

SEDASI ,ANALGESIA & NEUROMUSCULAR BLOCKADE

DIVISI PGD/PICU

PENDAHULUAN

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- PERAWATAN ANAK KRITIS DI PICU → ↓ TINDAKAN INVASIF, PENDERITAAN FISIK DAN EMOSIONAL

 - SEDASI → ↓ KECEMASAN, AGITASI, EFEK NEUROENDOKRIN AKIBAT STRES

 - ANALGESIA → ↓ NYERI AKIBAT PENYAKIT DASAR, PROSEDUR DIAGNOSTIK DAN TERAPI
- 44% ANAK MENGALAMI PENGALAMAN NYERI DAN HANYA 28% : KONTROL NYERI YANG ADEKUAT

- SEDASI YANG IDEAL ADALAH : ONSET CEPAT, WAKTU PARUH SINGKAT, DIEKSKLIMINASI DENGAN BAIK, EFEK SAMPING ↓, INTERAKSI (-) DAN ANTIDOTUM SPESIFIK
- EFEK NEGATIF → ↑ PENGGUNAAN VENTILATOR, ANGKA KESAKITAN DAN KEMATIAN, DAN MEMPERPANJANG RAWATAN PICU
- INDIKASI & DOSIS SESUAI → KLINISI YG TERLATIH , MONITORING TERHADAP LEVEL SEDASI DAN KOMPLIKASI → ↑ KUALITAS TERAPI & ↓ EFEK SAMPING

SEDASI

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- SEDASI ↓ RASA TAKUT DAN KECEMASAN, ↑ POTENSI DARI ANALGESIA DAN MENIMBULKAN AMNESIA
- SEDASI → RINGAN (*ANXIOLYSIS*), SEDANG (*CONSCIOUS SEDATION*), DALAM (*DEEP SEDATION*) DAN *GENERAL ANAESTHESIA*
- SEDASI PROSEDURAL (*AMERICAN COLLEGE OF EMERGENCY PHYSICIANS*) : PEMBERIAN SEDASI ATAU AGEN DISSOSIATIF DGN / TANPA ANALGESIA → DAPAT MENERIMA PROSEDUR YANG TIDAK MENYENANGKAN DENGAN TETAP MEMELIHARA FUNGSI JANTUNG DAN PARU

- KOMPLIKASI : ASPIRASI, HIPOVENTILASI, APNEA, OBST. JALAN NAFAS, DEPRESI KARDIOPULMONAL

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- EFEK SAMPING PENGGUNAAN SEDASI ↑ PADA DOSIS BESAR, INTERAKSI OBAT DAN TH/ > 3 OBAT
- **OBAT-OBAT SEDASI**
 - GOLONGAN BENZODIAZEPINE
(MIDAZOLAM, DIAZEPAM, LORAZEPAM)
 - GOLONGAN BARBITURATE (THIOPENTAL)
 - GOLONGAN LAINNYA (PROPOFOL DAN CHLORAL HYDRATE)

MIDAZOLAM

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- PILIHAN UNTUK SEDASI KONTINYU, PADA PEMBERIAN SECARA CEPAT, DAPAT MENURUNKAN RESISTENSI VASKULER SISTEMIK DAN HIPOTENSI
- PENGGUNAAN YANG LAMA MENYEBABKAN TOLERANSI
- EFEK PUNCAK TIDAK DICAPAI SEGERA, DIPERLUKAN WAKTU 2-3 MENIT SEBELUM DILAKUKAN EVALUASI UNTUK PENGULANGAN DOSIS

MIDAZOLAM ...

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- KOMBINASI FENTANYL DGN MIDAZOLAM DAPAT MENINGKATKAN EFEK SEDASI DAN ANALGESIK
- EFEK OVERDOSIS MIDAZOLAM DAPAT DIATASI DENGAN FLUMAZENIL, SEDANGKAN NALOXONE SEBAGAI OPIOID ANTAGONIS

DIAZEPAM

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- ONSET KERJA CEPAT, KONSENTRASI PLASMA ↓ SECARA CEPAT DENGAN WAKTU PARUH AWAL SEKITAR 10-15 MENIT
- KONSENTRASI PLASMA ↑ KEMBALI SETELAH 6-8 JAM
- WAKTU PARUH 24 JAM, PEMANJANGAN EFEK PADA GANGGUAN FUNGSI HATI, INTERAKSI → CIMETIDIN DAN OMEPERAZOLE

