

Cough and Breathlessness over 1

Clinical assessment / management tool for children



Management - Paramedic

Clinical findings	Green – low risk	Amber – intermediate risk	Red – high risk
Colour	Normal	Pale	Blue, grey or mottled
Activity	Alert Stays awake / awakens quickly	Miserable Decreased activity / lethargic	Unresponsive Aggitated Confused
Respiratory	RR <30 if age 1-4 years RR <25 if age 5 years + No chest recession No stridor	RR 30-40 if age 1-4 years RR 25-30 if age 5 years+ Mild / Moderate resp distress/chest recession Stridor on exertion/distress only	RR >40 if age 1-4 years RR >30 if age 5 years+ Severe chest recession Stridor at rest Unable to talk in sentences Silent chest, poor respiratory effort
Circulation / hydration	Normal Heart Rate Cap Refill Time <2 secs Able to tolerate some fluids Normal urine output	Normal Heart Rate Cap Refill Time 2-3 secs Reduced urine output Not tolerating fluids / repeated vomiting	Heart Rate >140 (1-4 years) OR >125 (5 years+) Cap Refill Time >3 secs Cold hands and feet in absence of fever Unable to swallow saliva
Other	None of amber or red symptoms	Fever for ≥ 5 days Risk factors for severe disease – known asthma, chronic lung disease, bronchiectasis/CF, immunodeficiency etc Additional parental/carer support required	Sudden onset and parental concern about inhaled foreign body

