal Jaundice

Jaundice Treatment

Nomograms

Apnoea of Prematurity

Continuous Positive Airway Pressure - CPAP

Neonatal sepsis

Newborn antibiotic doses

Weight Height Reference Tables





49

50

51

53

57

58

59

60

61

68

69 70

72 74

2

3

5

6

Foreword



This pocket book consists of guidelines on triage, assessment & classification of illness severity, criteria for admission, and inpatient management of the major causes of childhood morbidity & mortality such as pneumonia, diarrhea, malaria, severe acute malnutrition, meningitis, HIV, TB and neonatal conditions. The guidelines target management of the seriously ill newborn or child in the first 24 - 48 hours of arrival at hospital.

The booklet is aimed at doctors, clinical officers, nurses and other health workers responsible for the care of sick newborns and young children at all levels, although it mainly targets those who provide basic hospital care. It will also be useful for tertiary or university hospitals for defining basic evidence informed care to students in medical schools and other health training institutions. The guidelines presume health facilities that provide care should have the capacity to do essential investigations for common serious childhood illnesses and avail essential drugs for the care of seriously sick children.

The first edition was inspired by the WHO Book, "A Pocket Book of Hospital Care for Children" (2005 Edition). It has subsequently been updated based on specific and up to date reviews of emerging new research evidence and technologies using the GRADE approach.

The simplified algorithms in this booklet can be enlarged and used as job aides in emergency rooms (casualty and outpatient departments), paediatric wards, delivery rooms and newborn units. These guidelines will undergo periodic revision to keep abreast with new developments and hence continue to deliver quality care to the children of this nation. Updates or additional materials can be found at the websites: https://kenyapaediatric.org and www.guidelines.health.go.ke.

I thank KEMRI - Wellcome Trust Research Programme, the Kenya Paediatric Association, Division of Neonatal and Child Health, Department of Paediatrics and Child Health from the University of Nairobi for assisting in updating the guidelines.

Dr Patrick Amoth (EBS)
Ag. Director General Medical Services
Ministry of Health

DRAFT

Principles of good care



- Facilities must have basic equipment and drugs in stock at all times, and adequate staff skilled in paediatric care.
- Sick children coming to hospital must be immediately triaged, assessed and if necessary, provided with emergency treatment as soon as possible.
- Assessment of diagnosis and illness severity must be thorough and treatment must be carefully planned. All stages should be accurately and comprehensively documented.
- 4) The protocols provide a minimum standard and safe approach to most but not all common problems. Care needs to be taken to identify and treat children with less common problems rather than just applying the protocols.
- 5) All treatments should be clearly and carefully prescribed, usually based on a measurement of weight, on patient treatment sheets with doses checked by nurses before administration. (Please write dose frequency as 6hrly, 8hrly, 12hrly etc. rather than qid, tid, etc.)
- 6) The parents / caretakers need to understand what the illness and its treatment are. They provide invaluable assistance in caring for the child. Being polite to parents considerably improves communication.
- 7) The response to treatment needs to be assessed. For very severely ill children this should include a review in the first 6 hours of admission such a review needs to be planned between medical and nursing staff and progress documented.
- 8) Correct supportive care particularly adequate feeding, use of oxygen and fluids is as important as disease specific care.
- Laboratory tests should be used appropriately and use of unnecessary drugs should be avoided.
- An appropriate discharge and follow up plan needs to be made as the child leaves hospital.
- Good hand hygiene practices and good hygiene in the patient's environment improves outcomes for all sick children.



Specific policies

- All children and newborns admitted to hospital requiring medical treatment should have their own inpatient number and admission should be recorded using a standardized paediatric or newborn admission record form & inpatient registers.
- Treatments, including supportive care, should be fully and clearly prescribed.
- Medical records are legal documents and entries should be clear, accurate and signed with a date and time of the entry recorded.
- ✓ All paediatric admissions should be offered HIV testing using PITC.
- ✓ All newborn admissions aged ≤14 days should receive Vitamin K unless it has already been given.
- Routine immunization status should be checked and missed vaccines given before discharge.
- Every child with condition(s) that cannot be managed effectively with the available resources receives appropriate, timely referral, with seamless continuity of care.
- √ Assess for abuse, neglect or any other form of maltreatment and refer to the social worker
- All children with special needs should be assessed, managed or referred appropriately

Admission and assessment

- All admitted children must have weight recorded and used for calculation of fluids / feeds and drug doses.
- √ Length / Height should be measured with weight for height (WHZ) recorded
 and used to assess nutritional status for children.
- √ Mid-Upper Arm Circumference (MUAC) should be used for nutritional assessment for children > 6months of age.
- All vital signs should be taken including Temperature, Oxygen saturation, Pulse rates and Respiratory rates which must be counted for 1 minute, and Blood pressure.
- Conscious level should be assessed on all children admitted using the AVPU scale or an alternative such as the GCS (Glasgow coma scale) adapted for children.
- Children with AVPU < A should have their blood glucose checked. If not possible, treat for hypoglycemia.</p>
- √ The sickest newborns / children in the ward should be near the nursing station (acute area) and prioritized for re-assessment / observations.

Infection prevention and control (IPC)



- Good hand hygiene saves lives and can be achieved by handwashing with soap and running water OR hand rubbing with alcohol-based rub (70%).
- Gloves do not protect patients and are not a substitute for hand hygiene
- If hands are visibly dirty, they must be cleaned first with soap and water.
- o The alcohol hand-rub must be allowed to dry off to be effective.

The five moments of hand hygiene



All equipment used for patient care should be decontaminated appropriately according to IPC guidelines.

Hand hygiene technique



Duration of the entire procedure: 40 - 60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Clinical audit and use of the protocols



- Clinical audit is aimed at self-improvement and is not about finding who
 to blame.
- 2. Hospitals should have an audit team comprising 4 to 8 members, led by a senior clinician and including nurses, admin, lab technicians and nutritionists etc. 1-2 people, usually MO or CO interns and nurses should be selected on a rotating basis to perform the audit and report back to the audit team and department staff.
- 3. The aims are for hospitals to diagnose key problems in providing care. It is essential that identifying problems is linked to suggesting who needs to act, how, and by when to implement solutions. Follow up on whether progress is being achieved with new audits should be done to identify new problems and plan new actions etc.
- Deaths and surviving cases should be audited within 24 hours as per the facility audit and review cycle below.



 Use the audit framework tool (Table 1), to identify modifiable administrative factors, health worker related factors and patient oriented factors in collecting relevant information in step 2 of the audit review cycle.

Clinical Audit Protocols



Table 1: Audit framework tool

Administrative Factors	Health Worker Related Factors	Patient Orientated Factors
Absence of guidelines to guide on diagnosis and management plan	Lack of knowledge in case management, interpretation of investigations etc.	Poor accessibility to health facilities
Absence of guidelines on appropriate use of equipment &	Delay in executing management plan & increased turnaround time	Delay in seeking treatment for child
supplies Lack of medication	for tests/investigations & in reviewing of results Medical errors: incorrect	Refusal of treatment for child.
Lack of transportation/ referral mechanisms and delay	medication, administration, poor monitoring practices	
in transportation within and in-between facilities Inadequate Human	Poor communication across cadres, departments and with parents/caregivers	
Resource for Health capacity and high staff turnover	Poor documentation practice	
	Delay in decision for referral within facility & Inbetween facilities.	

- Use an audit tool to compare care given with recommendations in these protocols and other guidelines (e.g. for TB, HIV/AIDS) and the most up to date reference materials for less common conditions.
- 7. Look at assessments, diagnoses, investigations, treatments and whether what was planned was done correctly and recorded. Check doses and whether drugs / fluids / feeds are correct and actually given and if clinical review and nursing observations were adequate - if it is not written down it was not done!
- This data can be used to provide accountability for results and compel decision makers to pay due attention and respond to the problems identified.

List of essential equipment (*for advanced care)



Airway

- Oropharyngeal airway
- Nasopharyngeal airwayLarvngeal mask airway
- Endotracheal tubes*
- Endotrachear tube
- Suction devices
 - functional suction machine
 - penguin suckers
- Suction catheters

Breathing

- BVM (Ambu-bag)- 300ml for neonates, 500mls for older children
- Masks for BVM sizes 00, 0, 1, 2
- · Nasal prongs- neonatal, infant and child
- Non-rebreather masks- neonatal, infant and child
- Nasal catheter- infant and child
- Pulse oximeter with neonatal and paediatric probes
- Oxygen splitters
- Oxygen sources- concentrators, cylinders, piped oxygen
- Oxygen accessories- humidifiers, flowmeters, regulator and gauge
- CPAP machine
- Nebulizer kit
- Spacers

Circulation

- BP machine with cuffs for neonatal and paediatric
- IV cannulas- Gauges 26, 24, 22, 20, 18
- Infusion sets:
 - Paediatric burrettes
 - Infusion/syringe pump*
 - Blood-giving set with its burrette
- Cardiac monitors*
- Paediatric vacutainers
- Intraosseous needles

Disability

- Glucometer
- Pen torch
- Nasogastric tubes of different sizes

DRAFT

^{*}where available

List of essential equipment (*for advanced care)



General

Power source with backup

- Thermometer
- Heater
 - Radiant warmer
 - Linen
 - · Weighing scale

 - Baby weighing scale Child weighing scale
 - Stadiometer
 - Infantometer
 - MUAC tapes
- ORT Corner Equipment
- Resuscitation couch/table
- Phototherapy machine
- · Emergency tray or trolley

^{*}where available



Doses (For overweight children, base dose calculation

on median weight for age or height)

Acvclovir Encephalitis: 20mg/kg IV 8hrly for 14 - 21 days

Adrenaline Give 0.1ml/kg IV in resuscitation

1 in 10000 To make this strength dilute 1ml of 1 in 1000 adrenaline

in 9mls water for injection to make10mls

Severe viral croup 2ml of 1:1000 nebulized Adrenaline 1 in 1000

If effective repeat with careful monitoring

Adrenaline For anaphylaxis < 6years: 150micrograms IM (0.15ml)

Ampicillin Neonate: 50mg/kg/dose 12 hourly IV or IM if aged <7 days

1 in 1000 and 6 hourly if aged 8 - 28 days.

Age 1month and over: 50mg/kg/dose (Max 500mg)

6 hourly IV/ IM

Artemether Loading dose: 3.2mg/kg IM stat

Maintenance dose: 1.6mg/kg IM 24hrly

Albendazole Age < 2yrs, 200mg PO stat

Age ≥ 2yrs, 400mg PO stat

Amikacin 15mg/kg once daily. Slow IV over 3-5 min

Amikacin trough concentration should be monitored

(if available)

If serious gram - ve infection / resistance to gentamicin

higher doses may be used with monitoring

Aminophylline Newborn Loading dose 6mg/kg IV over 1 hour or rectal,

Maintenance (IV or oral): Age 0 ≤ 6 days - 2.5mg/kg

12hrly, Age 7-28 days - 4mg /kg hourly

Amoxicillin Use 25mg/kg/dose for simple infections and 40-45mg/kg

for pneumonia (Newborn Page 72, other ages Page 18)

Artesunate In children ≤20Kg give 3mg/kg/dose of injectable artesunate

(IV/IM) at 0,12 and 24 hours and continue once daily until

oral administration is feasible

If weight >20Kg give 2.4mg/kg/dose injectable artesunate at 0,12 and 24 hours and continue once daily until oral

administration is feasible

Azithromycin 10mg/kg max 500mg PO daily for 3 days

Doses (For overweight children, base dose calculation on median weight for age or height)

Budesonide

pMDI with a spacer 200 micrograms daily (low dose)

Benzyl Penicillin (Crystalline Penicillin) Age ≤ 6days: 50,000 iu/kg/dose 12 hourly IV or IM
Age 7 days and over: 50,000 iu/kg/dose 6 hourly IV/IM
Newborn Page 72, other ages Page 17

Caffeine Citrate

Loading dose oral: 20 mg/kg (or IV over 30 min) maintenance followed 12-24 hours by maintenance dose 5 mg/kg daily oral (or IV over 30 min)

Calcium (Monitor calcium especially if on Vitamin D or long term therapy) Symptomatic hypocalcemia (tetany/convulsions) Initial IV bolus of 10% calcium gluconate: Neonate- 0.5-2ml/kg (0.11-0.46mmol/kg) for 1 dose, over 5-10mins

Older child- 0.5ml/kg (0.11mmol/kg) to a maximum of 20ml (4.5mmol) over 5-10mins

then maintain on continuous IV infusion over:

Neonate - 0.5mmol/kg over 24hrs (2.3mls/kg/d) 1mo-1 year-1mmol/kg (max 8.8mmol) over 24hrs (4.5mls/kg/d) 2yrs-5yrs- 8.8mmol over 24hrs (40ml/d)

Switch to oral formulation as soon as possible

Mild Hypocalcemia:

Neonates: 50-150mg/kg/d oral elemental calcium divided 6hrly Older child: 50mg/kg/d oral elemental calcium divided 6hrly

Carbamazepine (PO)

Age 1 m - 12yrs: initially 5mg/kg at night, increased as necessary by 2.5-5mg/kg every 3-7 days; usual maintenance dose 5 mg/kg 2-3 times daily.

Avoid abrupt withdrawal and watch carefully for side effects

Cefotaxime Dosage

if aged < 7days: Pre-term: 50mg/kg 12 hourly; Term aged < 7 days: 50mg/kg 8 hourly

Ceftazidime Age

Age < 7 days or weight < 1200g : 50 mg/kg IM/IV 12 hourly Age > 7 days or weight > 1200 g : 50 mg/kg IM/IV 8 hourly 1 mo- 12 yrs : 30-50 mg/kg IM/IV 8 hourly (Max: 6 g/day) (for pseudemonal infections)

Ceftriaxone

Newborn Page 72, other Page 17

7.1% Chlorhexidine Digluconate Gel Apply immediately after birth.

For subsequent applications, clean the cord before application. Apply once daily up to the 7th day or until the cord falls off, whichever comes first

DRAFT

Doses (For overweight children, base dose calculation on median weight for age or height)

Ciprofloxacin

Dysentery dosing: Page 18

Note:may increase renal toxicity of gentamicin / amikacin)

Clotrimazole 1%

Use Clotrimazole paint for oral thrush and apply 2-3

times daily until cleared

Co-trimoxazole

(4mg/kg Trimethoprim &20ma/ka sulphamethoxazole)

Weight	240mg/5ml (syrup) 12 hrly	480mg (tabs) 12 hrly
2 - 3kg	2.5 mls	1/4
4 - 10kg	5 mls	1/2
11 - 15 kg	7.5 mls	1/2
16 - 20 kg	10 mls	1

Dexamethasone

IV or IM 0.6mg/kg stat for severe viral croup

Dextrose/alucose

5mls/kg 10% dextrose IV over 3-5 mins, page15

Neonate: 2 mls/kg

Dihydrocodeine

Age 1-4 yrs: 0.5mg / kg every 4-6 hours

Age 4 - 12 yrs: 0.5 -1 mg/kg (max. 30 mg) every 4-6 hrs

Diazepam (IV)

0.3 mg/kg & See separate chart Page 15

Diazepam (rectal) 0.5mg/kg & See separate chart Page 15

Digoxin (oral)

Age 2-5 yrs: initially 35 micrograms/kg in 3 divided doses for 24 hrs then 10 micrograms/kg daily in 1-2 doses

Age 5-10 yrs: initially 25 micrograms/kg (max 750 micrograms) in 3 divided doses for 24 hours then 6 micrograms/kg daily

(max.250 micrograms daily) in 1-2 doses

Age 10-12 yrs: initially 0.75-1.5 mg in 3 divided doses for 24 hrs then 62.5-250 micrograms daily in 1-2 doses

Doses (For overweight children, base dose calculation on median weight for age or height)

Erythromycin 30-50 mg/kg/day in 3-4 divided doses: max: 2 g/day

Flucloxacillin Newborn Page 72, other Page 17 & 18

Oral Candidiasis: PO/IV 6mg/kg on day 1, then 3mg/kg/d Fluconazole Esophageal/systemic candidiasis: PO/IV 12mg/kg on day 1

then 6mg/kg/d

7.5 mg/kg/24 hr IM or slow IV Gentamicin

Newborn Page 72, other Page 17

Hydroxyurea (For severe SCD only: Pain >3 episodes/ vr: stroke: transfusion ≥ 2/ vr: acute chest syndrome)

> Child 2-12 years initially 10-15mg/kg once daily, increased every 12 weeks in steps of 2.5 - 5 mg/kg daily according to response: usual dose 15 - 30 mg/kg daily (max. 35 mg/kg

daily)

5 - 10 mg/kg 8 hourly Ibuprofen

Iron (Fe) Iron deficiency anaemia: Pre-term infant: 2-4 mg

elemental Fe/kg/day max dose: 15 mg elemental Fe/day

Child: 3 - 6 mg elemental Fe/kg/day

Prophylaxis: Pre-term infant 2-4 mg elemental Fe/kg/24 hr max dose: 15 mg elemental Fe/day Term: 1-2mg elemental Fe/24 hr Max 15mg per day

Hepatic Encephalopathy Infants: 1.7-6.7 g/day Lactulose

(2.5-10 mL) orally daily divided in 3 to 4 doses. Adjust dosage to produce 2 - 3 soft stools per day. Children: 25-60 g/day (40-90 mL) orally daily divided in 3-4 doses. Adjust dosage to produce 2-3 soft stools/day.

Chronic constipation: Children: 0.7-2 gm/kg/day (1 to 3 mL/kg/day) orally in divided doses daily: not to

exceed 40 g/day (60 mL/day).

Levetiracetam Loading dose: 30mg/kg IV infusion over 15 mins then Maintenance dose: 30mg/kg/day divided into two doses to

start 12 hours after the loading dose.