LORAZEPAM

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- ONSET KERJA INTERMEDIET, DENGAN WAKTU PARUH LEBIH 2 KALI DIBANDINGKAN DIAZEPAM
- *RECOVERY TIME* 6 KALI LEBIH LAMBAT DIBANDINGKAN DGN MIDAZOLAM
- DIREKOMENDASIKAN → SEDASI JANGKA PANJANG & AMNESIA ANTEROGRADE

BARBITURAT

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- DIREKOMENDASIKAN → KEJANG REFRAKTER DAN TRAUMA KEPALA DENGAN PENINGKATAN TEKANAN INTRAKRANIAL BERAT
- TIDAK MEMILIKI EFEK ANALGESIA DAN TIDAK IDEAL UNTUK PROSEDUR DENGAN NYERI
- THIOPENTAL MEMILIKI ONSET YANG CEPAT DAN EFEK VASODILATASI DAN KRONOTROPIK NEGATIF

PROPOFOL

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- ONSET KERJA, ELIMINASI DAN *RECOVERY* CEPAT
→ PEMERIKSAAN NEUROLOGIS BERULANG
(TRAUMA KEPALA ATAU STATUS EPILEPTIKUS)
- PROSEDUR SINGKAT SEPERTI ENDOSKOPI DAN INTUBASI
- TIDAK MENGANDUNG ANALGESIA DAN MENIMBULKAN AMNESIA, PENGGUNAAN JANGKA PANJANG → "*PROPOFOL INFUSION SYNDROME*" (SYOK KARDIOGENIK DAN GANGGUAN METABOLIK)

CHLORAL HYDRATE

- SEDASI INTERVENSI SINGKAT → ECHO, RADIOGRAFI, AKAN TETAPI ONSET DAN LAMA KERJA SANGAT BERVARIASI
- DOSIS BERULANG → AKUMULASI METABOLIT → HIPERBILIRUBINEMIA DAN METABOLIK ASIDOSIS
- STUDI PADA 95 ANAK YG MNDPT 25-30 MG CHLORAL HYDRATE → CUKUP AMAN DGN *RECOVERY TIME* < 60 MENIT

TABEL 1. KARAKTERISTIK SEDASI YANG SERING DIGUNAKAN PADA ANAK

Drug	Dose (mg/kg)	Onset (minutes)	Indication	Comments
Midazolam	OR, IR: 0.5-0.75 IN, SL: 0.2-0.5 IV: 0.2 INF: 1-10 µg/kg/min	2-3	Short procedures Prolonged MV	Tolerance and with drawal syndrome Lower dose in renal and liver failure Hypotension in bolus dose
Lorazepam	IV: Loading dose: 0.02-0.06 INF: 0.02-0.1 mg/kg/h	5-20	Prolonged MV Withdrawal syndrome	Limited clinical experience
Propofol	IV: Loading dose: 2-3 INF: 1-4 mg/kg/h	1-2	Short procedures Short MV	Propofol infusion syndrome Hypertriglyceridemia
Ketamine	IM: 3-5 IV: Loading dose: 1-3 INF: 0.7-3 mg/kg/h	0.5-1	Short procedures Intubation in acute severe asthma	Releases endogenous catecholamines Not recommended in ICH
Etomidate	IV: 0.2-0.3	Immediate	Intubation with hemodynamic findings	Suprarenal failure
Thiopental	IV: Loading dose: 3-5 INF: 1-5 mg/kg/h	Immediate	Intubation in ICH	Negative inotrope Vasodilation
Dexmedetomidine	IV: Loading dose: 1 µg/kg INF: 0.2-0.75 µg/kg/h	2-5	Short procedures Short MV	Underdocumented in children Without respiratory depression
Clonidine	OR, IV: 1-4 µg/kg/6-8 h INF: 0.1-0.2 µg/kg/h	5-20	Prolonged MV Withdrawal syndrome	Hypertension in case of sudden withdrawal Without respiratory depression
Chloral hydrate	OR, IR: 25-75 mg/kg	5-20	Short procedures	Agitation and late disinhibition
Chlorpromazine	OR, IR: 0.5-1.5 every 6-8 h IV: 0.5 mg/kg		Agitation- Delirium	Extrapyramidal reactions

ICH = Intracranial hypertension; IM = intramuscular; IN = intranasal; INF = continuous infusion; IR = intrarectal; IV = intravenous; MV = mechanical ventilation; OR = oral route; SL = sublingual.

