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Pediatrics Pocketcard Set

Pediatrics pocketcard Set		
<small>Age: days</small>		
Points	0	1
A = Appearance	Entire body is blue	Extremities are blue
P = Pulse	Absent	< 100/min
S = Respirate	Normal	Bradypnea
Dependent to surface		
A = Activity (muscle tone)	Rising	Decreased, weak
R = Respiratory effort	Absent	Extremity flexion
		Gasping or irregular
		Good
Scoring is done at 1 and 5 minutes after birth: 0 points: mild risk; 6-8 points: newborn is impaired; < 6 points: newborn's life is severely threatened; consider transfer to NICU		
<small>Position: Reflux</small>		
<small>Web-Only: Web</small>		
Reflexes	Present until	Age
Sucking	2 mo	1-2 d after discharge
Rooting	3 mo	From nursery
Palmar	6 mo	2-14 d
Plantar	12 mo	1 mo
Babinski	3 mo	2 mo
Gallant	3 mo	6 mo
Asymmetric tonic neck	6 mo	12 mo
Toxic tachyphylaxis	2 mo	14-18 months
Menstruation	4 mo	18 months
<small>0-6 months: developmental screening (eg. PDS or M-CHAT) 6-12 months: developmental concerns</small>		
<small>Per American Academy of Pediatrics (AAP) recommendations</small>		
<small>Age: months</small>		
Age	Weight	Height
Birth	~ 3.4 kg	~ 50 cm
4 mo	~ 7-8 kg	~ 64 cm
1 yr	~ 10 kg	~ 75 cm
6 yr	~ 16-20 kg	~ 116 cm
12 yr	~ 32-40 kg	~ 150 cm
<small>Maturity height (cm): Boys: (Father ht + Mother ht) x 1.032; Girls: (Father ht + Mother ht - 1.032)</small>		
<small>Developmental milestones</small>		
<small>Age: Physical and intellectual ability</small>		
1-4 wk	Moves extensorily, startles to loud noise, looks at face	
2-3 mo	Holds up head, examines fingers, social smile, recognizes parents	
4-5 mo	Sits with support, rolls over, holds rattle, laughs, smiles to voice	
6-7 mo	Sits unsupported, passes objects between hands, grasps toy, babbles, recognizes strangers	
8-10	Crawls, pulls up to standing position, immature pincer grasp, throws objects, says "mamamama," waves "bye-bye," understands "no," explores environment	
10 mo	Runs independently, from sitting position, walks unaided, immature pincer grasp, may use 2 words, follows 1-step commands, imitates, recognizes name and names when called	
15 mo	Walks well, climbs stairs, stacks 2 blocks, knows 3-6 words, starts using sentence	
18 mo	Runs short distances, stacks 3 blocks, 10 words, knows 7-10 words, plays with others	
2 yr	Runs well, goes up and down stairs, stacks 3 blocks, removes shoes and pants, jumps with both feet, throws ball without falling, 50-word vocabulary, 2-word phrases, basic preposition use	
3 yr	Rides tricycle, opens and closes jars, copies circle, begins to draw/doodlers, > 250-word vocabulary, 3-word phrases, uses plurals, "terrible twos," knows name, age and gender, group play, shares toys	
4 yr	Rides, skips, copies square, catches ball, dresses/undresses completely, knows colors and songs, tells stories, first friendships	
5 yr	Hops on alternating feet, copies more complex figures, tells stories, prints name, complete sentence use, asks questions, competitive games, does household tasks, follows rules	



Synopsis

The Pediatrics pocketcard Set summarizes information critical to the general pediatrics practice. The cards contain vital information on a variety of topics including developmental assessment, pediatric lab values and vital signs reference ranges, important physiological formulas, nutrition, fluid and electrolyte management, immunization, infectious diseases, and common emergency drugs and doses. Specific topics include: **APGAR score, developmental milestones, primitive reflexes **Pediatric lab values: CBCs, ABGs, common serum, urine and CSF tests **Latest infant formula recommendations from the AAP **Glasgow coma scale, epilepsy therapy and management **Infectious disease management including pneumonia, UTI, meningitis **Emergency drugs and algorithms for seizures, asthma attacks, etc. **And much more... --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

I highly recommend this card set to anyone who will be doing a pediatrics rotation or who occasionally sees pediatric patients (i.e. the Emergency Room, Urgent Care or Primary Care). It has the quick and dirty for vital signs, treatments for pneumonia and other common illness divided up by age as well as PALS information on the back. It also has things I didn't know were going to be so helpful until my Pediatric rotation, such as the brandnames of different infant formulas and what they are (soy etc). I am about to finish PA School and used this during my Pediatrics rotation and every primary care rotation after that. I still recommend it to my classmates who all ended up using it and buying one of their own to keep. This is a well designed reference card set that you can easily keep

in your white coat pocket and a must have for Primary Care.

As a new NP, I've found this to be very helpful

easy to read, I carry this with me during my clinicals.

Lots of good information in easy access format.

Great information on cards. Cheap quality writing. After using this product for 1 week, the writing rubbed off the the plastic cards. I just keep it in my white coat and do not use if often. I do not recommend this product due to lack of durability.

Just received my package today. Provides a great array of information via pocket size as indicated. Thanks!

used them everyday. very usefull

Helpful

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