Lorazepam 0.1mg/kg IV over 30-60 seconds Max dose 4mg (Page 15)

Metronidazole Newborn Page 72 other Page 17 & 18

Doses (For overweight children, base dose calculation **Essential Drugs** on median weight for age or height)

(buccal for management of convulsions) 1-2 months 0.3mg/kg to a maximum of 2.5mg/dose Midazolam

3-11 months: 2.5mg per dose

1-4 yrs: 5mg/dose

Neonate: 0.05 - 0.2 mg/kg/dose IM, SC, slow IV every 4hr Morphine

Infant and Child: PO 0.2-0.5 mg/kg/dose every 4-6 hr as needed

IM IV/SC 0.1-0.2 mg/kg/dose every 2-4 hrs as needed

Max 15 mg/dose

Naloxone Acute opioid overdose:

<5years: 0.1mg/kg per dose. Repeat two-three times

if needed. Do not exceed 2mg per dose

Neonates 0.5ml (50,000 U), Infants 1ml (100,000 U), Older Nystatin

child 2-3ml (200,000-300,000IU) to each side of the mouth

6 hrlv (2 weeks if HIV+ve)

Omeprazole Esophagitis, GERD, ulcers: Start at 1mg/kg/d PO/IV once

daily or divided 12hrly (max 20mg/d)

Oral Rehydration Low Osmolarity formula for treatment of diarrhoea

Solution (ORS) (see page 31 & 32)

Paracetamol 10-15mg / kg 6 to 8 hrly

Penicillin V < 3 years: 125 mg twice daily

> 3 years: 250mg twice daily

Pethidine, IM 0.5 to 1mg / kg every 4-6 hours

Loading with 15mg/kg (if NOT on maintenance Phenobarbitone

phenobarb) followed by 2.5mg - 5mg/kg daily. Page 16

Phenytoin Age 1m - 12 vrs (IV, oral) 15-20 mg/kg at a rate not

> exceeding 1 mg/kg/minute as a loading dose; maintenance dose of 2.5 - 5 mg/kg twice daily (max.150mg twice daily)

Similar dosing can be used in neonates.

Potassium Hypokalemia oral 1 - 4 mmol/kg/day monitor serum

potassium

Prednisolone Asthma 1-2mg/kg PO daily (maximum doses see in

*sthma page)

Doses (For overweight children, base dose calculation on median weight for age or height)

Proguanil

Malaria prophylaxis in sickle cell disease

<1 year: 25mg daily

>1 year up to 5 years: 50mg daily

Quinine

Page 28 and 29

Salbutamol

IV therapy should only be used on an HDU, ideally with a monitor, and MUST be given slowly as directed

IV in hospital only over 5 mins < 2 yrs 5 microgram/kg, ≥ 2 yrs up to 15 microgram/kg max dose 250 micrograms (0.25mg)

Nebulised: 2.5mg/dose as required refer to page 41 Inhaled Acute exacerbation 100 microgram per puff see page 41

TB Treatment

See page 43

Sodium Valproate

Neonate initially 20mg/kg once daily; maintenance 10 mg/kg twice daily PO

1 mo - 12yrs initially 10-15 mg/kg (max. 600mg) daily in 1-2 divided doses max 60 mg/kg daily. Maintenance 25-30 mg/kg daily in 2 divided doses PO

Vitamin A

Once on admission, not to be repeated within1 month. For malnutrition with eye disease repeat on day 2 and day 14

Age	Dosage Oral
< 6m	50,000 u stat
6 - 12m	100,000 u stat
> 12m	200,000 u stat

Vitamin D - Chole or ergocalciferol: Rickets Low dose regimens daily for 8-12wks or one high dose. ± <u>Calcium</u> for first week of treatment.

Age	Dosage
< 6m	3,000 u = 75 micrograms (PO) 6,000 u = 150 micrograms (PO)
> 6m	6,000 u = 150 micrograms (PO)
> 6m stat IM	300,000 u = 7.5 mg IM Stat

Vitamin D Maintenance After treatment course

Age	Dosage Oral
< 6m	200 - 400 u (5 - 10 μg)
6 - 12m	400 - 800 u (10 - 20 μg)

Vitamin K

Newborns: 1mg stat IM (<1500g, 0.5mg IM stat) For liver disease: 0.3mg /kg stat, max 10mg

Zinc Sulphate For Diarrhoea **Age ≤ 6 m**: 10mg daily for 10-14 days **Age > 6 m**: 20mg daily for 10-14 days

Emergency drugs - Diazepam, Lorazepam and Glucose (Note: Diazepam is not used in neonates)

	Glucose,	5mls/kg of 10% glucose over 5 - 10 minutes	For neonates - 2 mls/kg	Δ	To make 10% glucose)	10 /00L	for injection:		10 mls syringe:	V 2 mls 50% glucose	o IIIIs Water	20 mls syringe:	✓ 4 mls 50% Glucose	✓ 16 mls Water	50% Glucose and 5%	Glucose:		10 mls syringe:	✓ 1 mls 50% Glucose	✓ 9 mls 5% Glucose		Zu mis syringe:	 Z IIIIS 30% Glucose 18 mls 5% Glucose 	
neonates)		5mls/kg of 10°	For		Total Volume	of 10%	Giucose 15	20	25	30	35	40	45	20	55	09	65	70	22	80	85	06	92	100	
Note: Diazepain is not used in neonates		nge should be	inserted gently so that prdose is given at a depth of 4-5cm)	PR	mls of	10mg/2ml	Solution 0.3	0.4	0.5	9.0	0.7	0.8	6.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Diazepaili	Diazepam	The whole syringe barrel of a 1ml or 2ml syringe should be	se is given at a	PR	Dose,	0.5mg/kg	7.	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	0.9	6.5	7.0	7.5	8.0	8.5	0.6	9.5	10.0	Drugs
MOLE.	Diaz	ringe barrel of a	ntly so that prdo	2	mls of	10mg/2ml	0.20	0.25	0.30	0.35	0.40	0.50	0.55	09.0	0.65	0.70	08.0	0.85	06.0	0.95	1.00	1.10	1.15	1.20	
		(The whole sy	inserted gei	ΛΙ	Dose,	0.3mg/kg	10	1.2	1.5	1.8	2.1	2.4	2.7	3.0	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	0.9	
	Weight	(kg)					3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	

Anticonvulsant drug doses and administration

Phenytoin, maintenance, 5mg/kg daily	IV / oral	shed and put down	ng tube if required.	15	20	25	30	35	40	45	20	22	09	65	20	22	80	82	06	92	100
Phenytoin, loading dose, 15mg/kg IV over 20 - 30 mins	IV / oral	Tablets may be crushed and put down	ng tube	45	09	75	06	105	120	135	150	165	180	195	210	225	240	255	270	285	300
ance, I daily e - fits in	ral						½ tab				1 tab	•				41/ tob	1 /2 ldD			040+0	z tabs
Phenobarb maintenance, 2.5mg/kg daily (starting dose - fits in acute febrile illness)	IM / oral	5	6.25	7.5	10	12.5	15	17.5	20	22.5	25	27.5	30	32.5	35	37.5	40	42.5	45	47.5	90
Phenobarb, maintenance, 5mg/kg daily (high dose - chronic therapy)	oral - tabs				½ tab			1 tab			1½ tab			2 tabs			2½ tab			3 tabs	
Phenobarb maintenance, 5mg/kg daily (high dose - chro therapy)	IM - mg	10	12.5	15	20	25	30	35	40	45	50	55	09	65	70	75	80	85	06	95	100
Phenobarb, Loading dose, 15mg/kg (use 20mg/kg for neonates)	IM / oral	30	37.5	45	09	75		105	120	135	150	165	180	195	210	225	240	255	270	285	300
Weight (kg)		2.0	2.5	3.0	4.0	5.0	0.9	7.0	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0

Intravenous/intramuscular antibiotic doses (for age ≥ 7 days, neonatal doses: page 50)



	Ceftriaxone IV/ IM Max 50mg/kg 24hrly for neonates**	IV / IM	y 24 hrly 50mg/kg	20	30	35	45	50	09	65	75	80	06	95	105	110	120	125	135	140	150
Peni	Penicillin* Flucloxacillin (50,000 iu/kg)	IV/IM IV/IM	6 hrly 8 hrly	150,000 150	200,000 200	250,000 250	300,000 300	350,000 350	400,000 400	450,000 450	500,000 500	550,000 550	000,000	650,000 650	700,000	750,000 750	800,000	850,000 850	000,006	950,000	1 000 000 1

Not recommended if jaundiced or age ≤ 6 days

Drugs

(for neonatal doses see page 50) Oral antibiotic doses

High dose Amoxicillin for pneumonia & severe infections 40-45ma/kn/dose	12 hrly	٥	125mg / 250mg 250 5mls 5mls ta	2.5	3.75	5	2	7.5	7.5	7.5	10	10	10	12.5	12.5	12.5					 - - - -
	25mg	D. Tab	250mg mls tabs 125mg/5ml	4	1/2 tab 4	9	9 40+	8	∞	∞	12	tabs 12	12	12	12	15	15	15	15	15	15
Amoxicillin 12 hrly (for mild infections)	25mg/kg/dose		250mg 5ml tabs								_	_	1	_	_	1	1	_	7	1	2
Flucio 15mg/l	0 00	•	mls 125mg/5ml	2.5	2.5	5	5	2	2	2	2	10	10	10	10	10	10	10	10	10	10
Flucloxacillin 15mg/kg/dose	8 hrlv		mls 250mg 125mg/5ml caps or tabs	1/4	1/4	1/4	1/2	1/2	1/2	1/2	-	1	1	_	_	1	1	-	1	1	1
Ciprofloxacin Metronidazole 15mg/kg/dose 7.5mg/kg/dose (for 3 days)	12 hrlv		250mg tabs		1/4	1/4	1/4	1/2	1/2	1/2	1/2	1	1	1	1	1	1	1	1	1	1
Metroni 7.5mg/k	8 hrlv	ć)	200mg tabs			1/4	1/4	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1	1	1	1	1	1	1

Initial Maintenance Fluids/Feeds (Normal Renal function)



Note:

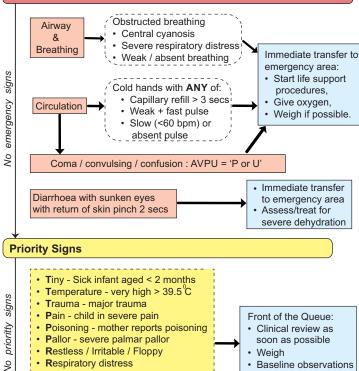
- Oral Feeding should start as soon as safe and infants may rapidly increase to 150mls/kg/day of feeds as tolerated (50% more than in the chart)
- Add 50mls 50% dextrose to 450mls Ringer's Lactate to make Ringer's/5% dextrose for maintenance fluid
- Drip rates are in drops per minute

Weight (kg)	Volume in 24hrs	Rate (mls/hr)	Drip rate adult IV set (20 drops=1ml)	Drip rate paediatric burette (60 drops=1ml)	3hrly bolus feed volume
3	300	13	4	13	40
4	400	17	6	17	50
5	500	21	7	21	60
6	600	25	8	25	75
7	700	29	10	29	90
8	800	33	11	33	100
9	900	38	13	38	110
10	1000	42	14	42	125
11	1050	44	15	44	130
12	1100	46	15	46	140
13	1150	48	16	48	140
14	1200	50	17	50	150
15	1250	52	17	52	150
16	1300	54	18	54	160
17	1350	56	19	56	160
18	1400	58	19	58	175
19	1450	60	20	60	175
20	1500	63	21	63	185
21	1525	64	21	64	185
22	1550	65	22	65	185
23	1575	66	22	66	185
24	1600	67	22	67	200
25	1625	68	23	68	200

Triage of sick children



Emergency Signs If history of trauma ensure cervical spine is protected

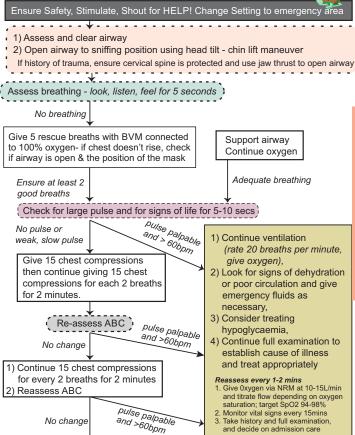


- Poisoning mother reports poisoning
- · Pallor severe palmar pallor
- · Restless / Irritable / Floppy
- · Respiratory distress
- · Referral has an urgent referral letter
- · Malnutrition visible severe wasting
- · Oedema of both feet
- Burns severe burns

- Clinical review as soon as possible
- Weight
- Baseline observations

Non-urgent (children with none of these signs)

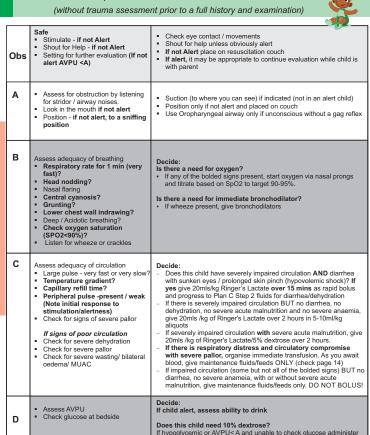
Infant/Child Basic Life Support



- 1) Consider iv 0.1ml/kg 1 in 10,000 adrenaline if 3 people in team,
- 2) Consider fluid bolus if shock likely and treatment of hypoglycaemia
- 3) Continue CPR in cycles of 2 3 minutes
- 4) Reassess every 2 3 minutes.

and >60bpm

Infant/Child WITH SIGNS OF LIFE



10%D at 5mls/kg

Actions after ABCD:

- Take full history and examination
- Document all interventions given and the time they were done
- Continue observing patient as clerkship continues

Oxygen Therapy



Hypoxemia is often present in sick children and is a major risk factor for death regardless of the diagnosis

Indications for oxygen therapy:

- Oxygen saturation (SpO2) <90% measured using pulse oximeter
- Convulsions
- Post-resuscitation
- Physical signs that indicate absolute need for oxygen include:
 - Central cyanosis
 - Head nodding
 - Nasal flaring
 - Grunting
 - Severe lower chest wall indrawing
 - Respiratory rate >70 bpm
 - AVPU<A and inability to drink or breastfeed plus respiratory distress

Administration of oxygen

- Start giving oxygen at accurate and safe levels & titrate every 15-30mins by 0.5L/min until the target saturation of 91-95% for neonates and 90-95% for older children. For children, the target saturation is 94-98%.
- Change the oxygen delivery methods (nasal prongs, catheter or NRM) and flow rates to achieve target saturations.
- If target saturations are not being achieved with the highest flow rate, refer the patient for advanced care (high flow nasal cannula, CPAP or mechanical ventilation).
- Once target saturations are achieved, maintain the oxygen flow rate and FiO2 and monitor the SpO2 and the work of breathing.
- If the child remains stable (SpO2 >90%, no increased WoB and no emergency signs), start weaning off oxygen by 0.5L/min every 15-30mins while monitoring the SpO2 and work of breathing to assess whether supplemental oxygen is still required.
- Once oxygen is stopped, recheck SpO2 after 1h, as late desaturation can sometimes occur
- Discharge only if child has been stable with SpO2 ≥ 90% and no increased WoB on room air for at least 24hrs

Prescribing Oxygen



Oxygen Administration Device.	Flow rate	Fraction of inspired Oxygen (FiO2)
Nasal prong (Preferred method of delivering oxygen to infants and children < 5 years of age).	Standard Flow Rate: Neonates: 0.5 - 1 L/min Infants: 1 - 2 L/min Child: 1 - 4 L/min	Delivers 35% O2 to the patient.
	High Flow rate Preterm Neonates: 1 L/min Term neonates: 2 L/min Infants/child: 4- 8L/min	Delivers 50% O2 to patient
Nasal catheter	Neonates: Not recommended Infants/child: 1- 2L/min	Delivers 40% O2 to patient
Oxygen face mask with reservoir bag (non-rebreather mask)	All groups: 10-15L/min (The bag should not deflate so as not to dilute the O2 concentration)	Delivers 80-95% O2 to patient

^{*}Humidification is needed for all patients on high flow rates

Always DOCUMENT the flow rate, delivery device, monitoring frequency and target oxygen saturation as part of the oxygen prescription



^{*}Check for abdominal distension regularly.

Use of Intra-osseous lines



If IV access fails, IO line is a rapid, safe & reliable route for obtaining blood samples and administration of drugs, fluids & blood.

- Use IO or bone marrow needle 15 18G if available or 16 - 21G hypodermic needle if not available
- ✓ Clean after identifying landmarks then use sterile gloves and sterilize site
- Site Middle of the antero-medial (flat) surface of tibia at junction of upper and middle thirds
 - bevel to toes and introduce vertically (90°)
 - advance slowly with rotating movement
- ✓ Stop advancing when there is a 'sudden give' then aspirate with 5 mls syringe
- Slowly inject 3mls Normal Saline looking for any leakage under the skin - if OK attach IV fluid giving set and apply dressings and strap down
- ✓ Give fluids as needed a 20 mls / 50 mls syringe will be needed for boluses
- ✓ Watch for leg / calf muscle swelling
- ✓ Replace IO access with IV within 8 hours





Treatment of convulsions

Age > 1 month.

For convulsions in the first month, refer to page 58

Child convulsing? A - Place in lateral position, suction if indicated B - Start on oxygen via NRM C - Check for temp gradient, severe pallor D - Check RBS or give 5mls/kg of 10% Dextrose

Convulsion lasting > 5min?

Yes

 Give IV Diazepam 0.3mg/kg slowly over 1minute OR rectal diazepam 0.5mg/kg
 Alternatives include IV Lorazepam or

buccal midazolam (dosages in the formulary)

Check ABCD when convulsion stops, observe and investigate cause

Child having 3rd convulsion lasting <5 mins in <2 hrs (short multiple convulsions).