- MIDAZOLAM → SEDASI DAN AMNESIA YANG ADEKUAT, BIAYA ↓, MEMBUTUHKAN DUKUNGAN VENTILATOR DAN GEJALA PUTUS OBAT (*WITHDRAWAL SYND*)
 - PROPOFOL ONSET LEBIH CEPAT → *WEANING* DARI VENTILATOR > CEPAT, → DEPRESI VASKULAR YG LEBIH BERAT SELAMA MASA INDUKSI, MAHAL
- MIDAZOLAM PILIHAN PADA SEDASI KONTINYU, SEDANGKAN PROPOFOL PILIHAN PADA PROSEDUR SINGKAT

- PADA PEMBERIAN BERSAMAAN DENGAN OPIAT, DOSIS MIDAZOLAM SEBAIKNYA DITURUNKAN 30% UNTUK MENCEGAH DEPRESI PERNAFASAN
- EFEKTIVITAS MIDAZOLAM DAN KETAMIN → ↓ KECEMASAN ANAK DAN ORANG TUA
- VENTILASI MEKANIK → KECEPATAN INFUS MIDAZOLAM DAPAT DISESUAIKAN 25% DARI DOSIS AWAL → EFEK YANG DIHARAPKAN

ANALGESIA

- NYERI : RINGAN, SEDANG DAN BERAT

- NYERI RINGAN → ASPIRIN, ACETAMINOPHEN, IBUPROFEN (NON NARKOTIK) DAN KODEIN (NARKOTIK)

- NYERI SEDANG DAN BERAT :
 - GOL. OPIOID (MORPHINE, PETHIDINE, FENTANYL, REMIFANTANIL, TRAMADOL)
 - NSAIDS (KETOROLAC, IBUPROFEN, KETOPROFEN DAN DIKLOFENAC)
 - GOL. NON OPIOID LAIN (KETAMIN, METAMIZOLE)

- **ACETAMINOPHEN** → SSP , EFEK TERAPEUTIK PADA SEMUA KELOMPOK UMUR, TERMASUK BAYI PRETERM, EFEK SINERGIS DENGAN NSAIDs DAN KODEIN
- **NSAIDS** → EFEK ANALGETIK DAN ANTI INFLAMASI NYERI KRONIK & PASCAOPERASI
→ TIDAK MENYEBABKAN DEPRESI PERNAFASAN DAN SEDASI
- KOMBINASI DGN OPIOID → EFEK SINERGIS DGN DOSIS DAN EFEK SAMPING YANG ↓

MORFIN

- EFEK SSP → 15 MENIT DAN DURASI 3-6 JAM, METABOLISME DI HATI, DAN BILA DIBERIKAN SECARA INTRAVENA → HIPOTENSI, EFEK VASODILATASI DAN PELEPASAN HISTAMIN
- NYERI YANG BERAT SEPERTI LUKA BAKAR, FRAKTUR ATAUPUN TRAUMA LAINNYA PEMBERIANNYA HENDAKNYA MEMPERHATIKAN STATUS DEHIDRASI PASIEN

- **PETHIDINE (MEPERIDINE)** → > EFEKTIF, MEMILIKI ONSET > CEPAT DIBANDING MORFIN, PADA PEMBERIAN SECARA INTRAVENA DILAPORKAN TREMOR, DISORIENTASI DAN KEJANG

- **FENTANYL** (OPIOID SINTETIS) → (NYERI BERAT) ONSET KERJA CEPAT DAN DURASI SINGKAT JANGKA LAMA → TOLERANSI & AKUMULASI

- PELEPASAN HISTAMIN (-) DAN STABILITAS HEMODINAMIK (+) → HIPOTENSI JARANG, ES. DEPRESSI NAFAS < 3 BLN (JARANG)

- **REMIFENTANYL** MEMILIKI KOMBINASI EFEK SEDASI
RISIKO AKUMULASI (-) , KEKURANGANNYA > MAHAL,
TOLERANSI DAN HIPOTENSI → FENTANYL PILIHAN

