






PULSE ASSESSMENT IN PEDIATRIC AMBULATORY CARE

Normal heart rates in children:

-  Neonates: 110—160 bpm
-  Infants: 100—160 bpm
-  1—2 years: 90—150 bpm
-  2—5 years: 80—140 bpm
-  6—12 years: 70—120 bpm

Auscultating **apical pulse** is the best way of assessing heart rate in children younger than age 2. In older children heart rate can be assessed by palpating **peripheral pulse**.



Important Points:



- ① Before assessing pulse you should assess the child for causes of abnormal heart rate such as hypoxia and pain.
- ② Don't use your thumb to palpate the child's peripheral pulse.
- ③ Measure the heart rate when the child is calm not crying.
- ④ If the child's heart rate increases and decreases take the pulse for 1 minute and note whether the rhythm varies with breathing.