(If children have up to 2 fits lasting <5mins, they DO NOT require emergency drug treatment?)

Convulsion continues 5mins after first dose of diazepam

- Give the second dose of IV diazepam 0.3 mg/kg slowly over 1 minute, OR rectal diazepam 0.5 mg/kg
- Continue oxvaen
- Check airway and breathing when convulsion stops, Investigate & treat cause

Convulsion continues 5mins after second dose of diazepam

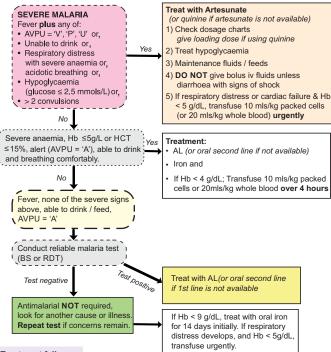
- Give IM phenobarbitone 15mg/kg (loading dose)
- Initiate maintenance therapy with phenobarbitone 2.5 mg/kg OD for 48 hrs then review
- · Continue oxygen during active seizure
- Check ABC when convulsion stops
- Investigate cause
- DO NOT give more than 2 doses of diazepam in 24hrs once phenobarbitone is used
 DO NOT give a phenobarbitone-loading dose to an epileptic on maintenance phenobarbitone
- Phenytoin and levetiracetam (see doses in the formulary) are alternatives to phenobarbitone



Malaria



If a high quality blood slide is negative with signs of **SEVERE** malaria, start treatment **BUT REPEAT** 24 hourly up to 3 times and **STOP** treatment if 3rd test is negative



Treatment failure:

- 1. Consider other causes of illness / co-morbidity
- A child on oral antimalarials who develops signs of severe malaria (Unable to sit or drink, AVPU=V,U or P and / or respiratory distress) at any stage should be changed to iv artesunate (or quinine if not available).
- 3. If a child on oral antimalarials has fever and a positive blood slide after 3 days (72 hours) then check compliance with therapy and if treatment failure proceed to second line treatment

Anti-malarial drug doses and preparation

(please check the IV or tablet preparation you are using, they may vary**)

Artesunate

Artesunate typically comes as a powder together with a 1ml vial of 5% bicarbonate that then needs to be further diluted with either normal saline or 5% dextrose - the amount to use depends on whether the drug is to be given iv or im (see table below)

- **DO NOT** use water for injection to prepare artesunate for injection
- DO NOT give artesunate if the solution in the syringe is cloudy
- **DO NOT** give artesunate as a slow iv drip (infusion)
- YOU MUST use artesunate within 1 hour after it is prepared for injection

Preparing IV / IM Artesunate	IV	IM
Artesunate powder (mg)	60mg	60mg
Sodium Bicarbonate (mls,5%)	1ml	1ml
Normal Saline or 5% Dextrose (mls)	5 mls	2mls
Artesunate concentration (mg/ml)	10mg/ml	20mg/ml

Quinine

For IV infusion typically 5% or 10% dextrose is used.

- Use at least 1ml fluid for each 1mg of quinine to be given
- DO NOT infuse quinine at a rate of more than 5mg/kg/hour
 - Use 5% Dextrose or normal saline for infusion with 1 ml of fluid for each 1mg of quinine.
 - o The 20mg/kg loading dose therefore takes 4 hours or longer
 - o The 10mg/kg maintenance dose therefore takes 2 hours or longer

For im Quinine:

- Take 1ml of the 2mls in a 600mg Quinine suphate iv vial and add 5mls water for injection - this makes a 50mg/ml solution.
- For a loading dose this will mean giving 0.4mls/kg
- For the maintenance dosing this will mean giving 0.2mls/kg
- If you need to give more than 3mls (a child over 8 kg for a loading dose or over 15kg for maintenance doses then give the dose into two im sites do not give more than 3mls per injection site.
- ** For oral Quinine 200 mg Quinine Sulphate = 200mg Quinine Hydrochloride or Dihydrochloride but = 300mg Quinine Bisulphate. The table of doses below is ONLY correct for a 200mg Quinine Sulphate tablet.

Malaria treatment doses

- Artesunate is given IV / IM for a minimum of 24 hours.
- After the third injection of artesunate and the child can eat/drink then change to a full course of artesinin combination therapy (ACT) 8-12 hours after the last dose of artesunate (typically the 1st line oral anti-malarial, Artemether Lumefantrine)

Weight ≤ 20Kg at 3mg/kg/dose and >20Kg at 2.4mg/kg/dose of Artesunate

Weight (kg)	Artesunate, 3mg/kg At 0,12 and 24h then daily for max 7 days			Quinine, 20mg/k 10mg	g then	Quinine (10mg/kg)
	IV mls of 60mg in	Dose	im mls of 60mg in	IV infus		200mg tabs Quinine sulphate**
	6mls	in mg	3mls	Loading	8 hrly	8 hourly
3.0	0.9	9	0.45	60	30	1/4
4.0	1.2	12	0.6	80	40	1/4
5.0	1.5	15	0.8	100	50	1/4
6.0	1.8	18	0.9	120	60	1/2
7.0	2.1	21	1.1	140	70	1/2
8.0	2.4	24	1.2	160	80	1/2
9.0	2.7	27	1.4	180	90	1/2
10.0	3	30	1.5	200	100	3/4
11.0	3.3	33	1.6	220	110	3/4
12.0	3.6	36	1.8	240	120	3/4
13.0	3.9	39	12	260	130	3/4
14.0	4.2	42	2.1	280	140	3/4
15.0	4.5	45	2.3	300	150	1
16.0	4.8	48	2.4	320	160	1
17.0	5.1	51	2.6	340	170	1
18.0	5.4	54	2.7	360	180	1
19.0	5.7	57	2.9	380	190	1 1/4
20.0	6.0	60	3	400	200	1 1/4

Artemether (20mg) **+ Lumefantrine** (120mg) Give with food

Start then at 8h then BD on day 2 and 3

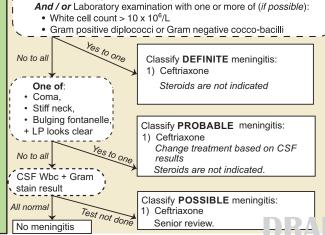
Weight	Age	Dose				
< 5 kg	-	1/2 tablet				
5 - 15 kg 15 - 24 kg	3 - 35 mo	1 tablet				
15 - 24 kg	3 - 7 yrs	2 tablets				
	9 - 11 yrs	3 tablets				

Dihydroartemisinin

+ Piperaquine (2nd Line)
OD for 3 days

Age	Dose		
3 - 35 mo	1 paed tab		
3 - 5 yrs	2 paed tabs		
6 - 11 yrs	1 adult tab		

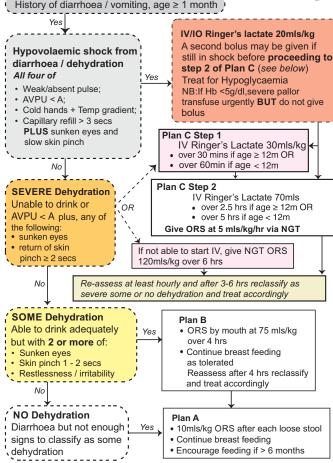
Meningitis Age ≥ 60 days and history of fever LP MUST be done Investigation Immediate LP to view by eye +/- laboratory examination Coma, inability to drink / feed, even if malaria slide positive AVPU = 'P or U'. Yes unless: Stiff neck · Child requires CPR. Bulging fontanelle, · Pupils respond poorly Fits if age <6 months or >6 yrs to liaht Evidence of partial seizures · Skin infection at LP site. No Do an LP unless completely normal mental state after Agitation / irritability Yes febrile convulsion. Review Any convulsions within 8 hours and repeat LP if doubt persists. Meningitis unlikely, investigate other causes of fever Interpretation of LP and treatment definitions: Either Bedside examination: Looks cloudy in bottle (turbid) and not a blood stained tap, **Treatment**



Diarrhoea / Gastroenteritis

Age ≥ 1 month (excluding severe malnutrition)





All cases to receive Zinc. Antimicrobials are NOT indicated unless there is dysentery or proven amoebiasis or qiardiasis.

(child WITHOUT severe malnutrition/severe anaemia*) **Dehydration management**

step 2 Plan B - 75mls/kg	70mls/kg Ringer's or NG ORS Oral / ORS	Age ≥ 1yr,	over 2½ hrs Over 4 hours = drops/min**	** Assumes 150	'adult' IV giving 150	sets where 200	20 drops=1ml 300	55 350	55 450	99	009 99	80 650	100 750	110 800	110 900	120 950	135 1000	135 1100	150 1200	160 1300	160 1300	
Plan C – Step 2	Ringer's	Volume		150	200	200	300	400	400	200	200	009	200	800	800	006	1000	1000	1100	1200	1200	4000
PI ₂	70mls/kg	Age <12m,	over 5 nrs = drops/min**	10	13	13	20	27	27	33	33	40	20	22	55	09	99	99	75	80	80	
Plan C - Step 1	30mls/kg Ringer's	Age <12m, 1 hour	Age ≥1yr, ½ hour	20	75	100	100	150	150	200	250	250	300	300	350	400	400	450	200	200	550	CL
	Weight Shock, 20mls/kg	Immediately		40	20	09	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	000
71-1-14	Weight (kg)	(6.1)		2.00	2.50	3.00	4.00	5.00	00.9	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	40.00

*Consider immediate blood transfusion if severe pallor or Hb<5g/dl on admission

Diabetic Ketoacidosis Management

Initial Management



History:

Polyuria, Polydipsia, Enuresis, Weight loss, Nausea, Vomiting, Abdominal pain, Reduced level of consciousness

Clinical signs:

Dehydration, Deep sighing respiration (Kussmaul), Fruity breath, Lethargy/drowsiness

Biochemical features:

- Blood glucose >11mmol/l
 pH <7.3
- Bicarbonate <15mmol/l

(pH <7.2, HCO3

Clinically well and

Start subcutaneous insulin

NO IMPROVEMENT

AFTER 6 HOURS

tolerating fluids

Oral rehydration

<15mmol/L)

· Ketones in urine

Diagnosis of Diabetic Ketoacidosis confirmed

 Assess severity & amp; level of dehydration. Fix 2 IV lines & amp; draw samples for electrolytes and other investigations as required
 Senior review

• Senior revie

- SHOCK:
 AVPU <A
- Weak/absent peripheral pulses
 Prolonged CRT
- Cold extremities
- Airway +/- NG tube
 Breathing Give Oxygen
- via non-rebreather mask
 Circulation 0.9% Normal
- Saline 10 20mls/kg over 15mins

Severe (pH <7.1, HCO3 <5mmol/L) Moderate (pH <7.2, HCO3 <10mmol/L)

<5mmol/L) HCO3 <10mmol/L)

Severe/some dehydration, Acidotic breathing or vomiting

Resuscitation fluid:

0.9% Normal Saline 10mls/kg over 1 hour

↓

- NPO
- Calculate fluid requirements over 48hr

Fluid requirement=maintenance fluid x2 + fluid deficit resuscitation fluid given for severe/moderate (DO NOT DEDUCT FLUID GIVEN FOR SHOCK!)

P

- *Maintenance fluid calculation over 24hrs:
- 100mls/kg for the first 10kg
 50mls/kg for the next 10kg
- 25mls/kg for additional kg
- **Fluid deficit (assume 10% dehydration) = 100mls/kg

AFTER FIRST HOUR of fluids:

- Start regular insulin 0.05 –
- 0.1IU/kg/hr by infusion
- Check potassium and add 20mmol of potassium per 500ml of fluid unless patient is anuric.



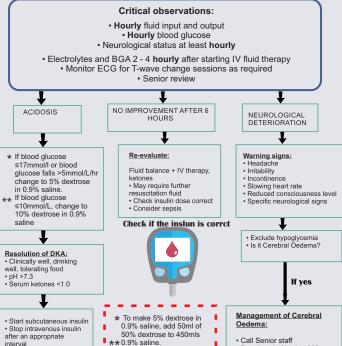
Care continues on the next page



Diabetic Ketoacidosis Management

Ongoing Management





- · Call Senior staff
- Prop head of bed at 30°
- · Give oxvaen
- · Give Mannitol 2.5/kg OR 3% hypertonic saline 5ml/kg
- · Restrict IV fluids by 1/2
- Move to ICU/PICU
- · Cranial imaging when
- stabilised

Do not correct acidosis in DKA with bicarbonate If febrile, start antibiotics

To make 10% dextrose

0.9% saline

in 0.9% saline, add 100ml

of 50% dextrose to 400mls

ISPAD Clinical Practice Consensus Guidelines 2018: Diabetic ketoacidosis and hyperglycemic osmolar state

Measuring nutritional status

Anthropometric measurements assess the nutrition status of a child to determine if there is wasting or stunting. MUAC is a simple and quick method to detect wasting. Weight and Height/Length measurements can be useful to detect wasting, stunting and for growth monitoring over time.

Mid upper arm circumference (MUAC)

MUAC is measured using a tape around the left upper arm. MUAC is used to quickly assess the nutritional status in emergency settings.

Weight, Height and Age

- Weight for height (W/H): Measure length lying if aged <2 yr to give weight for length. Low W/H (or W/L) = wasting, and indicates acute malnutrition.
- Weight for age (W/A): Low W/A does not distinguish acute from chronic malnutrition. W/A is thus not used for diagnosis of acute malnutrition, but can be used to monitor growth e.g. in the MCH booklet

In the diagnosis of acute malnutrition, we use W/H expressed as Z scores. Z - scores can be obtained from simple tables (pg 55 & 56)

Visible Severe Wasting tends to identify only severest cases of SAM. It is better to use MUAC or WHZ score.

Kwashiorkor = severe malnutrition (at any age)

Classifying malnutrition (for WHZ values see pg 53 to 54)							
Acute Malnutrition (severity)	MUAC (cm)	WHZ					
None	>13.5	> - 1					
At Risk	12.5 to 13.4	> - 2 to <u>≤</u> 1					
Moderate	11.5 to 12.4	> - 3 to <u><</u> - 2					
Severe	< 11.5	<u><</u> - 3					
Severe	Kwashiorkor						

Exclude other medical conditions that can lead to wasting e.g CVS, GIT, endocrine

Fluid management

in severe malnutrition with diarrhoea



Shock:

AVPU<A, plus absent or weak pulse plus prolonged capillary refilling (>3s) plus cold periphery with temperature gradient - Give 20 mls/kg in 2 hrs of Ringer's lactate with 5% dextrose (to make this solution, add 50 mls 50% dextrose to 450 mls Ringer's Lactate)

If severe anaemia start urgent blood transfusion not Ringer's.

If not in shock or after treating shock

- If unable to give oral / ngt fluid because of very poor medical condition use / continue with iv fluids at maintenance regimen of 4mls/kg/hr
- If able to introduce oral or ng fluids / feeds:
 - o For 2 hours: Give ReSoMal at 10mls/kg/hour
 - Then: Give ReSoMal at 7.5ml/kg over 1 hour then introduce first feed with F75 and alternate ReSoMal with F75 each hour at 7.5mls/kg/hr for 10 hours - can increase or decrease hourly fluid as tolerated between 5-10 mls/kg/hr.
- At 12 hours switch to 3 hourly oral / NG feeds with F75 (next page)

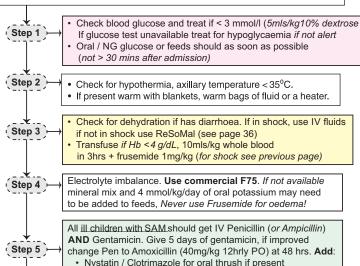
			for shock g malnutrition	Oral / NG first 12 hours	Maintenance
		20mls/kg over 2 hrs Ringer's in 5% Dextrose		7.5mls/kg/hr	4mls/kg/hr
	Weight (kg)			ReSoMal*/ F75 (*10mls/kg first 2hrs)	Ringer's in 5% Dextrose
	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		IV	Oral / NG	IV
		Shock	Drops/min	7.5mls/kg/hr for up	mls/ hour
		(over 2hrs)	adult iv set (20 drops = 1ml)	to 10 hours	
	4.00	80	14	30	15
	5.00	100	17	37	20
	6.00	120	20	45	25
	7.00	140	24	52	30
	8.00	160	27	60	30
	9.00	180	30	67	35
	10.00	200	34	75	40
	11.00	220	37	82	44
	12.00	240	40	90	46
	13.00	260 44		97	48
	14.00	280	47	115	50
	15.00	300	50	122	5′2
Г.					

Complicated severe acute malnutrition

age 6 - 59 months

Check using ABC approach and admit if acute illness and either of:

- MUAC < 11.5 cm (or visible severe wasting if no MUAC) with WHZ < 3
 used if child aged < 6 months
- Oedema / other signs of Kwashiokor (flaky pale skin/hair changes)



Correct micronutrient deficiencies. Give:

Step 6

Step 7

· Albendazole after 7 days treatment.

- Vitamin A (PO) if eye signs on admission and days 2 and 14.
- Multivits for at least 2 weeks if no RUTF or F75/F100

• TEO (+ atropine drops) for pus/ulceration in the eye

- Folic acid 2.5mg alt days if no RUTF or F75/F100
- Iron ONLY when child is gaining weight & If no RUTF

Prescribe feeding needed (see chart on page 38) and place ng.

Steps 8, 9 & 10: Ensure appetite and weight are monitored and start catch-up feeding **with RUTF** or F100 (*usually day 3-7*). Provide a caring and stimulating environment for the child and start educating the family so they help in the acute treatment and are ready for discharge.