- **KETAMIN** → EFEK ANALGESIA YANG KUAT, SEDASI,
AMNESIA, DAN IMMOBILISASI SECARA CEPAT

- REFLEK DAN TONUS OTOT JALAN NAFAS ATAS,
SERTA PERNAFASAN SPONTAN → HIPERSALIVASI
11%, MUNTAH SAAT TERBANGUN 6% → ATROPIN
ATAU GLYCOPYRROLATE

□ METAMIZOLE

ANALGESIA NON OPIOID YANG PALING SERING DIGUNAKAN PADA NYERI SEDANG DAN BERAT, KOMBINASI DENGAN OPIOID ↑ EFEK DAN ↓ TOLERANSI, RISIKO → AGRANULOSITOSIS DAN APLASIA SUMSUM TULANG (SANGAT KECIL)

□ TRAMADOL

BEKERJA SENTRAL MENGHAMBAT AMBILAN SEROTONIN DAN ↓ EFEK AGONIS RESEPTOR. EFEK SAMPING ↓, DIHINDARI PADA PASIEN DGN KEJANG DAN TRAUMA KEPALA

TABEL 2. KARAKTERISTIK ANALGESIK YANG SERING DIGUNAKAN PADA ANAK

Drug	Dose (mg/kg)	Onset (minutes)	Indication	Comments
Morphine	IV: 0.1-0.2 mg/kg/4-6 h INF: 10-40 µg/kg/h	20	Sedation and analgesia in MV Acute or chronic pain Pulmonary edema	Lower dose in renal or liver failure Releases histamine Nausea and vomiting
Fentanyl	IV: 1-3 µg/kg INF: 1-10 µg/kg/h	1-2	Short painful procedures Same as morphine	Prolonged clearance Better hemodynamic tolerance Thoracic rigidity after quick administration
Remifentanyl	IV: 1 µg/kg INF: analgesic: 0.5-6 µg/kg/h Sedation: 6-12 µg/kg/h	1	Sedation and analgesia in MV Immediate postoperative period	Immediate clearance Better hemodynamic tolerance Thoracic rigidity after quick administration
Alfentanil	IV: 15-25 µg/kg in 60 min INF: 0.4-2 µg/kg/min	1-2	Short painful procedures	High-priced Not to be used in liver failure
Methadone	IV: 0.1-0.2 mg/kg/4-6 h	45	Treatment of withdrawal syndrome Chronic pain	Nausea and vomiting
Tramadol	IV: 1-2 mg/kg/4-6 h INF: 0.2-0.4 mg/kg/h	10	Acute pain	Good hemodynamic tolerance Less respiratory depression
Paracetamol	IV: 10-15 mg/kg/6 h	30	Moderate pain Hyperthermia	Central action Hepatotoxicity
Ketorolac	OR: 2 mg/kg/day every 6-8 h IV, IM: 0.2-1 mg/kg/6 h	30	Moderate to severe pain Anti-inflammatory drug	Gastrointestinal bleeding Nephrotoxicity
Metamizole	IV: 10-40 mg/kg/4-6 h INF: 4-6.6 mg/kg/h	15-30	Moderate to severe pain Hyperthermia	Synergistic effect with opioids Hypotension in case of quick infusion

IM = intramuscular; INF = continuous infusion; IR = intrarectal; IV = intravenous; MV = mechanical ventilation; OR = oral route.

MONITORING

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- PEMANTAUAN DAN EVALUASI → SEBELUM, SELAMA DAN SETELAH PEMBERIAN SEDASI DAN ANALGESIA
- SEBELUM → STATUS KESEHATAN, KETERSEDIAAN PERANGKAT *EMERGENCY* DAN MONITORING, KLINISI TERLATIH DAN REKAM MEDIS
- SELAMA PROSEDUR → TERHADAP PROTOKOL YANG DIBERIKAN, TANDA VITAL, TINGKAT SEDASI, SATURASI OKSIGEN, ELEKTROKARDIOGRAM, DAN EVALUASI LABORATORIUM
- SETELAH PROSEDUR → *RECOVERY* ; SEDASI JANGKA PANJANG PERLU DIEVALUASI KEMUNGKINAN TIMBULNYA *WITHDRAWAL SYNDROME*

MONITORING ...

