

PEDIATRICS – HEAD TO TOE PEARLS

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EM Review
REDEFINED



GROWTH

- **How does birth weight change in the first few days after birth?**
 - Weight loss of 5-10% in first 3 days
- **What is expected weight gain in the first few weeks of life?**
 - 20-30 g per day weight gain
- **By when should a baby regain birth weight?**
 - by 2 weeks of age
- **By when does birth weight double?**
 - Birth weight doubles by 6 months and triples by 1 year of age

EM Review
REDEFINED



DEVELOPMENTAL MILESTONES

- **At what age does an infant have a social smile?**
 - 2 months
- **At what age is finger grasp present?**
 - 9 months
- **At what age does a child walk?**
 - 1 year of age
- **At what age does a child have two-word sentences?**
 - 2 years of age

VITAL SIGNS

- **A heart rate above/below what values should be considered abnormal?**
 - HR >180 should be considered abnormal
 - HR <60 should be considered abnormal
- **A respiratory rate above/below what values should be considered abnormal?**
 - RR > 60 should be considered abnormal
 - RR < 12 should be considered abnormal

VITAL SIGNS

- **What is the formula for the minimal acceptable Systolic Blood Pressure in a child? (5th%)**

- $SBP = 70 + (2 \times \text{age in years})$
- Birth = $SBP > 60$
- Age > 10 years = $SBP > 90$