Feeding children with severe malnutrition (age 6 - 59 months)



If aged < 6 months use EBM or term formula or use diluted F100 - to each 100mls F100 add 35mls clean water

F75 for no oedema) in the transition phase (about 2 days), if £100 not available change to RUTE for transition phase. When appetite returns (and oedema much improved) **change from F75 to F100 at 130mls/kg (the same volume as**

After transition phase use RUTF that has 500 kcal in 92g packets for rehabilitation. All vitamins, minerals and iron are in RUTF. Allow the child to nibble RUTF very frequently. RUTF can be mixed into uji or other foods slowly introduced.

RUTF Pohohil'n	Phase	Packets per 24hrs	2.0		2.5	C.4			3.0	}		3.5		4.0		4.0	P.		5.0
RUTE	Phase	Packets per 24hrs	1.5		2.1	7.7			2.5	ì		2.8		3.1		9 %	9		4.0
F100 Transition phase	C 0 10 0 0																		
	Severe oedema, even face (100mls/kg/day)	3 hourly feed volume	50	09	65	70	75	85	90	92	100	110	115	120	125	135	140	145	150
F75 – acute feeding	Severe oe face (100	Total Feeds / 24 hrs	400	450	200	220	009	099	002	092	800	820	006	026	1000	1050	1100	1150	1200
F75 – acı	No or moderate oedema (130mls/kg/day)	Total Feeds 3 hourly feed / 24 hrs volume	65	75	80	06	100	105	115	120	130	140	145	155	160	170	180	185	195
	No or mode (130mls	Total Feeds / 24 hrs	520	585	029	715	780	845	910	975	1040	1105	1170	1235	1300	1365	1430	1495	1560
Weight	(kg)		4.0	4.5	5.0	5.5	0.9	6.5	7.0	7.5	8.0	8.5	9.0	9.2	10.0	10.5	11.0	11.5	12.0

If respiratory distress or oedema gets worse or the jugular veins are engorged reduce feed volumes

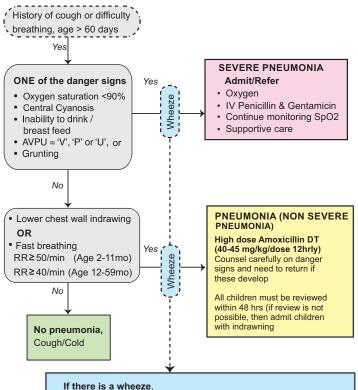
Paediatric management guidelines

Pneumonia

for children aged 2-59months without severe acute malnutrition



For HIV exposed/infected children see separate protocol



Consider POSSIBLE ASTHMA or alternative diagnosis and treat according to separate protocol.

Pneumonia treatment failure definitions



HIV Infection or TB may underlie treatment failure- testing helps the child. See HIV page for PCP treatment (pg 49); see TB page for PTB (page 44)

Treatment failure definition	Action required
Any time. Progression of pneumonia to severe pneumonia (development of cyanosis or inability to	Admit the child. Change treatment from amoxicillin to penicillin and gentamicin
drink in a child with pneumonia without these signs on admission) Obvious cavitation on CXR	Treat with Flucloxacillin and gentamicin IV for Staphaureus or Gram negative pneumonia.
48 hours	
Severe pneumonia child getting worse, re-assess thoroughly, get chest X ray if not already done (looking for empyema /effusion,	Switch to Ceftriaxone unless suspect Staphylococcal pneumonia then use flucloxacillin and gentamicin.
cavitation etc). Pneumonia without improvement in at least one of:	Suspect PCP especially if <12m, an HIV test must be done - treat for Pneumocystis if HIV positive
 ✓ Respiratory rate, ✓ Severity of indrawing, ✓ Fever, ✓ Ability to drink or feed. 	Admit the child. Change treatment from amoxicillin to penicillin and gentamicin.
Day 5.	
At least three of: ✓ Fever, temp >38°C ✓ Respiratory rate >60 bpm ✓ Still cyanosed or saturation <90% and no better than admission ✓ Chest in drawing persistent ✓ Worsening CXR	 If only on amoxicillin, admit the child and change to penicillin and gentamicin If on penicillin and gentamicin change to ceftriaxone. Suspect PCP, an HIV test must be done - treat for Pneumocystis if HIV positive.
Persistent Cough	
Persistent fever and respiratory distress.	Consider TB, perform mantoux, CXR, and check TB treatment guidelines.

Possible asthma

Wheeze + History of cough or difficulty breathing, (Likelihood of asthma much higher if age >12m and recurrent wheeze)

Yes

Yes



Severe Asthma Any one of these;

Yes

- Oxygen saturation <90%
- · Central cyanosis
- · Inability to drink / breast feed
- AVPU= "V". "P" or "U" or
- Inability to talk/complete
 sentences
- Pulse rate >200 bpm (0-3 yrs) and >180 bpm (4-5yrs)
- · Silent chest on auscultation

Immediate Management ADMIT

Oxygen

Nebulize 2.5 mg salbutamol or 6 puffs of inhaler with spacer and mask give every 20 minutes upto 3 doses if needed Prednisolone 1-2mg/kg*

Consider ipratropium bromide 80 mcg every 20 min if poor response** Antibiotics as for severe pneumonia

No.

Mild or Moderate Asthma Wheeze PLUS

Lower chest wall indrawing

OR

Fast breathing

(RR≥50/min (Age 2-11mo)

RR≥40/min (Age 12-59mo)

If mild symptoms allow home on salbutamol MDI give 2 puffs every 6 hours.

Counsel caregiver on signs of deterioration and schedule review within 48 hours.

Salbutamol 2 puffs of inhaler (or 2.5 mg nebulized) every 20 minutes upto 3 doses if needed

Oxygen

Monitor closely for 1-2 hours

If lack of response to salbutamol, increasing respiratory rate, worsening saturation, any signs of severe asthma. Refer to Immediate Management above.

- Recurrence of asthma symptoms
 - Consider Inhaled corticosteroid (ICS) therapy or adjust the doses if already on ICS. (Look out for other comorbidities)
 - Demonstrate MDI and spacer use to the caregiver before discharge from the health facility. Preferably use spacer with face masks for <3 years for 4-5 years use facemask or mouthpiece.
 - Advise on regular follow up.
- Prednisolone administered for 3-5 days. Max dose of 20mg/day for < 2 years and 30mg/day for 2-5 years.
- ** Repeat every 20 minutes for one hour if needed.

Tuberculosis

ALGORITHM FOR DIAGNOSIS OF TB IN CHILDREN¥

History of TB

For all children presenting to a health facility ask for the following suggestive symptoms

- Couah
- Fever
- Weight loss/ poor weight gain (failure to thrive)
- Lethargy/ reduced playfulness less active
 - Suspect TB if child has two or more of these suggestive symptoms
- Ask for history of contact with adult/adolescent with chronic cough or TB within the last 2 years.

Physical examination

Examine the child and check for:

- Temperature > 37.5 °C (fever)
- Weight (to confirm poor weight gain/weight loss) check growth with
 - monitoring curve
 - Respiratory rate (fast breathing)
- Respiratory system examination any abnormal findings

Investigations

Examine other systems for abnormal signs suggestive of extra-pulmonary TB

Obtain specimen* for Xpert MTB/RIF (and culture when indicated**)

Do a chest Xray where available

Do a mantoux test*** where available

Do a HIV test?

Do other tests to diagnose extra-pulmonary TB where suspected

Diagnosis

Bacteriologically confirmed TB: Diagnose if specimen is positive for MTB

Make a clinical diagnosis of PTB if:

Child has two or more of the following symptoms:

- Persistent cough, fever, weight loss/poor weight gain (failure to thrive). lethargy
- PLUS two or more of the following:
- Positive contact, abnormal respiratory signs, abnormal CXR, positive mantoux

Note: If child has clinical signs suggestive of EPTB, refer to National TB auidelines.

¥ National Tuberculosis, Leprosy and Lung Disease Program, Ministry of Health - Kenya. Integrated guideline for Tuberculosis, Leprosy and Lung disease 2021.

- * Specimen may include: Expectorated sputum (child >5 years), induced sputum, nasopharyngeal aspirate, and gastric aspirate. Attempt to obtain specimen in every child
- **Do a culture and DST for the following children: 1. Rifampicin resistance detected by the Xpert test
- 2. Refugees and children in contact with anyone who has Drug Resistant TB
- 3. Those not responding to TB treatment
- 4. Those with Indeterminate Xpert results
- *** This may include IGRA in facilities where available # Use IMCI guidelines to classify severity of disease

Tuberculosis treatment



- All children with bacteriologically confirmed TB
- All children with a clinical diagnosis of TB

NB: Children who do not have an Xpert result or their Xpert result is negative but they have clinical signs and symptoms suggestive of TB, should be treated for TB.

Regimens and dosing

	Recommended regimen						
TB disease category	Intensive phase	Continuation phase					
All forms of TB except TB meningitis, bone and joint TB	2 months RHZE	4 months RH					
TB meningitis Bone and joint TB	2 months RHZE	10 months RH					
Drug-resistant TB	Refer to DR TB spec	cialist					

Steroid therapy should be given for; TB meningitis and other forms of intracranial TB, PTB with respiratory distress, PTB with airway obstruction by hilar lymph nodes, severe miliary TB or pericardial effusion.

 Give Prednisone at 2 mg/kg (max 60mg/day) once daily for 4 weeks. Taper down over 2 weeks (1 mg/kg for 7 days, then 0.5 mg/kg for 7 days)



Tuberculosis



TB drug doses

	Number of tablets								
Weight band (kg)	Intensive phase	Continuation phase							
	RHZ (75/50/150mg)	E (100mg)	RHZ (75/50mg)						
< 2kg	1/4	1/4	1/4						
2.0 - 2.9kg	1/2	1/2	1/2						
3.0 - 3.9kg	3/4	3/4	3/4						
4.0 - 7.9kg	1	1	1						
8.0 - 11.9kg	2	2	2						
12.0 - 15.9kg	3	3	3						
16.0 - 24.9kg	4	4	4						
> 25kg	Use adult dosage and preparation								

Pyridoxine (Give through the whole course of treatment)

Weight (kg)	Number of tablets of pyridoxine (50mg)
5-7	Quarter tablet daily
8-14	Half tablet daily
15 and above	One full tablet daily

Isoniazid Preventative Therapy (IPT): Refer to National TB Guidelines



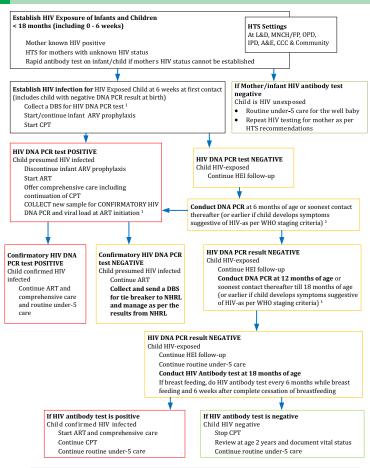
HIV

Provider Initiated Testing and Counselling, Treatment (PITC) and Feeding

Population	Recomendations
HIV testing and counseling of infants and children aged less than 18 months	HIV exposure status of all infants should be established at the 6-week immunization visit or at first contact thereafter, using maternal medical information Conduct HIV antibody testing for mother or children less than 18 months of age and of unknown status to establish their HIV exposure status All HIV-exposed infants should be offered routine DNA PCR testing at the 6-week immunization visit, or at the earliest opportunity for infants seen after 6 weeks of age Infants with an initial positive HIV DNA PCR results should be presumed to be HIV infected and started on ART in line with national guidelines
HIV testing and counseling of children older than 18 months	Conduct HIV testing and counseling for all children presenting to the health facility irrespective of reason for their visit to the health facility Conduct HIV testing and counseling for all children of HIV infected adults as soon as possible, within one month of confirming the HIV positive status of the adult
HIV testing and counseling of adolescents	Conduct HIV testing and counseling for all adolescents including key populations presenting to the health facility irrespective of reason for their visit to the health facility All adolescents identified HIV positive should be linked to prevention, care and treatment services All adolescents should be counseled about the potential benefits and risks of disclosure of their HIV status and empowered and supported to determine if, when, how and to whom to disclose For sexually active adolescents with partners, HIV testing and counseling should be offered to their partners and Children

Guidelines on use of antiretroviral drugs for treating and preventing HIV infection in Kenya 2018 edition

Algorithm for Early Infant Diagnosis of HIV



¹ Where Point of Care DNA PCR is available- EID should be done using the whole blood at the facility. For baseline viral load testing - If available, use point of care machine for viral load; If there is no point of care machine to do viral load- Take a DBS and send it to the VL testing laborator.

Presumptive Diagnosis of HIV in Children

Presumptive Diagnosis of HIV in children < 18 months while awaiting DNA PCR Results

Child < 18 months of age; HIV antibody test positive and symptomatic with:

Oral candidiasis/thrush 2 or more of the following:

Severe pneumonia Severe sepsis

OR, any of the following

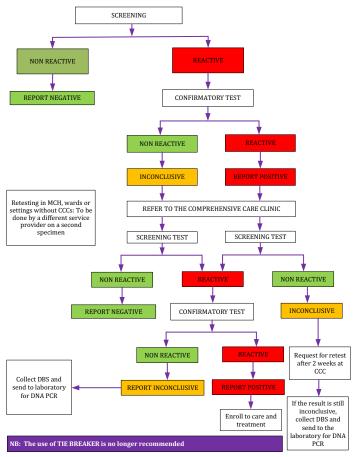
Any WHO Clinical Stage 4 condition

Recent maternal death (if likely to be have been HIV-related) or advanced HIV disease in mother

Child's CD4% < 25%

Guidelines on use of antiretroviral drugs for treating and preventing HIV infection in Kenya 2018 edition

HIV Testing Services Algorithm for the child > 18 months



Guidelines on use of antiretroviral drugs for treating and preventing HIV infection in Kenva 2018 edition

ARVs for Infant Prophylxis



Infant prophylaxis:

- AZT+NVP for 6 weeks, NVP should be continued until 6 weeks after complete cessation of breastfeeding.
- Infant prophylaxis can be discontinued after a minimum of 12 weeks on NVP if the child is not breastfeeding (death of mother or separation with mother).

Dosing of ARVs for Infant Prophylaxis from birth to 12wks of age

Age/Weight	Dosing of NVP (10mg/ml) OD	Dosing of AZT (10mg/ml) BD		
Birth to 6 weeks				
Birth weight < 2,000 g	2 mg/kg per dose, OD	4 mg/kg per dose, BD		
Birth weight 2,000-2,499 g	10 mg (1 ml), OD	10 mg (1 ml), BD		
Birth weight ≥ 2,500 g	15 mg (1.5 ml), OD	15 mg (1.5 ml), BD		
> 6 weeks to 12 weeks of age*				
Any weight	20 mg (2 ml), OD	60 mg (6 ml), BD		
> 12 weeks (Table 7.5 and 7.6)				

^{*}Dose adjustment required once child reaches 6 weeks of age

Nevirapine dosing for infant prophylaxis beyond 12wks of age*

Age	Dosing of NVP (10mg/ml) Once Daily
12 weeks – 6 months	25 mg (2.5 ml), OD
7 months - 9 months	30 mg (3 ml), OD
10 months - 12 months	40 mg (4 ml), OD
> 12 months	Consult the Regional or National HIV Clinical TWG (Uliza Toll-free Hotline 0800 72 48 48; ulizanascop@gmail.com)

^{*} If child presents to facility late and has to be on AZT and NVP beyond 12 weeks of age

AZT Dosing for Infant Prophylaxis beyond 12 Weeks of Age

Weight	Dosing of AZT: (10mg/ml syrup) Twice Daily
3.0-5.9 kg	6 ml, BD
6.0-9.9 kg	9 ml, BD
10.0-13.9 kg	12 ml, BD
14.0-19.9 kg	15 ml, BD

^{*} If child presents to facility late and has to be on AZT and NVP beyond 12 weeks of age

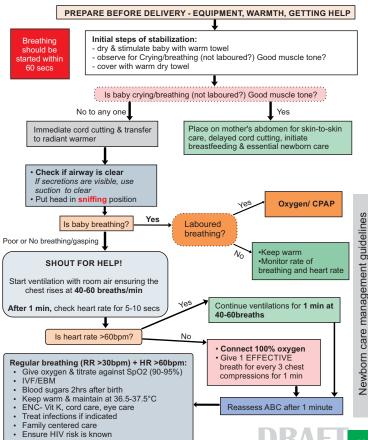
Guidelines on use of antiretroviral drugs for treating and preventing HIV infection in Kenva 2018 edition

Neonatal Resuscitation

For trained health workers - Anticipate and prepare

Note for all newborns:

- · Practice immediate cord clamping and cutting for newborns requiring resuscitation
- For newborns with good heart rate and spontaneous breathing, practice delayed cord clamping and cutting (1-3 mins)



Essential Newborn Care

- 1. Keep warm and maintain body temperature 36.5-37.5°C
- Apply 7.1% Chlorhexidine digluconate on the cord immediately after cutting the cord and then once daily up to the 7th day or until the cord falls off, whichever comes first (see next page on procedure)

3. Vitamin K

- · All babies born in hospital should receive Vitamin K soon after birth
- All infants aged < 14 days should receive Vitamin K on admission if not already given
- If born at home and admitted aged < 14 days give Vitamin K unless already given
- 1mg Vitamin K IM if weight < 1.5kg, 0.5mg IM if weight < 1.5kg
- 4. Administer TEO to all newborns

5. Growth

Preterm babies should gain about 10-15g/kg/d of body weight every day after the first 7 days of life. Term babies gain weight at 20-30g/d. If they are not, check that the right amount of feed is being given.