- PENDEKATAN YANG SISTEMATIS → SUATU AKRONIM YANG SECARA UMUM TELAH DIGUNAKAN DALAM PERENCANAAN DAN PERSIAPAN PROSEDUR → S O A P M E
- S (SUCTION) : UKURAN DAN FUNGSI
- O (OXYGEN) : ADEKUAT DARI SUPLAI OKSIGEN
- A (AIRWAY) : UKURAN DAN FUNGSI : *NASO/OROPHARYNGEAL AIRWAY*, LARINGOSKOP, PIPA ENDOTRAKEAL, *BAG-VALVE MASK*
- P (PHARMACY) : OBAT-OBATAN BANTUAN DASAR PADA KEADAAN DARURAT TERMASUK ANTAGONIS
- M (MONITORS) : PULSE OXIMETER, PENGUKUR TD, ECG
- E (EQUIPMENT): ALAT YANG DIBUTUHKAN PADA KONDISI TERTENTU (MISALNYA DEFIBRILATOR)

Neuromuscular blocking agents

- Facilitate endotracheal intubation & controlled mechanical ventilation
- No sedative, hypnotic or analgesia side effects
- depolarizing or nondepolarizing
 - depending their effect on the motor end-plate
- Increased potential for respiratory inadequacy from residual neuromuscular blockade in infants, routinely antagonize nondepolarizing relaxants
 - neostigmin 70 µg/kg

- Antibiotics, hypotension, hypothermia, acidosis or hypocalcemia can prolong or potentiate neuromuscular blockade from nondepolarizing relaxants
- Hypothermia, deep sedation, or narcosis can also lead to respiratory depression in infants

Depolarizing

Succinylcholine

- a rapid-acting and ultrashort-duration depolarizing muscle relaxant
- useful when given as a bolus to facilitate endotracheal intubation
- side effects : dysrhythmias, increased intraocular pressure, prolonged apnea, injured muscle membranes with associated hyperkalemia, association with masseter spasm & malignant hyperthermia, and death

- Dose
infants : 1 mg/kg \approx 0,5 mg/kg in children age 6-8 years
- Complete neuromuscular blockade develops in children given 1 mg/kg

Non depolarizing

Elimination routes of muscle relaxants

Agent	Metabolism in plasma	Hepatobiliary uptake & metabolism	Renal excretion
Mivacurium	XX		
Atracurium	XX		
Cisatracurium	XX		
Vecuronium		XX	X
Rocuronium		XX	X
Pancuronium		XX	X
Pipecuronium		XX	X
Doxacurium			XX

Long acting agents :

- d-tubocurarine
→ no longer available
- Pancuronium
- Pipecuronium

Intermediate acting agents :

- Atracurium
- Vecuronium
- Rocuronium

Short acting agents :

- Mivacurium

TERIMA KASIH

Figure 1 Continuum of Sedation

Level of Sedation	Definition
Minimal Sedation (Anxiolysis)	<ul style="list-style-type: none">• Drug-induced state• Patients respond normally to verbal commands• Cognitive function and co-ordination may be impaired• Ventilatory and cardiovascular functions are unaffected
Moderate Sedation/Analgesia (Conscious Sedation)	<ul style="list-style-type: none">• Drug-induced depression of consciousness• Patients respond purposefully to verbal commands, either alone or accompanied by light tactile stimulation• No interventions are required to maintain a patent airway• Spontaneous ventilation is adequate• Cardiovascular function is usually maintained
Deep Sedation/Analgesia	<ul style="list-style-type: none">• Drug-induced depression of consciousness• Patients cannot be easily arouse• Patients respond purposefully following repeated or painful stimulation• The ability to independently maintain ventilatory function may be impaired• Patients may require assistance in maintaining a patent airway• Spontaneous ventilation may be inadequate• Cardiovascular function is usually maintained
General Anaesthesia	<ul style="list-style-type: none">• Drug-induced loss of consciousness• Patients are not arousable even by mild painful stimulation• Ability to independently maintain ventilatory function is often impaired• Patients often require assistance to maintain a patent airway• Positive pressure ventilation may be required due to depressed spontaneous ventilation and drug-induced depression of neuromuscular function• Cardiovascular function may be impaired

² American Academy of Pediatrics. (1992). "Guidelines for Monitoring and Management of Pediatric Patients During and After Sedation For Diagnostic and Therapeutic Procedures". Pediatrics, 89 (6), 1110-1115.

