

American Heart Association | **American Academy of Pediatrics**
DEDICATED TO THE HEALTH OF ALL CHILDREN™

PEARS®

Vital Signs in Children

Normal Heart Rates (per Minute) by Age*

Age	Asleep (b/min)	Mean	Awake (b/min)
Newborn to 3 months	80 to 200	140	80 to 160
3 months to 2 years	100 to 190	130	75 to 160
2 years to 10 years	60 to 140	80	60 to 90
>10 years	60 to 100	75	50 to 90

Normal Respiratory Rates by Age*

Age	Breaths per Minute
Infant (1 to 3 years)	30 to 60
Toddler (3 to 5 years)	24 to 40
Preschooler (6 to 9 years)	22 to 34
School-age child (10 to 15 years)	18 to 30
Adolescent (15 to 18 years)	12 to 16

Normal Blood Pressures by Age†

Age	Systolic Blood Pressure (mm Hg)		Diastolic Blood Pressure (mm Hg)	
	Female	Male	Female	Male
Newborn (1 day)	60 to 76	60 to 74	37 to 45	37 to 44
Newborn (5 days)	57 to 63	56 to 64	37 to 53	35 to 53
Infant (1 month)	73 to 91	74 to 94	38 to 56	37 to 55
Infant (3 months)	78 to 100	81 to 100	44 to 64	43 to 60
Infant (6 months)	82 to 102	87 to 100	46 to 65	46 to 66
Infant (1 year)	86 to 104	89 to 100	49 to 68	47 to 66
Child (2 years)	88 to 105	89 to 106	45 to 63	42 to 61
Child (7 years)	95 to 113	97 to 115	57 to 75	57 to 75
Adolescent (15 years)	110 to 127	113 to 131	69 to 83	64 to 83

Threshold by Age of Systolic Blood Pressure Indicating Hypertension

Age	Systolic Blood Pressure
Term neonates (0 to 28 days)	Less than 60 mm Hg
Infants (1 to 12 months)	Less than 70 mm Hg
Children 1 to 10 years (95th percentile)	Less than 70 + (age in years × 2) mm Hg
Children >10 years	Less than 90 mm Hg

* American Heart Association. (2017). *PEARS: Pediatric Emergency Assessment Readiness Scale*.
† American Heart Association. (2017). *PEARS: Pediatric Emergency Assessment Readiness Scale*.
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Cartão de referência de bolso de avaliação, reconhecimento e estabilização de emergências pediátricas (PEARS)

Description

Este cartão de 4 painéis e 8 páginas (estilo acordeão) é vendido separadamente e incluído no manual do avaliador PEARS(#90-1061). Os painéis do cartão incluem:

- Sinais vitais em crianças
- Resumo da abordagem sistemática em PEARS
- Algoritmo de abordagem sistemática em PEARS
- Identificação de problemas respiratórios
- Conduta em emergências respiratórias
- Identificação de emergência circulatórias
- Conduta no choque
- SVB pediátrico para profissionais da área da saúde

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