6. Vitamins and Minerals

All premature infants (< 36 weeks or < 2kg) should receive the following vitamins and minerals daily once they are on full feeds and/or at age of 2 weeks for a minimum of 6 months:

- 2.5 mls of multivitamin syrup daily once they are on full milk feeding at the age of about 2 wks
- Folate 2.5mg weekly
- Give iron supplementation (refer to page 7 for dosages)
- Give Vit D 400IU orally daily
- Add daily calcium supplements(120-140mg/kg/d elemental calcium) from day 28 of life after checking calcium
- Daily phosphorus (60-90mg/kg/d)

7. Kangaroo mother care (KMC)

KMC recommended for stable pre-terms (refer to National KMC Guidelines)



Essential Newborn Care

Application steps for Chlorhexidine gel to the newborn umbilical cord in the immediate post delivery period

Use of 7.1% Chlorhexidine digluconate which delivers 4% Chlorhexidine to prevent infection in newborn is recommended immediately the cord is cut



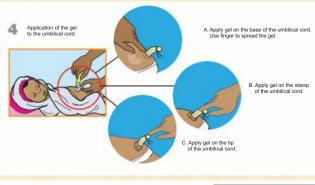
exists in different preparations and packages. Always store your Chlorhexidine in a cool, clean, dry place.



In preparation to apply Chlorhexidine to the newborns umbilical cord, change gloves.



Open and squeeze the tube or satchet to apply Chlorhexidine gel.





Do not clean off any Chlorhexidine gel from the umbilical cord after application.

Do not apply anything else after applying Chlorhexidine.



Do not swallow

Keep away from eyes, nose, ears and mouth

A guideline for the use of 7.1% delivering 4% Chlorhexidine for newborn umbilical cord care in Kenya

Total Daily Fluid / Milk \	
Age	
Newborn ≥ 1.5kg: Feeding / Fluid requirements	

š

60 mls/kg/day

Day 1

Day 1 - Sick baby start with 24hrs IV 10%D to stimulate the gut, give 2mls/kg of Well baby - Immediate milk feeding -Table A. For first feed give 7.5mls and ncrease by this amount each feed until full daily volume reached

colostrum via NGT every 3hrs to be started when ABC are stabilized - do not deduct this from IVF.

≥1.5kg & <2kg; and 10mls 3hrly if ≥ 2kg. Increase feed by the same amount every From Day 2 unless baby very unwell start NGT feeds - Begin with 7.5mls 3hrlv if day and reduce iv fluids to keep within the total daily volume until IVF stopped -

>

For IV fluids from Day 2 Add Na+ 2-3mmol/kg/day (19mls/kg of normal saline) and K+ 1-2mmol/kg/day to 10% glucose solution.

eed volume is 180ml/kg/d. It may be possible to increase enteral feeds further to Maximum fluid that can be given intravenously is 150ml/kg/d. Maximum snteral Always feed with EBM unless contra-indicated.

If signs of poor perfusion or fluid overload please ask for senior opinion on whether to give a bolus, step-up or step-down daily fluids. as much as 200mls/kg/day but seek expert advice.

 Day 2
 80 mls/kg/day

 Day 3
 100 mls/kg/day

 Day 4
 120 mls/kg/day

 Day 5
 140 mls/kg/day

 Day 6
 160 mls/kg/day

 Day 7
 180 mls/kg/day

A. Nasogastric 3 hrly feed amounts for well babies on full volume feeds on day 1 and afterwards

Weight (kg)	1.5 to 1.6	1.7 to 1.8	1.9 to 2.0	2.1 to	2.3 to 2.4	2.5 to 2.6	2.7 to 2.8	2.9 to 3.0	3.1 to 3.2	3.3 to 3.4	3.5 to 3.6	3.7 to 3.8	3.9 to 4.0
Day 1	12	14	15	17	18	20	21	23	24	56	27	58	30
Day 2	15	18	20	22	24	26	28	30	32	34	36	38	40
Day 3	19	23	25	28	30	33	35	38	40	43	45	48	20
Day 4	24	27	30	33	36	39	42	45	48	51	54	25	09
Day 5	28	32	35	39	42	46	49	53	99	09	63	29	70
Day 6	32	36	40	44	48	52	26	09	64	89	72	92	80
Day 7	36	41	45	20	54	69	63	89	72	77	81	98	06

B. IV fluid rates in mls/hr for sick newborns ≥ 1.5kg who cannot be fed

Weight (kg)	1.5 to 1.59kg	1.6 to 1.7kg	1.8 to 1.9kg	2.0 to 2.1kg	2.2 to 2.3kg	2.4 to 2.5kg	2.6 to 2.7kg	2.8 to 2.9kg	3.0 to 3.1kg	3.2 to 3.4 to 3.3kg 3.5kg	3.4 to 3.5kg	3.6 to 3.7kg	3.8 to 3.9kg
Day 1	4	4	2	5	9	9	7	7	∞	8	6	6	10
Day 2	2	9	9	7	∞	8	6	10	10	11	12	12	13
Day 3	9	7	8	6	10	10	11	12	13	14	15	15	16
Day 4	∞	6	10	11	12	13	14	15	16	17	18	19	20
Day 5	6	10	11	12	13	15	16	17	18	19	20	22	23

C. Standard regimen for introducing NGT feeds in a sick newborn 2 1.5kg after 24 hrs IV fluids

Weight		1.5	1.6	1.6 - 1.7	1.8	1.8 - 1.9	2.0	2.0 - 2.1	2.2	2.2 - 2.3	2.4	2.4 - 2.5	2.6	2.6 - 2.7	2.8	2.8 - 2.9
(kg)	IVF also	NGT	IVF N	NGT	IVF mls	NGT 3hrlv	IVF	NGT	IVF	NGT 3hrlv	IVF mls	NGT 3hrly	IVF	NGT	IVF	NGT
	ber	feed	ber	feed	ber	feed	ber	feed	ber	feed	ber	feed	ber	feed	per	feed
	Ļ		Ļ		¥		ᆂ		Ļ		卢		Ė		卢	
Day 1	4	0	4	0	2	0	2	0	9	0	9	0	7	0	7	0
Day 2	က	2	3	8	4	8	4	10	4	10	5	10	9	10	9	10
Day 3	က	10	2	15	က	15	2	20	Э	20	4	20	2	20	2	20
Day 4	3	15	_	22	2	22	0	30	2	30	3	30	4	30	2	30
Day 5+	2	20	0	30	_	30	0	36	0	39	_	40	2	40	4	40

Newborn < 1.5kg: Feeding / Fluid requirements (sick newborns)

Total Daily Fluid /

Age

Milk Vol.

100 mls/kg/day 120 mls/kg/day 140 mls/kg/day

Day 2 Day 1

Day 3

80 mls/kg/day

- severe chest wall indrawing, absent bowel sounds) start iv 10%D for 24hrs. To stimulate Day 1 - Sick baby (convulsions, unconscious, severe respiratory distress evidenced by he gut, give 2mls/kg of colostrum via NGT every 3hrs to be started when A,B,C are stabilized - do not deduct this from IVF!
- Day 2: Start feeding with EBM via NGT (unless baby is still unstable) at 30ml/kg/day EBM. volume until IVF stopped ie until full 3 hourly feed volume achieved appropriate for weight increase the EBM feeds by 30m/kg/day and reduce IV fluids to keep within the total daily 20ml/kg/day to max of 150ml/kg/day. Once no longer on IVF increase to max of and postnatal age in days. Increase total feeds (IVF + EBM) by 180ml/kg/day, but it may be possible to
- For IV fluids from Day 2 Add Na+ 2-3mmol/kg/day (19mls/kg of normal saline) and K+ 1-2mmol/kg/day to 10% glucose solution.

180 mls/kg/day

Day 6+

160 mls/kg/day

Day 5

Day 4

- Always feed with EBM unless contra-indicated
- Maximum fluid that can be given intravenously is 150ml/kg/d.
 - Maximum internal feed volume is 180ml/kg/d.
- It may be possible to increase enteral feeds further to as much as 200mls/kg/day out seek expert advice.

Hourly IV Fluid rates for Newborns <1.5kg:

Using	Using a burette / sol	te / solu	Using a burette / soluset with 60 drops = 1m	60 dro	ps = 1r	, <u>_</u>	Sta	ndard reg	jimen fo	or introd	ucing N	Standard regimen for introducing NGT feeds for sick newborns <1.5kg	s for sic	k newbo	rns <1.	5kg
then d	nen drip rate = mis/nr	= mis/n														
							0.8	6.0 - 8.0	0.9	0.9 - 1.0	7	1.1 - 1.2	1.3	1.3 - 1.4	1.4	1.4 - 1.5
Weight	8.0	6.0	1.	7.3	4.	Weight	IVF	NGT	ΙΛF	NGT	IVF	NGT	ΙNΕ	NGT	ΙNΕ	NGT
(ka)	\$	9	\$	9	\$	(ka)	slm	3hrly	mls	3hrly	mls	3hrly	mls	3hrly	mls	3hrly
(B)	6.0	1.0	1.2	4.	1.5	6	per	feed	per	feed	ber	feed	ber	feed	per	feed
							hr		hr		hr		hr		h	
Day 1	3	3	4	4	5	Day 1	3	0	က	0	4	0	က	0	4	0
Day 2	4	4	2	2	9	Day 2	7	2	က	2	က	2	4	2	2	2
Day 3	2	2	9	7	œ	Day 3	-	10	2	10	2	10	က	10	4	10
Day 4	2	9	9	œ	6	Day 4	0	15	_	15	_	15	က	15	4	15
Day 5+	9	7	7	6	10	Day 5+	0	16	0	18	0	22	2	56	က	28
																_

Newborn care management guidelines



Newborn < 1.5kg: Feeding requirements (well newborns)

congenital malformation as a contraindication to feeding) start feeds with EBM of 5 mls and increase by 5 mls each 3 hourly All babies <1.5 kg and well (without respiratory distress, who have not required BVM resuscitation, and do not have a feed until full 3 hourly feed volume achieved (80 mls/kg/day on day 1 and increasing by 20mls/kg each day)

Always use EBM for NGT feeds unless contra-indicated

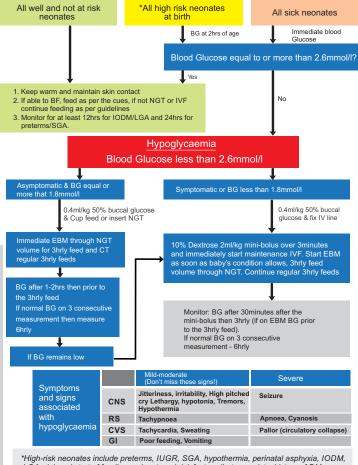
Causes of failure to gain weight should be carefully investigated; if underlying causes have been excluded case by case decisions should be made on how best to support nutritional intakes to enable growth Fortifiers are not routinely required but such babies should routinely receive recommended vitamin and mineral supplements at appropriate post-gestational ages.

It may be possible to increase volumes further to as much as 200mls/kg/day but seek expert advice.

***************************************	0.8-0.9	0.91.0 1.1-1.2		1.3-1.4	1.4-1.5	Total Daily
Weight (Kg)	NG 3 hourly feed	NG 3 hourly feed	NG 3 NG 3 NG 3 NG 3 NG 3 NG 9 NO 1 NG 9 NO 1 NG 9 NO 1 NO	NG 3 hourly feed	NG 3 hourly feed	Fluid/Milk Volume
Day 1	8	6	11	13	14	80ml/kg/day
Day 2	10	11	14	16	18	100ml/kg/day
Day 3	12	14	17	20	21	120ml/kg/day
Day 4	14	16	19	23	25	140mls/kg/day
Day 5	16	18	22	26	28	160mls/kg/day
Day 6	18	20	25	29	31	180ml/kg/day

Early Onset Neonatal Hypoglycemia

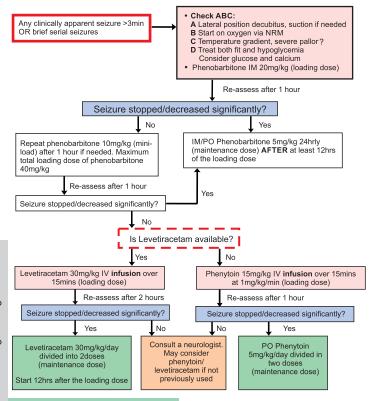
Age 0-72hrs of life



'High-risk neonates include preterms, IUGR, SGA, hypothermia, perinatal asphyxia, IODM, LGA, delayed start of feeding and maternal risk factors (beta agonists, history of DM (maternal/family), obesity, sibling history of seizures/sudden death)

Neonatal Convulsions

In the absence of clinical seizures, neonates with hypoxic-ischaemic encephalopathy need not to be given
prophylactic treatment with phenobarbitone



WHEN TO STOP ANTICONVULSANTS:

- In neonates with normal neurological examination and/or normal electroencephalography, consider stopping antiepileptic drugs if neonate has been seizure-free for more than 72hrs; the drug(s) should be reinstituted in case of recurrence of seizures.
- In neonates in whom seizure control is achieved with a single antiepileptic drug, the drug can be discontinued abruptly without any tapering of the doses.
- In neonates requiring more than one antiepileptic drug for seizure control, the drugs may be stopped one by one, with phenobarbital being the last drug to be withdrawn.

Neonatal Jaundice

- Assess for jaundice in bright, natural light if possible, check the eyes, blanched skin on nose and the sole of the foot
- Refer early if jaundice in those aged <24 hrs and facility cannot provide phototherapy and exchange transfusion
- ✓ If bilirubin measure unavailable start phototherapy in the following:
 - o In a well-baby with jaundice easily visible on the sole of the foot
 - In a preterm baby with ANY visible iaundice
 - In a baby with easily visible jaundice and inability to feed or other signs of neurological impairment and consider immediate exchange transfusion
- Risk factors for bilirubin encephalopathy- dehydration, preterm births, respiratory distress, sepsis, hypoxia, seizures.
- Stop phototherapy when bilirubin levels 50 micromol/L lower than phototherapy threshold (see next page) for the baby's age on day of testing.

Phototherapy and supportive care - checklist

- Shield the eyes with eye patches Remove periodically such as during feeds
- Keep the baby naked (except for a small sized diaper covering only the genital area for hygiene purposes)
- 3. Place the the baby at the centre at the cot have one baby for every phototherapy machine
- Using a light metre measure the irradiance required. Ensure the baby's head, hands and feet receive the desired irradiance.
- 5. Do not place anything on the phototherapy devices including linen lights and baby need to be kept cool so do not block air vents / flow or light. Also keep device clean dust can carry bacteria and reduce light
- Monitor vital signs especially temperature every 3 hrs and weight every alternate day.
- Periodic (12 to 24 hrs) plasma/serum bilirubin test. Visual testing for jaundice or transcutaneous bilirubin is unreliable.
- 9. Make sure that each light source is working and emitting light. Fluorescent tube lights should be replaced if:
 - More than 6 months in use (or usage time >2000 hrs)
 - Tube ends have blackened
 - Lights flicker
- 10. LED lights:
 - Generate less heat thus monitor for hypothermia- ensure the temperature where the phototherapy will take place has a room temperature of 25-28°C



Neonatal Jaundice



Examine every baby for jaundice: sclera, gum, palm and sole of feet



Must measure bilirubin within 2hrs in baby with:

- · Jaundice on 1st day of life
- · Jaundice on sole and palms
- Jaundice in preterms <35 weeks · Jaundice plus any danger sign
- Any jaundice in a baby with history of a sibling who had jaundice that required exchange transfusion or phototherapy
- · Jaundice in baby with Rh incompatibility
- · Any jaundiced neonate in NBU

Investigate for causes of jaundice

Serum bilirubin below level of phototherapy

Serum bilirubin 1-50umol/l below the level of phototherapy. Repeat after Serum hiliruhin above level phototherapy but below the level of exchange transfusion

Serum bilirubin level of exchange transfusion

Phototherapy irradiance 30-35 uW/cm²/nm, Prepare for exchange transfusion

Serum bilirubin below level of exchange transfusion by more than 50umol/l

Standard Phototherapy irradiance 25-30 µW/cm²/nm.

Encourage short breastfeeding, & bonding breaks (less than 30min every 3hrs) Do not give additional fluids/feeds.

Monitor adequacy of feeding by assessing wet diapers and alternate day weight. Monitor vital signs

Serum bilirubin below level of exchange transfusion by less than 50umol/l Intensive Phototherapy irradiance 30-35 µW/cm 2/nm.

Feed via NGT or IV & Lactation support Monitor adequacy of feeding by assessing wet diapers and alternate day

Monitor vital signs

Check serum bilirubin level 6 hrs after starting phototherapy Check bilirubin level every 12hrs if level stable or falling

Level at more than 50umol/Lbelow threshold for phototherapy

- phototherapy - repeat level after

24hrs

Level within phototherapy range but more than 50umol/l below exchange transfusion level 25-30 irradiance

Level below level of exchange transfusion by less than 50umol/lcontinue 30-35 irradiance

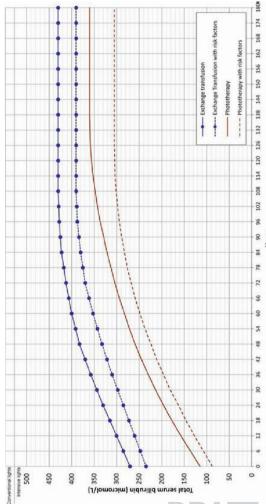
Level above exchange transfusion and/or clinical signs of

exchange

Risk factors for bilirubin encephalopathy: dehydration, preterm births, respiratory distress, sepsis, hypoxia, seizures, acidosis, rate of increase of bilirubin level.



