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# PALS

## Vital Signs in Children

### Normal Heart Rates\* (beats/min)

Age	Awake Rate	Sleeping Rate
Neonate	100-205	90-160
Infant	100-160	90-160
Toddler	95-140	80-120
Preschooler	80-120	65-100
School-aged child	75-118	58-90
Adolescent	60-100	50-90

### Normal Respiratory Rates (breaths/min)

Age	Rate
Infant	30-50
Toddler	22-37
Preschooler	20-28
School-aged child	18-25
Adolescent	12-20

### Normal Blood Pressures

Age	Systolic Pressure (mm Hg) <sup>†</sup>	Diastolic Pressure (mm Hg) <sup>†</sup>	Mean Arterial Pressure (mm Hg) <sup>†</sup>
Birth (12 h, <1000 g)	29-59	16-36	28-42 <sup>†</sup>
Birth (12 h, 3 kg)	60-76	31-45	48-57
Neonate (96 h)	67-84	35-53	45-60
Infant (1-12 mo)	72-104	37-56	50-62
Toddler (1-2 y)	80-106	42-63	49-62
Preschooler (3-5 y)	89-112	46-72	58-69
School-aged child (6-7 y)	97-115	57-76	66-72
Preschooler (10-12 y)	102-120	61-80	71-79
Adolescent (12-15 y)	110-131	64-83	73-84

\*Always consider the patient's normal range and clinical condition. Heart rate will normally increase with fever or stress.

<sup>†</sup>Systolic and diastolic blood pressure ranges assume 50th percentile for height for children 1 year and older. Mean arterial pressure (diastolic pressure + (difference between systolic and diastolic pressure)/3) for 1 year and older, assuming 50th percentile for height.

<sup>††</sup>Normal range for pulse oximetry: age 0-18 years (any SpO<sub>2</sub> >95 mm Hg).

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# 2015 Pals Guidelines Study Guide

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