

# Monitor and Vital Signs

## Vital sign targets and clinical goals

### Age-related vital sign targets

Age	Heart Rate*	Respiratory Rate*	SBP**	MAP**	DBP**
<b>Term NB</b>	90-170	40-60	>60	>40	>30
<b>0 to 30 days</b>	110-180	30-50	>60	>40	>30
<b>3 Mo</b>	110-180	30-45	>65	>45	>30
<b>6 Mo</b>	110-180	25-35	>65	>45	>30
<b>1 Yr</b>	80-160	20-30	>70	>50	>35
<b>2 Yrs</b>	80-130	20-30	>75	>50	>40
<b>4 Yrs</b>	80-120	20-30	>75	>50	>40
<b>6 Yrs</b>	75-115	18-24	>85	>60	>45
<b>8 Yrs</b>	70-110	18-22	>85	>60	>45
<b>10 Yrs</b>	70-110	16-20	>85	>60	> 45
<b>12 Yrs</b>	60-110	16-20	>85	>60	> 45
<b>14 Yrs to Adult</b>	60-100	16-20	>90	>65	>50

\*Heart rate and respiratory rate from Pediatric Early Warning Score (PEWS)

\*\*Systolic blood pressure, mean arterial pressure (MAP) and diastolic blood pressure (DBP) values from Children's Hospital of Philadelphia, Sepsis Critical Care Pathway—PICU

(<http://www.chop.edu/clinical-pathway/icu-clinical-pathway-infants-28-days-and-children-severe-sepsisseptic-shock-vital>)

### RN Assessment and vital sign documentation

<b>Parameters to Assess</b>	<p>Capillary refill</p> <p>Extremity temperature</p> <p>Pulse strength</p> <p>Mental status</p>
<b>Frequency</b>	<p>At time of pathway initiation</p> <p>Every 15 minutes for the 1st hour</p> <p>Every 30 minutes for the 2nd hour</p> <p>Hourly until goals met</p> <p>Discuss with the Resident, Nurse Practitioner, or Attending when to space out these assessments</p>

### Clinical goals for initial resuscitation

<b>Parameter</b>	<b>Comment</b>	<b>Target</b>
<b>Heart Rate</b>	<p>Tachycardia can be a sign of hypovolemia or ongoing shock;</p> <p>Bradycardia can be a sign of shock</p>	Age-related (see table above)
<b>Systolic Blood Pressure (SBP)</b>	Arterial monitoring preferred	Age-related (see table above)
<b>Diastolic Blood Pressure (DBP)</b>	Arterial monitoring preferred	Age-related (see table above)
<b>Mean Arterial Blood Pressure (MAP)</b>	Arterial monitoring preferred	Age-related (see table above)
<b>Urine Output (UOP)</b>	Inadequate urine output is one sign of poor end-organ perfusion	<p>&lt; 30 kg: &gt; 1 ml/kg/hr</p> <p>≥ 30 kg: ≥ 30 ml/hr</p>
<b>Central Venous Pressure (CVP)</b>	<p>Most accurately measured from CVL with tip at the SVC-RA junction;</p> <p>Femoral CVL, PICC and Broviac measurements less reliable, but trends may be useful</p>	If CVP is high and the patient is not responding to fluid administration, consider not administering additional fluid boluses

<b>Lactate</b>	Elevated lactate > 4 mmol/L may be sign of shock with inadequate oxygen delivery (ref: Puskarich et al, <i>Resuscitation</i> , 2011 )	< 4 mmol/L <i>or</i> ≥ 10% decrease every 2 hours
<b>Central venous oxygen saturation (ScvO<sub>2</sub> or venous co-oximetry)</b>	Most accurately measured from CVL with tip at the SVC-RA junction or long femoral line with tip near RA	≥ 70% <i>Note:</i> Elevated ScvO <sub>2</sub> (> 80%) may occur in sepsis due to "cytopathic hypoxia" despite ongoing shock
<b>Hemoglobin</b>	Hemoglobin is a primary determinant of O <sub>2</sub> delivery; thus, anemia should be treated in shock. Patients NOT in shock may tolerate a lower Hgb level of 7	Hgb ≥ 10 g/dL (for patients in shock - ScvO <sub>2</sub> < 70%, lactate > 4 mmol/L)  Hgb > 7 g/dL (after resolution of shock)
<b>Mental Status</b>	Lethargy, confusion, agitation is one sign of poor end-organ perfusion	Alert and appropriate for age
<b>Capillary Refill</b>	Flash capillary refill can be seen in warm shock, delayed capillary refill can be seen in cold shock	< 2 seconds

Retrieved from <http://www.chop.edu/clinical-pathway/icu-clinical-pathway-infants-28-days-and-children-severe-sepsisseptic-shock-vital>

*These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly these guidelines should guide care with the understanding that departures from them may be required at times.*

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