Pediatric Assessment

ASSESSMENT

WORK OF BREATHING

- Nasal flaring, grunting, retractions
- Auscultation

APPEARANCE

- Tone, activity, gaze, cry, consolability
- Abnormal appearance points to CNS pathology and metabolic abnormalities

CIRCULATION TO SKIN

- Pallor, mottling, cyanosis
- Capillary refill

WHAT IT ADDS UP TO

- Respiratory distress, respiratory failure, pre-arrest
- Shock

Take Home Message:

Recognize the sick child with a structured look: work of breathing, appearance, and circulation to the skin.