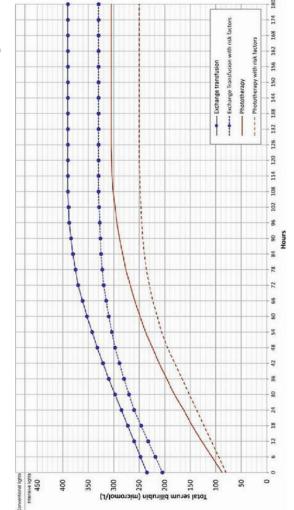
- 2. If baby is greater than 12 hours old with total serum bilirubin (TSB) 1-50 micromol/L below the line, repeat the TSB within 6-24 hours. In the presence of risk factors (sepsis, haemolysis, acidosis or asphyxia) use the lower line.
- a. Consider measuring the TSB 4-6 hourly until the rise of serum bilirubin is known to be controlled, then measure TSB 12-24 hourly. 3. Babies under phototherapy:
- 4. if baby presents with TSB above threshold and the TSB is not expected to be below the threshold after 6 hours of intensive phototherapy, an exchange transfusion is indicated. Stop phototherapy if the TSB is greater than 50 micromol/L below line and recheck in 12-24 hours.
 - If there are signs of bilinbin encephalopathy an immediate exchange transfusion is recommended.



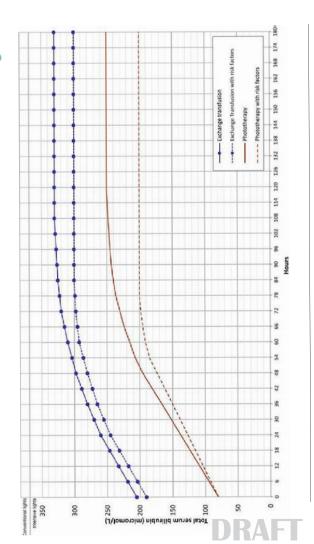
Queensland Clinical Guidelines Neonatal jaundice: F17.7-2

Jaundice management for baby 35+0 to 37+6 weeks gestation





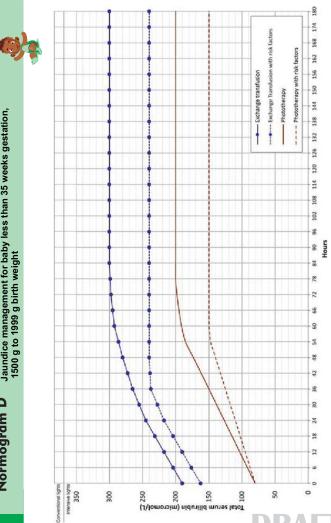




Queensland Clinical Guidelines Neonatal jaundice: F17.7-2

Queensland Clinical Guidelines Neonatal jaundice: F17.7-2

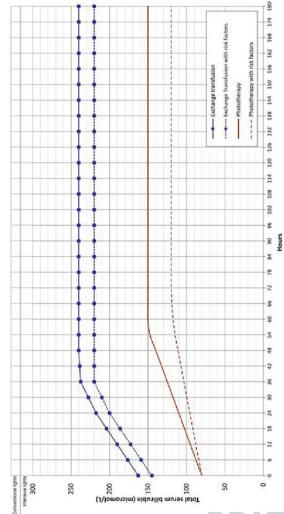
Jaundice management for baby less than 35 weeks gestation, 1500 g to 1999 g birth weight



9

Queensland Clinical Guidelines Neonatal jaundice: F17.7-2

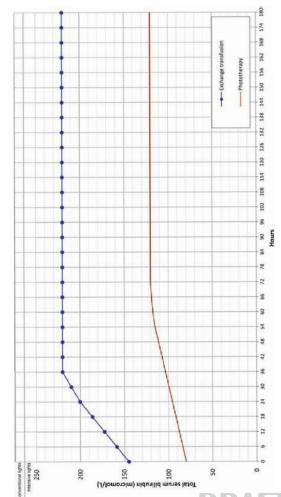




Jaundice management for baby less than 35 weeks gestation Normogram F

less than 1000g birth weight

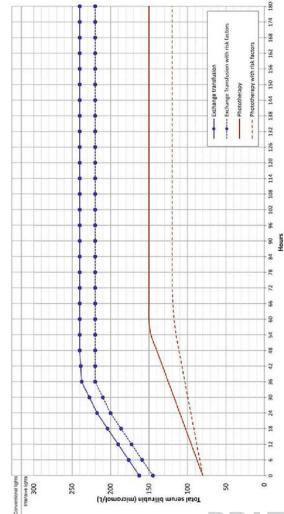




DRAFT

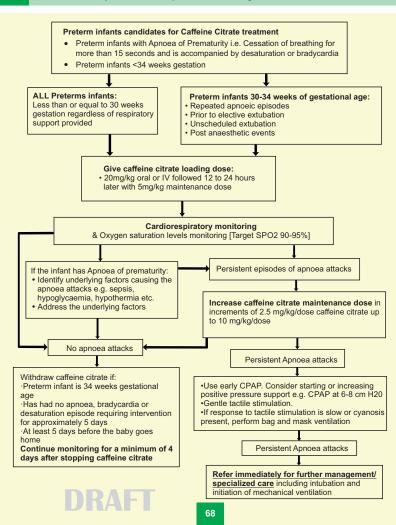
Jaundice management for baby less than 35 weeks gestation 1000 g to 1499 g birth weight





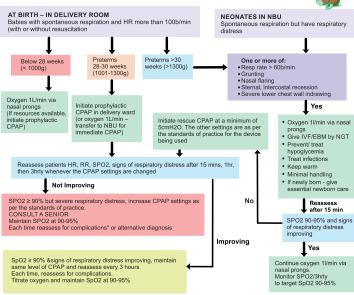
Queensland Clinical Guidelines Neonatal jaundice: F17.7-2

Apnoea of prematurity (AOP)



Continuous Positive Airway Pressure (CPAP)





After a minimum of 24hrs on CPAP & SpO2 is consistently above 95% with no signs of respiratory distress:

- Decrease FiO2 before pressure, as per the standards of practice, to achieve SpO2 of 90-95%
- Stop CPAP if stable at FiO2 of 30% oxygen, pressure 5cm of water and SpO2 of 90-95%
- Start oxygen at 1l/min via nasal prongs. Monitor SpO2 at 15 mins.
- · If stable continue monitoring 3 hourly

NOTE!
CPAP NOT TO BE DONE FOR NEONATES WITH:
APGAR score of less 4 at 5 min

DEFER CPAP FOR NEONATES WITH:

- Uncontrollable seizures
- Apnoea/gasping respiration
- *Complications of CPAP include air leak syndromes e.g. pneumorthorax, abdominal distention, pressure injury e.g. nasal septum necrosis/distortion of nares, hypoxia or oxygen toxicity



Neonatal Sepsis

Age <60days



Has ONE of the following: • Unconscious • History of Convulsions • Unable to feed at all • Apnea • Unable to cry • Central cyanosis/SpO2 <90% • Bulging fontanelle • Persistent vomiting

Admit

Oxygen if SpO2 <90%

Severe neonatal sepsis:

- Keep warm if temp <35.5°C; expose if temp ≥38°C
- Check for hypoglycemia, treat if unable to measure glucose page 57
 - NGT feeds or IVF page 53
- Do blood cultures; LP
- IV Crystalline penicillin
- Gentamicin for a min of 7days page 72

NO

Has ONE of the following:

- Movement only when stimulated,
- Not feeding well on observation,
- Temp ≥38°C or <35.5°C,
- · Severe chest wall in-drawing



YES

Admit Keen

Neonatal sepsis:

- Keep warm if temp <35.5°C; expose if temp ≥38°C
- Prevent and manage hypoglycemia page 57
- NGT feeds or IVF page 53
- IV Crystalline penicillin gentamicin for 2 days then oral amoxicillin for 5 days as outpatient page 72



Systemic bacterial infection unlikely



Assess for other illness and treat appropriately. Give mother advice and arrange for review.

For severe neonatal sepsis or neonatal sepsis:

- 1) Metronidazole may be added if necrotizing enterocolitis is suspected 2) Flucloxacillin and gentamicin is preferred in:
- Suspected staphylococcal septicaemia
- Neonates with signs of sepsis and also has extensive skin pustules/abscess/omphalitis



Duration of treatment for neonatal sepsis

Problem	Days of treatment
Signs of neonatal Infection in a baby breast feeding well.	 IV Antibiotics could be stopped after 48 hours if all the signs of possible sepsis have resolved and the child is feeding well and LP, if done, is normal. Give oral treatment to complete 5 days in total. Advise the mother to return with the child if problems recur. Review the child after 48 hours.
Skin infection with signs of generalised illness such as poor feeding	 IV / IM antibiotics could be stopped after 72 hours if the child is feeding well without fever and has no other problem and LP, if done, is normal. Oral antibiotics should be continued for a <u>further</u> 5 days.
Clinical or radiological pneumonia.	 IV / IM antibiotics should be continued for a minimum of 5 days or until completely well for 24 hrs. For positive LP see below.
Severe Neonatal Sepsis	 The child should have had an LP. IV / IM antibiotics should be continued for a minimum of 7 days or until completely well if the LP is clear
Neonatal meningitis or severe sepsis and no LP performed	 IV / IM antibiotics should be continued for a minimum of 14 days. If Gram negative meningitis is suspected treatment should be IV for 3 weeks.

Antibiotic prophylaxis

Antibiotic prophylaxis (Benzyl Penicillin and Gentamicin standard dose) should be given as soon as possible after birth to all newborns (term and preterms) with any one of the following risk factors:

- Prolonged Rupture of Membranes (PROM) >18 hours
- A mother with fever (Temperature > 38° C)
- Suspected or Confirmed chorioamnionitis
- Mother being treated for sepsis at any time during labour or in the last 24 hours before and after birth.
- Treatment should be given for 48-72 hours (at least 4 doses of Penicillin + 2 doses of gentamicin) and may be stopped if the baby has remained entirely well during this period.
- Where possible initiate laboratory investigations immediately but DO NOT withhold antibiotics.
- If there are no risk factors then DO NOT initiate antibiotics treatment.
- A well baby born preterm < 37 wks or Low birth weight with low risk factors does not require antibiotic treatment.

s aged < 7 days
r antibiotics
itravenous / intramuscular antibiotics
ntravenous/

	Penicillin (50,000iu/kg)		Ampicillin / Gentamicin Flucloxacillin (3mg/kg <2kg, (50mg/kg) 5mg/kg ≥ 2kg)	Ceftriaxone (50mg/kg)	Metronidazole (7.5mg/kg)
Weight	MI / VI	MI/VI	MI / VI	MI / VI	2
(kg)	12 hrly	12 hrly	24 hrly	24 hrly	12 hrly
1.00	50,000	90	3	90	7.5
1.25	75,000	09	4	62.5	10
1.50	75,000	75	2	75	12.5
1.75	100,000	85	9	75	12.5
2.00	100,000	100	10	100	15
2.50	150,000	125	12.5	125	20
3.00	150,000	150	15	150	22.5
4.00	200,000	200	20	200	30

Oral amoxicillin - 50mg/kg/dose twice a day (100mg/kg/d in two divided doses)

72

Warning:

✓ Gentamicin – Please check the dose is correct for weight and age in DAYS Gentamicin used OD should be given IM or as a slow IV push over 2-3 mins. If a baby is not obviously passing urine after more than 24 hours consider stopping gentamicin.

✓ Penicillin dosing is twice daily in babies aged ≤ 7 days

Spectinomycin 25mg/kg

Kanamycin or single dose of:

pus should be treated with a Ophthalmia Neonatorum:

Swollen red eyelids with

Cefotaxime/ ceftazidime are safer cephalosporins in the first 7 days of life Ceftriaxone is not recommended in obviously jaundiced newborns – Ceftriaxone 50mg/kg IM (max 75mg) IM, or,

Neonatal Sepsis

Classification and treatment of Possible Serious Bacterial Infection (PSBI) Age<60 Days

Young infants 0-59 days old with clinically severe infection whose families do not accept or cannot access referral care should be managed in outpatient settings by an appropriately trained health worker

Classification	Clinical Features	Management
Critical illness	Unconscious Convulsions Unable to feed at all Apnoea Unable to cry Cyanosis Bulging fontanelle Major congenital malformations inhibiting oral antibiotic intake Active bleeding requiring transfusion Surgical conditions needing hospital referral Persistent vomiting	Give first dose benzylpenicillin and gentamicin Keep warm Initiate feeding EBM via NGT or IVF Administer Vitamin K if not previously given Prepare to urgently refer to hospital
Clinical Severe infection	Movement only on stimulation Not feeding well on observation Temperature ≥ 38°C or <35.5°C Severe chest wall in-drawing	Gentamicin injection* once daily for 7 days AND oral amoxicillin twice daily for 7days Counsel the mother to continue exclusive breastfeeding or EBM Advice mother when to return
Fast breathing Pneumonia	Only sign is fast breathing ≥60 breaths /min	Oral amoxicillin twice daily for 7 days Counsel the mother to continue exclusive breastfeeding or EBM Advice mother when to return

^{*}Dosage of the antibiotics given for clinical severe infection and/or fast breathing pneumonia:

1. Gentamicin injection - IM 5 - 7.5mg/kg (for low-birth-weight infants 3 - 4mg/kg)



^{2.} Oral amoxicillin - 50mg/kg per dose PO 12hrly

WEIGHT-FOR-LENGTH FROM BIRTH TO 2 YEARS: BOYS

Calculating a childs weight for length or height

In the tables:

- Locate the appropriate table for boys or girls.
- Locate the row containing the childs length in the left column.
- Note where the childs weight lies with respect to the lengths recorded in this row.
- Look up the column to read the weight-for-length of the child.

Example 1: Boy: length 61 cm, weight 5.3 kg. His weight-for-length is 2 SD. Example 2: Girl: length 67 cm, weight 4.3 kg. Her weight-for-length is < 3SD.

Table A5.2.1 Weight-for-length from birth to 2 years: Boys

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
45.0	1.9	2.0	2.2	2.4	2.7	3.0	3.3
45.5	1.9	2.1	2.3	2.5	2.8	3.1	3.4
46.0	2.0	2.2	2.4	2.6	2.9	3.1	3.5
46.5	2.1	2.3	2.5	2.7	3.0	3.2	3.6
47.0	2.1	2.3	2.5	2.8	3.0	3.3	3.7
47.5	2.2	2.4	2.6	2.9	3.1	3.4	3.8
48.0	2.3	2.5	2.7	2.9	3.2	3.6	3.9
48.5	2.3	2.6	2.8	3.0	3.3	3.7	4.0

Gorstein J et al. Issues in the assessment of nutritional status using anthropometry. Bulletin of the World Health Organization, 1994, 72:273283.



Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
49.0	2.4	2.6	2.9	3.1	3.4	3.8	4.2
49.5	2.5	2.7	3.0	3.2	3.5	3.9	4.3
50.0	2.6	2.8	3.0	3.3	3.6	4.0	4.4
	2.7	2.0	3.1	3.4	3.8	4.0	4.4
50.5	2.7	3.0	3.2	3.4	3.9	4.1	4.5
			3.3				
51.5	2.8	3.1		3.6	4.0	4.4	4.8
52.0	2.9	3.2	3.5	3.8	4.1	4.5	5.0
52.5	3.0	3.3	3.6	3.9	4.2	4.6	5.1
53.0	3.1	3.4	3.7	4.0	4.4	4.8	5.3
53.5	3.2	3.5	3.8	4.1	4.5	4.9	5.4
54.0	3.3	3.6	3.9	4.3	4.7	5.1	5.6
54.5	3.4	3.7	4.0	4.4	4.8	5.3	5.8
55.0	3.6	3.8	4.2	4.5	5.0	5.4	6.0
55.5	3.7	4.0	4.3	4.7	5.1	5.6	6.1
56.0	3.8	4.1	4.4	4.8	5.3	5.8	6.3
56.5	3.9	4.2	4.6	5.0	5.4	5.9	6.5
57.0	4.0	4.3	4.7	5.1	5.6	6.1	6.7
57.5	4.1	4.5	4.9	5.3	5.7	6.3	6.9
58.0	4.3	4.6	5.0	5.4	5.9	6.4	7.1
58.5	4.4	4.7	5.1	5.6	6.1	6.6	7.2
59.0	4.5	4.8	5.3	5.7	6.2	6.8	7.4
59.5	4.6	5.0	5.4	5.9	6.4	7.0	7.6
60.0	4.7	5.1	5.5	6.0	6.5	7.1	7.8
60.5	4.8	5.2	5.6	6.1	6.7	7.3	8.0
61.0	4.9	5.3	5.8	6.3	6.8	7.4	8.1
61.5	5.0	5.4	5.9	6.4	7.0	7.6	8.3
62.0	5.1	5.6	6.0	6.5	7.1	7.7	8.5
62.5	5.2	5.7	6.1	6.7	7.2	7.9	8.6
63.0	5.3	5.8	6.2	6.8	7.4	8.0	8.8
63.5	5.4	5.9	6.4	6.9	7.5	8.2	8.9
64.0	5.5	6.0	6.5	7.0	7.6	8.3	9.1

