

# NICU/Newborn Pocket Reference Card

## Vitals<sup>HL</sup>

Normal Vital Signs	HR	RR
<b>0-7 d</b>	95-160	40-60
<b>1-3 wk</b>	105-180	
<b>1-6 mo</b>	110-180	

Minimum mean BP = gestational age (wks) + 5

## Estimated Weight for Age<sup>HL</sup>

Age (wk)	Wt (kg)	Age	Wt
<b>24</b>	700	<b>32</b>	1650
<b>26</b>	900	<b>34</b>	2100
<b>28</b>	1100	<b>36</b>	2600
<b>30</b>	1350	<b>38</b>	3000

## Intubation<sup>NRP</sup>

Age	Blade	Size	Depth
<1 kg	0 str	<b>2.5</b>	6- <b>7</b> cm
1-2 kg	0 str	<b>3.0</b>	7- <b>8</b> cm
2-3 kg	1 str	3.5	8-9 cm
>3 kg	1 str	<b>4.0</b>	<b>9-10</b> cm

ETT Size (premie) = WGA/10

ETT Insertion Depth = "2,3,4 and 7,8,9" rule

## Vents

Setting change	PCO2	PO2
↑ rate	↓	↑
↑ FiO2	None	↑
↑ PEEP	↑	↑
↑ PIP	↓	↑
↑ I/E ratio	None	↑
↑ ΔP	↓	None
↑ MAP	None/↓	↑

<sup>HL</sup>Harriet Lane 17<sup>th</sup> edition

<sup>NRP</sup>AHA/AAP Neonatal Resuscitation Manual

<sup>MMC</sup>MMC Protocol 2006

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## Lines<sup>HL</sup>

	UAC	UVC
Depth	3 x wt + 9	½ x UAC + 1
Placement	T7-T10	Just above diaphragm
Feed	24 hr after removal	OK to feed in place
D/C (days)	5-7 days	10-14 days

Size: <2kg = 3.5 Fr; >2kg = 5 Fr

## Fluids<sup>HL</sup>

### For Shock:

10 ml/kg bolus NS; repeat PRN

### Maintenance:

<48 hr: D10W @ 3.33 cc/kg/hr (80 CKD)

>48 hr or when Na drops to normal:  
D10¼NS @ 4 cc/kg/hr (100 CKD)

## Hypoglycemia<sup>MMC</sup>

### Hypoglycemia:

<30 mg/dl: D10W 2 ml/kg bolus, then D10W @ 80 CKD

30-40: Bottle/Gavage 10 ml/kg, then OK to breastfeed

40-45: Feed as desired, then bottle/gavage if baby fed poorly

## Blood Products<sup>HL</sup>

- ✓ All products should be leukoreduced/CMV-
- ✓ Irradiated for all infants <1500 gm

### pRBCs:

10-15 ml/kg will raise Hgb 1-1.5%

### Platelets:

10-15 ml/kg will raise plt count by 50K

### FFP:

10-20 ml/kg

### Cryo:

1-2 U/kg

## Other Studies

**Head U/S:** <34 WGA, DOL #3 and #10

### ROP exam:

<28 wks = 31 wks

28-32 wks = WGA + 4

**Hip U/S for breech<sup>AAP</sup>:** 6 wks

# Common Medications

## Antimicrobials

### Acyclovir

20 mg/kg q8h

### Ampicillin

50 mg/kg; interval depends on age  
(Oxacillin 25mg/kg, same schedule)

GA	Age (d)	Interval (h)
<30	0-28	q12
	≥29	q8
30-36	0-14	q12
	≥15	q8
37-44	0-7	q12
	≥8	q8

### Gentamicin

Dose and interval depends on age

GA	Age	Dose (mg/kg)	Interval
<30	0-7	5	q48
	8-28	4	q36
	≥29	4	q24
30-34	0-7	4.5	q36
	≥8	4	q24
≥35	(all)	4	q24

