Journey pediatrics

Common **Concerns**

For all ingestions or exposures call
Poison Control: 1-800-222-1222

Our Vision

To foster an engaging relationship between medical providers, parents, teachers and the community for the health and well being of children.

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Pediatric Emergencies

Call your doctor immediately for:

- Infants <2 months with fever >100.5° rectally.
- Fever and/or pain in the back of neck or stiff neck in an ill child.
- Fever 104° if cause of fever is unknown.
- Head injury involving loss of consciousness, persistent vomiting and/or lethargy.
- Signs of dehydration (dry mouth, sunken eyes, lethargy, no urination in over 8-12 hours.
- Lethargy or difficulty arousing a child. (Especially if fever, vomiting, diarrhea is present or if a head injury has occurred)
- Labored and persistent rapid breathing:
  - 60 breaths/ minute in children less than 1 year old
  - 40 breaths/minute in children greater than 1 year old
- Severe pain in the right lower side that persists longer than 2 hours in an ill child. Extreme irritability or persistent inconsolable crying for over 2 hours.
- An injured extremity that is crooked.

Common Concerns

Fevers
Most fevers are beneficial to help fight infection. If the child is uncomfortable or has a fever of greater than 102°. Please see the dosage chart to ensure you're administering the appropriate dose for your child.

Coughs
A cough is a protection mechanism to clear mucus from the airway and doesn't require treatment unless it inhibits sleep, produces vomiting, or if your child has asthma, wheezing and/or labored breathing. If you have medication for treatment of asthma at home, administer a dose and observe.

Croup
Croup is a seal-like barking cough caused by a virus. Keep child calm, provide cool mist humidifier, and offer fluids. If a tight cough persists, start a hot shower and take your child outside to breath in the cool nights air for approximately ten minutes. Return to the steam-filled bathroom and allow your child to sit and breathe in the warm air. If your child's lips or nails turn blue or dusky or shows signs of difficulty swallowing (drooling/ spitting), please seek immediate care.

Constipation
Increase fiber intake and allow your child to drink a small amount of apple, pear or prune juice.

Earaches
Give Tylenol and/or Ibuprofen to alleviate pain and/or fever.

Vomiting and Diarrhea
If breastfeeding, continue to do so. If your child is not breastfed, give Pedialyte or half-strength Gatorade in small amounts frequently. If your child has already started solids, you can start them on a bland diet such as the BRAT diet. Avoid spicy or fatty foods as well as excessive sugar or fruit juices as this may worsen symptoms. Observe for signs and symptoms of dehydration which include decreased urine output, less or no tears when crying, dry mouth and/or lethargy. If unable to tolerate food or drinks by mouth or there are signs and symptoms of dehydration present, your child needs to be seen.

Sore Throat
Most are viral infections, especially if associated with cold symptoms. Strep throat occurs 10-20% of the time and should be ruled out especially if accompanied by fever, headache and or abdominal pain/vomiting. Give Ibuprofen and/or Tylenol as well as cool liquids and popsicles.

Eye Drainage
Apply warm compress, gently wipe drainage from eye.

Rash without Fever
Baking soda (0.5 cup poured directly into water) or oatmeal (1 cup placed in a sock tied at the end) soaks for 10 minutes, twice daily are recommended. You may also give your child Benadryl or apply a thin layer of 1% hydrocortisone cream if itching occurs. When using hydrocortisone cream, be sure to avoid eyes, nose and mouth.

Child's Weight	Child's Age	Acetaminophen		Ibuprofen		
		Infant or Children's Liquid (160mg/5mL)	Children's Chewable (160mg)	Infant Drops (50mg/1.25mL)	Children's Liquid (100mg/5mL)	Children's Chewable or Junior Tablets (100mg)
<12 lbs	neonate	1.25mL		XXXXX	XXXXX	XXXXX
12-17 lbs	4-11 m	2.5mL		XXXXX	XXXXX	XXXXX
12-17 lbs	6-11 m	2.5mL		1.25mL	2.5mL	
18-23 lbs	12-23 m	3.75mL		1.875mL	3.75mL	
24-35 lbs	2-3 yrs	5mL	1 tablet		5mL	1 tablet
36-47 lbs	4-5 yrs	7.5mL	1.5 tablets		7.5mL	1.5 tablets
48-59 lbs	6-8 yrs	10mL	2 tablets		10mL	2 tablets
60-71 lbs	9-10 yrs	12.5mL	2.5 tablets		12.5mL	2.5 tablets
72-95 lbs	11 yrs	15mL	3 tablets		15mL	3 tablets