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
64.5	5.6	6.1	6.6	7.1	7.8	8.5	9.3
65.0	5.7	6.2	6.7	7.3	7.9	8.6	9.4
65.5	5.8	6.3	6.8	7.4	8.0	8.7	9.6
66.0	5.9	6.4	6.9	7.5	8.2	8.9	9.7
66.5	6.0	6.5	7.0	7.6	8.3	9.0	9.9
67.0	6.1	6.6	7.1	7.7	8.4	9.2	10.0
67.5	6.2	6.7	7.2	7.9	8.5	9.3	10.2
68.0	6.3	6.8	7.3	8.0	8.7	9.4	10.3
68.5	6.4	6.9	7.5	8.1	8.8	9.6	10.5
69.0	6.5	7.0	7.6	8.2	8.9	9.7	10.6
69.5	6.6	7.1	7.7	8.3	9.0	9.8	10.8
70.0	6.6	7.2	7.8	8.4	9.2	10.0	10.9
70.5	6.7	7.3	7.9	8.5	9.3	10.1	11.1
71.0	6.8	7.4	8.0	8.6	9.4	10.2	11.2
71.5	6.9	7.5	8.1	8.8	9.5	10.4	11.3
72.0	7.0	7.6	8.2	8.9	9.6	10.5	11.5
72.5	7.1	7.6	8.3	9.0	9.8	10.6	11.6
73.0	7.2	7.7	8.4	9.1	9.9	10.8	11.8
73.5	7.2	7.8	8.5	9.2	10.0	10.9	11.9
74.0	7.3	7.9	8.6	9.3	10.1	11.0	12.1
74.5	7.4	8.0	8.7	9.4	10.2	11.2	12.2
75.0	7.5	8.1	8.8	9.5	10.3	11.3	12.3
75.5	7.6	8.2	8.8	9.6	10.4	11.4	12.5
76.0	7.6	8.3	8.9	9.7	10.6	11.5	12.6
76.5	7.7	8.3	9.0	9.8	10.7	11.6	12.7
77.0	7.8	8.4	9.1	9.9	10.8	11.7	12.8
77.5	7.9	8.5	9.2	10.0	10.9	11.9	13.0
78.0	7.9	8.6	9.3	10.1	11.0	12.0	13.1
78.5	8.0	8.7	9.4	10.2	11.1	12.1	13.2
79.0	8.1	8.7	9.5	10.3	11.2	12.2	13.3
79.5	8.2	8.8	9.5	10.4	11.3	12.3	13.4

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
80.0	8.2	8.9	9.6	10.4	11.4	12.4	13.6
80.5	8.3	9.0	9.7	10.5	11.5	12.5	13.7
81.0	8.4	9.1	9.8	10.6	11.6	12.6	13.8
81.5	8.5	9.1	9.9	10.7	11.7	12.7	13.9
82.0	8.5	9.2	10.0	10.8	11.8	12.8	14.0
82.5	8.6	9.3	10.1	10.9	11.9	13.0	14.2
83.0	8.7	9.4	10.2	11.0	12.0	13.1	14.3
83.5	8.8	9.5	10.3	11.2	12.1	13.2	14.4
84.0	8.9	9.6	10.4	11.3	12.2	13.3	14.6
84.5	9.0	9.7	10.5	11.4	12.4	13.5	14.7
85.0	9.1	9.8	10.6	11.5	12.5	13.6	14.9
85.5	9.2	9.9	10.7	11.6	12.6	13.7	15.0
86.0	9.3	10.0	10.8	11.7	12.8	13.9	15.2
86.5	9.4	10.1	11.0	11.9	12.9	14.0	15.3
87.0	9.5	10.2	11.1	12.0	13.0	14.2	15.5
87.5	9.6	10.4	11.2	12.1	13.2	14.3	15.6
88.0	9.7	10.5	11.3	12.2	13.3	14.5	15.8
88.5	9.8	10.6	11.4	12.4	13.4	14.6	15.9
89.0	9.9	10.7	11.5	12.5	13.5	14.7	16.1
89.5	10.0	10.8	11.6	12.6	13.7	14.9	16.2
90.0	10.1	10.9	11.8	12.7	13.8	15.0	16.4
90.5	10.2	11.0	11.9	12.8	13.9	15.1	16.5
91.0	10.3	11.1	12.0	13.0	14.1	15.3	16.7
91.5	10.4	11.2	12.1	13.1	14.2	15.4	16.8
92.0	10.5	11.3	12.2	13.2	14.3	15.6	17.0
92.5	10.6	11.4	12.3	13.3	14.4	15.7	17.1
93.0	10.7	11.5	12.4	13.4	14.6	15.8	17.3
93.5	10.7	11.6	12.5	13.5	14.7	16.0	17.4
94.0	10.8	11.7	12.6	13.7	14.8	16.1	17.6
94.5	10.9	11.8	12.7	13.8	14.9	16.3	17.7
95.0	11.0	11.9	12.8	13.9	15.1	16.4	17.9

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
95.5	11.1	12.0	12.9	14.0	15.2	16.5	18.0
96.0	11.2	12.1	13.1	14.1	15.3	16.7	18.2
96.5	11.3	12.2	13.2	14.3	15.5	16.8	18.4
97.0	11.4	12.3	13.3	14.4	15.6	17.0	18.5
97.5	11.5	12.4	13.4	14.5	15.7	17.1	18.7
98.0	11.6	12.5	13.5	14.6	15.9	17.3	18.9
98.5	11.7	12.6	13.6	14.8	16.0	17.5	19.1
99.0	11.8	12.7	13.7	14.9	16.2	17.6	19.2
99.5	11.9	12.8	13.9	15.0	16.3	17.8	19.4
100.0	12.0	12.9	14.0	15.2	16.5	18.0	19.6
100.5	12.1	13.0	14.1	15.3	16.6	18.1	19.8
101.0	12.2	13.2	14.2	15.4	16.8	18.3	20.0
101.5	12.3	13.3	14.4	15.6	16.9	18.5	20.2
102.0	12.4	13.4	14.5	15.7	17.1	18.7	20.4
102.5	12.5	13.5	14.6	15.9	17.3	18.8	20.6
103.0	12.6	13.6	14.8	16.0	17.4	19.0	20.8
103.5	12.7	13.7	14.9	16.2	17.6	19.2	21.0
104.0	12.8	13.9	15.0	16.3	17.8	19.4	21.2
104.5	12.9	14.0	15.2	16.5	17.9	19.6	21.5
105.0	13.0	14.1	15.3	16.6	18.1	19.8	21.7
105.5	13.2	14.2	15.4	16.8	18.3	20.0	21.9
106.0	13.3	14.4	15.6	16.9	18.5	20.2	22.1
106.5	13.4	14.5	15.7	17.1	18.6	20.4	22.4
107.0	13.5	14.6	15.9	17.3	18.8	20.6	22.6
107.5	13.6	14.7	16.0	17.4	19.0	20.8	22.8
108.0	13.7	14.9	16.2	17.6	19.2	21.0	23.1
108.5	13.8	15.0	16.3	17.8	19.4	21.2	23.3
109.0	14.0	15.1	16.5	17.9	19.6	21.4	23.6
109.5	14.1	15.3	16.6	18.1	19.8	21.7	23.8
110.0	14.2	15.4	16.8	18.3	20.0	21.9	24.1

WEIGHT-FOR-LENGTH FROM BIRTH TO 2 YEARS: BOYS

Weight for length from birth to 2 years: Girls

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
45.0	1.9	2.1	2.3	2.5	2.7	3.0	3.3
45.5	2.0	2.1	2.3	2.5	2.8	3.1	3.4
46.0	2.0	2.2	2.4	2.6	2.9	3.2	3.5
46.5	2.1	2.3	2.5	2.7	3.0	3.3	3.6
47.0	2.2	2.4	2.6	2.8	3.1	3.4	3.7
47.5	2.2	2.4	2.6	2.9	3.2	3.5	3.8
48.0	2.3	2.5	2.7	3.0	3.3	3.6	4.0
48.5	2.4	2.6	2.8	3.1	3.4	3.7	4.1
49.0	2.4	2.6	2.9	3.2	3.5	3.8	4.2
49.5	2.5	2.7	3.0	3.3	3.6	3.9	4.3
50.0	2.6	2.8	3.1	3.4	3.7	4.0	4.5
50.5	2.7	2.9	3.2	3.5	3.8	4.2	4.6
51.0	2.8	3.0	3.3	3.6	3.9	4.3	4.8
51.5	2.8	3.1	3.4	3.7	4.0	4.4	4.9
52.0	2.9	3.2	3.5	3.8	4.2	4.6	5.1
52.5	3.0	3.3	3.6	3.9	4.3	4.7	5.2
53.0	3.1	3.4	3.7	4.0	4.4	4.9	5.4
53.5	3.2	3.5	3.8	4.2	4.6	5.0	5.5
54.0	3.3	3.6	3.9	4.3	4.7	5.2	5.7
54.5	3.4	3.7	4.0	4.4	4.8	5.3	5.9
55.0	3.5	3.8	4.2	4.5	5.0	5.5	6.1
55.5	3.6	3.9	4.3	4.7	5.1	5.7	6.3
56.0	3.7	4.0	4.4	4.8	5.3	5.8	6.4
56.5	3.8	4.1	4.5	5.0	5.4	6.0	6.6
57.0	3.9	4.3	4.6	5.1	5.6	6.1	6.8
57.5	4.0	4.4	4.8	5.2	5.7	6.3	7.0
58.0	4.1	4.5	4.9	5.4	5.9	6.5	7.1
58.5	4.2	4.6	5.0	5.5	6.0	6.6	7.3
59.0	4.3	4.7	5.1	5.6	6.2	6.8	7.5
59.5	4.4	4.8	5.3	5.7	6.3	6.9	7.7

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
60.0	4.5	4.9	5.4	5.9	6.4	7.1	7.8
60.5	4.6	5.0	5.5	6.0	6.6	7.3	8.0
61.0	4.7	5.1	5.6	6.1	6.7	7.4	8.2
61.5	4.8	5.2	5.7	6.3	6.9	7.6	8.4
62.0	4.9	5.3	5.8	6.4	7.0	7.7	8.5
62.5	5.0	5.4	5.9	6.5	7.1	7.8	8.7
63.0	5.1	5.5	6.0	6.6	7.3	8.0	8.8
63.5	5.2	5.6	6.2	6.7	7.4	8.1	9.0
64.0	5.3	5.7	6.3	6.9	7.5	8.3	9.1
64.5	5.4	5.8	6.4	7.0	7.6	8.4	9.3
65.0	5.5	5.9	6.5	7.1	7.8	8.6	9.5
65.5	5.5	6.0	6.6	7.2	7.9	8.7	9.6
66.0	5.6	6.1	6.7	7.3	8.0	8.8	9.8
66.5	5.7	6.2	6.8	7.4	8.1	9.0	9.9
67.0	5.8	6.3	6.9	7.5	8.3	9.1	10.0
67.5	5.9	6.4	7.0	7.6	8.4	9.2	10.2
68.0	6.0	6.5	7.1	7.7	8.5	9.4	10.3
68.5	6.1	6.6	7.2	7.9	8.6	9.5	10.5
69.0	6.1	6.7	7.3	8.0	8.7	9.6	10.6
69.5	6.2	6.8	7.4	8.1	8.8	9.7	10.7
70.0	6.3	6.9	7.5	8.2	9.0	9.9	10.9
70.5	6.4	6.9	7.6	8.3	9.1	10.0	11.0
71.0	6.5	7.0	7.7	8.4	9.2	10.1	11.1
71.5	6.5	7.1	7.7	8.5	9.3	10.2	11.3
72.0	6.6	7.2	7.8	8.6	9.4	10.3	11.4
72.5	6.7	7.3	7.9	8.7	9.5	10.5	11.5
73.0	6.8	7.4	8.0	8.8	9.6	10.6	11.7
73.5	6.9	7.4	8.1	8.9	9.7	10.7	11.8
74.0	6.9	7.5	8.2	9.0	9.8	10.8	11.9
74.5	7.0	7.6	8.3	9.1	9.9	10.9	12.0
75.0	7.1	7.7	8.4	9.1	10.0	11.0	12.2

WEIGHT / HEIGHT

Weight Height Reference Tables

WEIGHT-FOR-LENGTH FROM BIRTH TO 2 YEARS: BOYS

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
75.5	7.1	7.8	8.5	9.2	10.1	11.1	12.3
76.0	7.2	7.8	8.5	9.3	10.2	11.2	12.4
76.5	7.3	7.9	8.6	9.4	10.3	11.4	12.5
77.0	7.4	8.0	8.7	9.5	10.4	11.5	12.6
77.5	7.4	8.1	8.8	9.6	10.5	11.6	12.8
78.0	7.5	8.2	8.9	9.7	10.6	11.7	12.9
78.5	7.6	8.2	9.0	9.8	10.7	11.8	13.0
79.0	7.7	8.3	9.1	9.9	10.8	11.9	13.1
79.5	7.7	8.4	9.1	10.0	10.9	12.0	13.3
80.0	7.8	8.5	9.2	10.1	11.0	12.1	13.4
80.5	7.9	8.6	9.3	10.2	11.2	12.3	13.5
81.0	8.0	8.7	9.4	10.3	11.3	12.4	13.7
81.5	8.1	8.8	9.5	10.4	11.4	12.5	13.8
82.0	8.1	8.8	9.6	10.5	11.5	12.6	13.9
82.5	8.2	8.9	9.7	10.6	11.6	12.8	14.1
83.0	8.3	9.0	9.8	10.7	11.8	12.9	14.2
83.5	8.4	9.1	9.9	10.9	11.9	13.1	14.4
84.0	8.5	9.2	10.1	11.0	12.0	13.2	14.5
84.5	8.6	9.3	10.2	11.1	12.1	13.3	14.7
85.0	8.7	9.4	10.3	11.2	12.3	13.5	14.9
85.5	8.8	9.5	10.4	11.3	12.4	13.6	15.0
86.0	8.9	9.7	10.5	11.5	12.6	13.8	15.2
86.5	9.0	9.8	10.6	11.6	12.7	13.9	15.4
87.0	9.1	9.9	10.7	11.7	12.8	14.1	15.5
87.5	9.2	10.0	10.9	11.8	13.0	14.2	15.7
88.0	9.3	10.1	11.0	12.0	13.1	14.4	15.9
88.5	9.4	10.2	11.1	12.1	13.2	14.5	16.0
89.0	9.5	10.3	11.2	12.2	13.4	14.7	16.2
89.5	9.6	10.4	11.3	12.3	13.5	14.8	16.4
90.0	9.7	10.5	11.4	12.5	13.7	15.0	16.5
90.5	9.8	10.6	11.5	12.6	13.8	15.1	16.7

WEIGHT-FOR-LENGTH FROM BIRTH TO 2 YEARS: BOYS

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
91.0	9.9	10.7	11.7	12.7	13.9	15.3	16.9
91.5	10.0	10.8	11.8	12.8	14.1	15.5	17.0
92.0	10.1	10.9	11.9	13.0	14.2	15.6	17.2
92.5	10.1	11.0	12.0	13.1	14.3	15.8	17.4
93.0	10.2	11.1	12.1	13.2	14.5	15.9	17.5
93.5	10.3	11.2	12.2	13.3	14.6	16.1	17.7
94.0	10.4	11.3	12.3	13.5	14.7	16.2	17.9
94.5	10.5	11.4	12.4	13.6	14.9	16.4	18.0
95.0	10.6	11.5	12.6	13.7	15.0	16.5	18.2
95.5	10.7	11.6	12.7	13.8	15.2	16.7	18.4
96.0	10.8	11.7	12.8	14.0	15.3	16.8	18.6
96.5	10.9	11.8	12.9	14.1	15.4	17.0	18.7
97.0	11.0	12.0	13.0	14.2	15.6	17.1	18.9
97.5	11.1	12.1	13.1	14.4	15.7	17.3	19.1
98.0	11.2	12.2	13.3	14.5	15.9	17.5	19.3
98.5	11.3	12.3	13.4	14.6	16.0	17.6	19.5
99.0	11.4	12.4	13.5	14.8	16.2	17.8	19.6
99.5	11.5	12.5	13.6	14.9	16.3	18.0	19.8
100.0	11.6	12.6	13.7	15.0	16.5	18.1	20.0
100.5	11.7	12.7	13.9	15.2	16.6	18.3	20.2
101.0	11.8	12.8	14.0	15.3	16.8	18.5	20.4
101.5	11.9	13.0	14.1	15.5	17.0	18.7	20.6
102.0	12.0	13.1	14.3	15.6	17.1	18.9	20.8
102.5	12.1	13.2	14.4	15.8	17.3	19.0	21.0
103.0	12.3	13.3	14.5	15.9	17.5	19.2	21.3
103.5	12.4	13.5	14.7	16.1	17.6	19.4	21.5
104.0	12.5	13.6	14.8	16.2	17.8	19.6	21.7
104.5	12.6	13.7	15.0	16.4	18.0	19.8	21.9
105.0	12.7	13.8	15.1	16.5	18.2	20.0	22.2
105.5	12.8	14.0	15.3	16.7	18.4	20.2	22.4
106.0	13.0	14.1	15.4	16.9	18.5	20.5	22.6

WEIGHT-FOR-HEIGHT FROM 2 TO 5 YEARS: BOYS

Length (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
106.5	13.1	14.3	15.6	17.1	18.7	20.7	22.9
107.0	13.2	14.4	15.7	17.2	18.9	20.9	23.1
107.5	13.3	14.5	15.9	17.4	19.1	21.1	23.4
108.0	13.5	14.7	16.0	17.6	19.3	21.3	23.6
108.5	13.6	14.8	16.2	17.8	19.5	21.6	23.9
109.0	13.7	15.0	16.4	18.0	19.7	21.8	24.2
109.5	13.9	15.1	16.5	18.1	20.0	22.0	24.4
110.0	14.0	15.3	16.7	18.3	20.2	22.3	24.7

Weight for height from 2 to 5 years: Boys

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
65.0	5.9	6.3	6.9	7.4	8.1	8.8	9.6
65.5	6.0	6.4	7.0	7.6	8.2	8.9	9.8
66.0	6.1	6.5	7.1	7.7	8.3	9.1	9.9
66.5	6.1	6.6	7.2	7.8	8.5	9.2	10.1
67.0	6.2	6.7	7.3	7.9	8.6	9.4	10.2
67.5	6.3	6.8	7.4	8.0	8.7	9.5	10.4
68.0	6.4	6.9	7.5	8.1	8.8	9.6	10.5
68.5	6.5	7.0	7.6	8.2	9.0	9.8	10.7
69.0	6.6	7.1	7.7	8.4	9.1	9.9	10.8
69.5	6.7	7.2	7.8	8.5	9.2	10.0	11.0
70.0	6.8	7.3	7.9	8.6	9.3	10.2	11.1
70.5	6.9	7.4	8.0	8.7	9.5	10.3	11.3
71.0	6.9	7.5	8.1	8.8	9.6	10.4	11.4
71.5	7.0	7.6	8.2	8.9	9.7	10.6	11.6
72.0	7.1	7.7	8.3	9.0	9.8	10.7	11.7
72.5	7.2	7.8	8.4	9.1	9.9	10.8	11.8
73.0	7.3	7.9	8.5	9.2	10.0	11.0	12.0
73.5	7.4	7.9	8.6	9.3	10.2	11.1	12.1
74.0	7.4	8.0	8.7	9.4	10.3	11.2	12.2
74.5	7.5	8.1	8.8	9.5	10.4	11.3	12.4

