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Pediatrics Pocketcard Set

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Apgar Score

Points	0	1	2
A = Appearance	Entire body is blue	Extremities are blue	Entire body is pink
P = Pulse	Absent	<100/min	>100/min
G = Grimace (response to noxious)	No response	Grimace	Cough, sneeze, or cry
A = Activity (muscle tone)	Absent	Decreased, some extremely flexion	Active motion
R = Respiratory effort	Absent	Gurgling or irregular	Good

Scoring is done at 1 and 5 minutes after birth. **8 points:** most risk. **6-8 points:** newborn is impaired. **< 6 points:** newborn's life is severely threatened, consider transfer to NICU.

Primitive Reflexes

Reflexes	Present until	Well-Child Visits
Sucking	3 mo	1-2 d after discharge from nursery
Rooting	3 mo	2-14 d
Palmar	6 mo	3-1 mo
Plantar	12 mo	4-2 mo
Babinski	6 mo	5-6 mo
Talant	3 mo	6-8 mo
Asymmetric tonic neck	6 mo	7-9 mo
Tonic labyrinthine	3 mo	8-10 mo
Moro	4 mo	11-12 mo

Percentiles and Weight

Age	Weight	Height
Birth	~ 3.4 kg	~ 50 cm
4 mo	~ 7.5 kg	~ 64 cm
1 yr	~ 10 kg	~ 75 cm
6 yr	~ 20 kg	~ 116 cm
12 yr	~ 40 kg	~ 150 cm

Maturity height (cm): Boys: (Father ht + Mother ht + 13) / 2; Girls: (Father ht + Mother ht - 13) / 2

Developmental Milestones

Age	Physical and intellectual ability
3-4 wk	Follows with eyes, starts to hold neck, looks at feet
2-3 mo	Holds up head, examines fingers, social smile, recognizes parents
4-6 mo	Sits with support, rolls over, holds rattle, laughs, starts to smile
6-7 mo	Sits unsupported, passes objects between hands, grasps toys, babbles, recognizes strangers
9-10 mo	Crawls, pulls up to standing position, immature pincer grasp, throws objects, says "mama/dada," waves "bye-bye," understands "no," explores environment
1 yr	Runs independently from lying to sitting position, walks unaided, mature pincer grasp, may use 2 words, follows 1-step commands, imitates, recognizes name and comes when called
15 mo	Walks well, climbs stairs, stacks 2 blocks, knows 3-6 words, starts using utensils
18 mo	Runs short distances, stacks 3 blocks, scribbles, knows 7-10 words, plays with others
2 yr	Runs well, gets up and down stairs, stacks 7 blocks, removes shoes and pants, jumps with both feet, throws ball without falling, 50-word vocabulary, 2-word phrases, basic preposition use
3 yr	Pedals tricycle, opens and closes jars, copies circle, begins to dress/undress, > 200-word vocabulary, 3-word phrases, uses plural, "terrible two," knows name, age and gender, group play, shares toys
4 yr	Hops, skips, copies square, catches ball, dresses/undresses completely, knows colors and shapes, tells stories, first friendships
5 yr	Hops on alternating feet, copies more complex figures, ties shoes, prints name, complex sentence use, asks questions, competitive games, does household tasks, follows rules

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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.

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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 it 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 useful

Helpful

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