## FEN/GI

### Aldactone (Spironolactone)

1-3 mg/kg q24h

### Diuril (Chlorothiazide)

10-20 mg/kg q12h

### Iron

2 mg elemental Fe/kg q24h

### NaCl<sup>HL</sup>

3-5 mEq/kg/day ÷ q6h

### KCl

0.5-1 mEq/kg ÷ with feeds

### Ranitidine

IV (Premie): 0.5 mg/kg q12h

IV (Term): 1.5 mg/kg q8h

PO: 2 mg/kg q8h

## Respiratory

### Caffeine

Load: 20-40 mg/kg

(2 mg/kg raises level 1 point)

Maintenance: 5-8 mg/kg q24h

### Survanta

4 cc/kg/dose, in 4 equal aliquots

### Vitamin A

5000 IU IM 3x/wk for 4 wks

## Cardiac

### Alprostadil drip

0.03-0.1 mcg/kg/min

Titrate to effect

Watch for apnea

### Atropine

0.01-0.03 mg/kg (**NO** minimum!)

### Dopamine/Dobutamine drips

2-20 mcg/kg/min

### Epinephrine (1:10,000)

ETT: 0.3 ml/kg (0.03 mg/kg)

IV: 0.1 ml/kg (0.01 mg/kg)

Drip: 0.1 mcg/kg/min

### NaBicarb (0.5 mEq/ml)

4 ml/kg (2 mEq/kg)

## Neuro

### Ativan

0.1 mg/kg

### DTO

Dependent on NAS score, ÷ q4h

NAS	Dose (ml/kg/d)
8-10	0.8
11-13	1.2
14-16	1.6
17	2

### Morphine

0.1 mg/kg

### Narcan (0.4 mg/ml)

0.25 ml/kg (0.1 mg/kg)

### Phenobarbital

Load: 10-20 mg/kg

Maintenance: 5 mg/kg ÷ bid-qid

**All medication doses on this page are according to Neofax 2006 edition unless otherwise stated.**

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## Nutrition

Formula	cal/cc	Formula	cal/cc
Pedialyte	0.1	MCT	8
18 cal	0.6	Lipid	4.5
20 cal / BM	0.67	Polycose	2
22 cal / (1:50)	0.73	D5	0.18
24 cal / (1:25)	0.80	D10	0.35
26 cal	0.87	D12.5	0.45
28 cal	0.93	D20	0.7
30 cal	1.0	Early TPN	0.38

### Glucose Infusion Rate

$$\text{GIR} = (\% \text{ gluc} \times 10 \times \text{rate}) / (60 \times \text{Wt})$$

### Infectious Disease

Goal I:T ratio = <0.3

$$\text{I:T} = \frac{(\text{bands} + \text{meta} + \text{myelo})}{(\text{bands} + \text{meta} + \text{myelo} + \text{polys})}$$

### Immunizations @MMC (<1 yr)

Hepatitis B = "Recombivax"

DTaP = "Infarix"

Hib = "Haemoph B" or "Pedvax"

IPV = "Polio Virus Vaccine"

Pneumococcal = "PrevNar"

## Phototherapy<sup>HL</sup>

Wt	Photo	Exchg
<1000	5-7	12-15
1000-1500	7-10	15-18
1500-2500	10-15	18-20
>2500	>15	>20
≥35 wks	See Bilitool.org	

## Phototherapy 2??

Wt	Well		Sick	
	Photo	Exchg	Photo	Exchg
<1500	5-8	13-16	4-7	10-14
1500-2000	8-12	16-18	7-10	14-16
2000-2500	12-15	18-20	10-12	16-18
Wt	Age	?photo	Photo	Exchg
>2500	<24 hr			
	24-48	>12	>15	>30
	48-72	>15	>18	>30
	>72 hr	>17	>20	>30
≥35 wks	See Bilitool.org			

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