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
75.0	7.6	8.2	8.9	9.6	10.5	11.4	12.5
75.5	7.7	8.3	9.0	9.7	10.6	11.6	12.6
76.0	7.7	8.4	9.1	9.8	10.7	11.7	12.8
76.5	7.8	8.5	9.2	9.9	10.8	11.8	12.9
77.0	7.9	8.5	9.2	10.0	10.9	11.9	13.0
77.5	8.0	8.6	9.3	10.1	11.0	12.0	13.1
78.0	8.0	8.7	9.4	10.2	11.1	12.1	13.3
78.5	8.1	8.8	9.5	10.3	11.2	12.2	13.4
79.0	8.2	8.8	9.6	10.4	11.3	12.3	13.5
79.5	8.3	8.9	9.7	10.5	11.4	12.4	13.6
80.0	8.3	9.0	9.7	10.6	11.5	12.6	13.7
80.5	8.4	9.1	9.8	10.7	11.6	12.7	13.8
81.0	8.5	9.2	9.9	10.8	11.7	12.8	14.0
81.5	8.6	9.3	10.0	10.9	11.8	12.9	14.1
82.0	8.7	9.3	10.1	11.0	11.9	13.0	14.2
82.5	8.7	9.4	10.2	11.1	12.1	13.1	14.4
83.0	8.8	9.5	10.3	11.2	12.2	13.3	14.5
83.5	8.9	9.6	10.4	11.3	12.3	13.4	14.6
84.0	9.0	9.7	10.5	11.4	12.4	13.5	14.8
84.5	9.1	9.9	10.7	11.5	12.5	13.7	14.9
85.0	9.2	10.0	10.8	11.7	12.7	13.8	15.1
85.5	9.3	10.1	10.9	11.8	12.8	13.9	15.2
86.0	9.4	10.2	11.0	11.9	12.9	14.1	15.4
86.5	9.5	10.3	11.1	12.0	13.1	14.2	15.5
87.0	9.6	10.4	11.2	12.2	13.2	14.4	15.7
87.5	9.7	10.5	11.3	12.3	13.3	14.5	15.8
88.0	9.8	10.6	11.5	12.4	13.5	14.7	16.0
88.5	9.9	10.7	11.6	12.5	13.6	14.8	16.1
89.0	10.0	10.8	11.7	12.6	13.7	14.9	16.3
89.5	10.1	10.9	11.8	12.8	13.9	15.1	16.4
90.0	10.2	11.0	11.9	12.9	14.0	15.2	16.6

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
90.5	10.3	11.1	12.0	13.0	14.1	15.3	16.7
91.0	10.4	11.2	12.1	13.1	14.2	15.5	16.9
91.5	10.5	11.3	12.2	13.2	14.4	15.6	17.0
92.0	10.6	11.4	12.3	13.4	14.5	15.8	17.2
92.5	10.7	11.5	12.4	13.5	14.6	15.9	17.3
93.0	10.8	11.6	12.6	13.6	14.7	16.0	17.5
93.5	10.9	11.7	12.7	13.7	14.9	16.2	17.6
94.0	11.0	11.8	12.8	13.8	15.0	16.3	17.8
94.5	11.1	11.9	12.9	13.9	15.1	16.5	17.9
95.0	11.1	12.0	13.0	14.1	15.3	16.6	18.1
95.5	11.2	12.1	13.1	14.2	15.4	16.7	18.3
96.0	11.3	12.2	13.2	14.3	15.5	16.9	18.4
96.5	11.4	12.3	13.3	14.4	15.7	17.0	18.6
97.0	11.5	12.4	13.4	14.6	15.8	17.2	18.8
97.5	11.6	12.5	13.6	14.7	15.9	17.4	18.9
98.0	11.7	12.6	13.7	14.8	16.1	17.5	19.1
98.5	11.8	12.8	13.8	14.9	16.2	17.7	19.3
99.0	11.9	12.9	13.9	15.1	16.4	17.9	19.5
99.5	12.0	13.0	14.0	15.2	16.5	18.0	19.7
100.0	12.1	13.1	14.2	15.4	16.7	18.2	19.9
100.5	12.2	13.2	14.3	15.5	16.9	18.4	20.1
101.0	12.3	13.3	14.4	15.6	17.0	18.5	20.3
101.5	12.4	13.4	14.5	15.8	17.2	18.7	20.5
102.0	12.5	13.6	14.7	15.9	17.3	18.9	20.7
102.5	12.6	13.7	14.8	16.1	17.5	19.1	20.9
103.0	12.8	13.8	14.9	16.2	17.7	19.3	21.1
103.5	12.9	13.9	15.1	16.4	17.8	19.5	21.3
104.0	13.0	14.0	15.2	16.5	18.0	19.7	21.6
104.5	13.1	14.2	15.4	16.7	18.2	19.9	21.8
105.0	13.2	14.3	15.5	16.8	18.4	20.1	22.0
105.5	13.3	14.4	15.6	17.0	18.5	20.3	22.2

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
106.0	13.4	14.5	15.8	17.2	18.7	20.5	22.5
106.5	13.5	14.7	15.9	17.3	18.9	20.7	22.7
107.0	13.7	14.8	16.1	17.5	19.1	20.9	22.9
107.5	13.8	14.9	16.2	17.7	19.3	21.1	23.2
108.0	13.9	15.1	16.4	17.8	19.5	21.3	23.4
108.5	14.0	15.2	16.5	18.0	19.7	21.5	23.7
109.0	14.1	15.3	16.7	18.2	19.8	21.8	23.9
109.5	14.3	15.5	16.8	18.3	20.0	22.0	24.2
110.0	14.4	15.6	17.0	18.5	20.2	22.2	24.4
110.5	14.5	15.8	17.1	18.7	20.4	22.4	24.7
111.0	14.6	15.9	17.3	18.9	20.7	22.7	25.0
111.5	14.8	16.0	17.5	19.1	20.9	22.9	25.2
112.0	14.9	16.2	17.6	19.2	21.1	23.1	25.5
112.5	15.0	16.3	17.8	19.4	21.3	23.4	25.8
113.0	15.2	16.5	18.0	19.6	21.5	23.6	26.0
113.5	15.3	16.6	18.1	19.8	21.7	23.9	26.3
114.0	15.4	16.8	18.3	20.0	21.9	24.1	26.6
114.5	15.6	16.9	18.5	20.2	22.1	24.4	26.9
115.0	15.7	17.1	18.6	20.4	22.4	24.6	27.2
115.5	15.8	17.2	18.8	20.6	22.6	24.9	27.5
116.0	16.0	17.4	19.0	20.8	22.8	25.1	27.8
116.5	16.1	17.5	19.2	21.0	23.0	25.4	28.0
117.0	16.2	17.7	19.3	21.2	23.3	25.6	28.3
117.5	16.4	17.9	19.5	21.4	23.5	25.9	28.6
118.0	16.5	18.0	19.7	21.6	23.7	26.1	28.9
118.5	16.7	18.2	19.9	21.8	23.9	26.4	29.2
119.0	16.8	18.3	20.0	22.0	24.1	26.6	29.5
119.5	16.9	18.5	20.2	22.2	24.4	26.9	29.8
120.0	17.1	18.6	20.4	22.4	24.6	27.2	30.1

WEIGHT-FOR-HEIGHT FROM 2 TO 5 YEARS: BOYS

Weight for height from 2 to 5 years: Girls

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
65.0	5.6	6.1	6.6	7.2	7.9	8.7	9.7
65.5	5.7	6.2	6.7	7.4	8.1	8.9	9.8
66.0	5.8	6.3	6.8	7.5	8.2	9.0	10.0
66.5	5.8	6.4	6.9	7.6	8.3	9.1	10.1
67.0	5.9	6.4	7.0	7.7	8.4	9.3	10.2
67.5	6.0	6.5	7.1	7.8	8.5	9.4	10.4
68.0	6.1	6.6	7.2	7.9	8.7	9.5	10.5
68.5	6.2	6.7	7.3	8.0	8.8	9.7	10.7
69.0	6.3	6.8	7.4	8.1	8.9	9.8	10.8
69.5	6.3	6.9	7.5	8.2	9.0	9.9	10.9
70.0	6.4	7.0	7.6	8.3	9.1	10.0	11.1
70.5	6.5	7.1	7.7	8.4	9.2	10.1	11.2
71.0	6.6	7.1	7.8	8.5	9.3	10.3	11.3
71.5	6.7	7.2	7.9	8.6	9.4	10.4	11.5
72.0	6.7	7.3	8.0	8.7	9.5	10.5	11.6
72.5	6.8	7.4	8.1	8.8	9.7	10.6	11.7
73.0	6.9	7.5	8.1	8.9	9.8	10.7	11.8
73.5	7.0	7.6	8.2	9.0	9.9	10.8	12.0
74.0	7.0	7.6	8.3	9.1	10.0	11.0	12.1
74.5	7.1	7.7	8.4	9.2	10.1	11.1	12.2
75.0	7.2	7.8	8.5	9.3	10.2	11.2	12.3
75.5	7.2	7.9	8.6	9.4	10.3	11.3	12.5
76.0	7.3	8.0	8.7	9.5	10.4	11.4	12.6
76.5	7.4	8.0	8.7	9.6	10.5	11.5	12.7
77.0	7.5	8.1	8.8	9.6	10.6	11.6	12.8
77.5	7.5	8.2	8.9	9.7	10.7	11.7	12.9
78.0	7.6	8.3	9.0	9.8	10.8	11.8	13.1
78.5	7.7	8.4	9.1	9.9	10.9	12.0	13.2
79.0	7.8	8.4	9.2	10.0	11.0	12.1	13.3
79.5	7.8	8.5	9.3	10.1	11.1	12.2	13.4

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
80.0	7.9	8.6	9.4	10.2	11.2	12.3	13.6
80.5	8.0	8.7	9.5	10.3	11.3	12.4	13.7
81.0	8.1	8.8	9.6	10.4	11.4	12.6	13.9
81.5	8.2	8.9	9.7	10.6	11.6	12.7	14.0
82.0	8.3	9.0	9.8	10.7	11.7	12.8	14.1
82.5	8.4	9.1	9.9	10.8	11.8	13.0	14.3
83.0	8.5	9.2	10.0	10.9	11.9	13.1	14.5
83.5	8.5	9.3	10.1	11.0	12.1	13.3	14.6
84.0	8.6	9.4	10.2	11.1	12.2	13.4	14.8
84.5	8.7	9.5	10.3	11.3	12.3	13.5	14.9
85.0	8.8	9.6	10.4	11.4	12.5	13.7	15.1
85.5	8.9	9.7	10.6	11.5	12.6	13.8	15.3
86.0	9.0	9.8	10.7	11.6	12.7	14.0	15.4
86.5	9.1	9.9	10.8	11.8	12.9	14.2	15.6
87.0	9.2	10.0	10.9	11.9	13.0	14.3	15.8
87.5	9.3	10.1	11.0	12.0	13.2	14.5	15.9
88.0	9.4	10.2	11.1	12.1	13.3	14.6	16.1
88.5	9.5	10.3	11.2	12.3	13.4	14.8	16.3
89.0	9.6	10.4	11.4	12.4	13.6	14.9	16.4
89.5	9.7	10.5	11.5	12.5	13.7	15.1	16.6
90.0	9.8	10.6	11.6	12.6	13.8	15.2	16.8
90.5	9.9	10.7	11.7	12.8	14.0	15.4	16.9
91.0	10.0	10.9	11.8	12.9	14.1	15.5	17.1
91.5	10.1	11.0	11.9	13.0	14.3	15.7	17.3
92.0	10.2	11.1	12.0	13.1	14.4	15.8	17.4
92.5	10.3	11.2	12.1	13.3	14.5	16.0	17.6
93.0	10.4	11.3	12.3	13.4	14.7	16.1	17.8
93.5	10.5	11.4	12.4	13.5	14.8	16.3	17.9
94.0	10.6	11.5	12.5	13.6	14.9	16.4	18.1
94.5	10.7	11.6	12.6	13.8	15.1	16.6	18.3
95.0	10.8	11.7	12.7	13.9	15.2	16.7	18.5

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
95.5	10.8	11.8	12.8	14.0	15.4	16.9	18.6
96.0	10.9	11.9	12.9	14.1	15.5	17.0	18.8
96.5	11.0	12.0	13.1	14.3	15.6	17.2	19.0
97.0	11.1	12.1	13.2	14.4	15.8	17.4	19.2
97.5	11.2	12.2	13.3	14.5	15.9	17.5	19.3
98.0	11.3	12.3	13.4	14.7	16.1	17.7	19.5
98.5	11.4	12.4	13.5	14.8	16.2	17.9	19.7
99.0	11.5	12.5	13.7	14.9	16.4	18.0	19.9
99.5	11.6	12.7	13.8	15.1	16.5	18.2	20.1
100.0	11.7	12.8	13.9	15.2	16.7	18.4	20.3
100.5	11.9	12.9	14.1	15.4	16.9	18.6	20.5
101.0	12.0	13.0	14.2	15.5	17.0	18.7	20.7
101.5	12.1	13.1	14.3	15.7	17.2	18.9	20.9
102.0	12.2	13.3	14.5	15.8	17.4	19.1	21.1
102.5	12.3	13.4	14.6	16.0	17.5	19.3	21.4
103.0	12.4	13.5	14.7	16.1	17.7	19.5	21.6
103.5	12.5	13.6	14.9	16.3	17.9	19.7	21.8
104.0	12.6	13.8	15.0	16.4	18.1	19.9	22.0
104.5	12.8	13.9	15.2	16.6	18.2	20.1	22.3
105.0	12.9	14.0	15.3	16.8	18.4	20.3	22.5
105.5	13.0	14.2	15.5	16.9	18.6	20.5	22.7
106.0	13.1	14.3	15.6	17.1	18.8	20.8	23.0
106.5	13.3	14.5	15.8	17.3	19.0	21.0	23.2
107.0	13.4	14.6	15.9	17.5	19.2	21.2	23.5
107.5	13.5	14.7	16.1	17.7	19.4	21.4	23.7
108.0	13.7	14.9	16.3	17.8	19.6	21.7	24.0
108.5	13.8	15.0	16.4	18.0	19.8	21.9	24.3
109.0	13.9	15.2	16.6	18.2	20.0	22.1	24.5
109.5	14.1	15.4	16.8	18.4	20.3	22.4	24.8
110.0	14.2	15.5	17.0	18.6	20.5	22.6	25.1
110.5	14.4	15.7	17.1	18.8	20.7	22.9	25.4

Height (cm)	3SD	2SD	1SD	Median	1SD	2SD	3SD
111.0	14.5	15.8	17.3	19.0	20.9	23.1	25.7
111.5	14.7	16.0	17.5	19.2	21.2	23.4	26.0
112.0	14.8	16.2	17.7	19.4	21.4	23.6	26.2
112.5	15.0	16.3	17.9	19.6	21.6	23.9	26.5
113.0	15.1	16.5	18.0	19.8	21.8	24.2	26.8
113.5	15.3	16.7	18.2	20.0	22.1	24.4	27.1
114.0	15.4	16.8	18.4	20.2	22.3	24.7	27.4
114.5	15.6	17.0	18.6	20.5	22.6	25.0	27.8
115.0	15.7	17.2	18.8	20.7	22.8	25.2	28.1
115.5	15.9	17.3	19.0	20.9	23.0	25.5	28.4
116.0	16.0	17.5	19.2	21.1	23.3	25.8	28.7
116.5	16.2	17.7	19.4	21.3	23.5	26.1	29.0
117.0	16.3	17.8	19.6	21.5	23.8	26.3	29.3
117.5	16.5	18.0	19.8	21.7	24.0	26.6	29.6
118.0	16.6	18.2	19.9	22.0	24.2	26.9	29.9
118.5	16.8	18.4	20.1	22.2	24.5	27.2	30.3
119.0	16.9	18.5	20.3	22.4	24.7	27.4	30.6
119.5	17.1	18.7	20.5	22.6	25.0	27.7	30.9
120.0	17.3	18.9	20.7	22.8	25.2	28.0	31.2



WEIGHT-FOR-HEIGHT FROM 2 TO 5 YEARS: BOYS



All babies and children admitted to hospital should be weighed and the weight recorded in the medical record and in the MCH.

Estimate the weight from the age only if immediate life support is required or the patient is in shock - then check weight as soon as stabilised.

All other children should have weight measured.

Child looks well nourished, average size for age	Estimated Weight	If child looks obviously underweight – find
Age	(kg)	age but step back 2
1 – 3 weeks	3.0	age /weight categories and use the weight
4 - 7 weeks	4.0	appropriate for this
2 - 3 months	5.0	younger age-group.
4 - 6 months	7.0	Eg. Child thin and age 10
7 to 9 months	9.0	months, use the weight
10 to 12 months	10.0	for a 4-6 month well nourished child.
1 to 2 yrs	11.0	
2 to 3 yrs	13.0	If there is severe malnutrition this chart will
3 to 4 yrs	15.0	be inaccurate.
4 to 5 yrs	17.0	

Notes



DRAF

Notes



DRAF

Notes



DRAF

BASIC PAEDIATRIC PROTOCOLS February 2022

5th Edition

DRAFT