American Society of Anesthesiology website: <http://www.asahq.org/Standards/20.htm>

PAIN RATING SCALE

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0
NO
HURT



1
HURTS
LITTLE BIT



2
HURTS
LITTLE MORE



3
HURTS
EVEN MORE



4
HURTS
WHOLE LOT



5
HURTS
WORST

Face 0 is very happy because he or she doesn't hurt at all.

Face 1 hurts just a little bit.

Face 2 hurts a little more.

Face 3 hurts even more.

Face 4 hurts a whole lot.

Face 5 hurts as much as you can imagine, although you don't have to be crying to feel this bad.

Table 3

Ramsay scale

Level	Characteristics
1	Patient awake, anxious, agitated, or restless
2	Patient awake, cooperative, orientated and tranquil
3	Patient drowsy, with response to commands
4	Patient asleep, brisk response to glabella tap or loud auditory stimulus
5	Patient asleep, sluggish response to stimulus
6	Patient has no response to firm nail-bed pressure or other noxious stimuli

COMFORT Scale (page 1 of 2)

		DATE/TIME					
ALERTNESS	1 - Deeply asleep 2 - Lightly asleep 3 - Drowsy 4 - Fully awake and alert 5 - Hyper alert						
CALMNESS	1 - Calm 2 - Slightly anxious 3 - Anxious 4 - Very anxious 5 - Panicky						
RESPIRATORY DISTRESS	1 - No coughing and no spontaneous respiration 2 - Spontaneous respiration with little or no response to ventilation 3 - Occasional cough or resistance to ventilation 4 - Actively breathes against ventilator or coughs regularly 5 - Fights ventilator; coughing or choking						
CRYING	1 - Quiet breathing, no crying 2 - Sobbing or gasping 3 - Moaning 4 - Crying 5 - Screaming						
PHYSICAL MOVEMENT	1 - No movement 2 - Occasional, slight movement 3 - Frequent, slight movements 4 - Vigorous movement 5 - Vigorous movements including torso and head						

MUSCLE TONE	<ul style="list-style-type: none"> 1 - Muscles totally relaxed; no muscle tone 2 - Reduced muscle tone 3 - Normal muscle tone 4 - Increased muscle tone and flexion of fingers and toes 5 - Extreme muscle rigidity and flexion of fingers and toes 						
FACIAL TENSION	<ul style="list-style-type: none"> 1 - Facial muscles totally relaxed 2 - Facial muscle tone normal; no facial muscle tension evident 3 - Tension evident in some facial muscles 4 - Tension evident throughout facial muscles 5 - Facial muscles contorted and grimacing 						
BLOOD PRESSURE (MAP) BASELINE	<ul style="list-style-type: none"> 1 - Blood pressure below baseline 2 - Blood pressure consistently at baseline 3 - Infrequent elevations of 15% or more above baseline (1-3 during 2 minutes observation) 4 - Frequent elevations of 15% or more above baseline (> 3 during 2 minutes observation) 5 - Sustained elevations of 15% or more 						
HEART RATE BASELINE	<ul style="list-style-type: none"> 1 - Heart rate below baseline 2 - Heart rate consistently at baseline 3 - Infrequent elevations of 15% or more above baseline (1-3 during 2 minutes observation) 4 - Frequent elevations of 15% or more above baseline (> 3 during 2 minutes observation) 5 - Sustained elevations of 15% or more 						
	TOTAL SCORE						

Please attach patient label here

DATE AND TIME IN HOURS

SYSTEM	SIGNS & SYMPTOMS	SCORE																	
CENTRAL NERVOUS SYSTEM DISTURBANCES	High-Pitched Cry	2																	
	Continuous High-Pitched Cry	3																	
	Sleeps < 1 hour after feeding	3																	
	Sleeps < 2 hours after feeding	2																	
	Sleeps < 3 hours after feeding	1																	
	Mild Tremors Disturbed	1																	
	Mod-Severe Tremors Disturbed	2																	
	Mild Tremors Undisturbed	3																	
	Mod-Severe Tremors Undisturbed	4																	
	Increased Muscle Tone (= Tone)	2																	
	Excoriation (Specify Area)	1																	
	Myoclonic Jerks	3																	
Generalised Convulsions	5																		
METABOLIC/VASOMOTOR/ RESPIRATORY DISTURBANCES	Sweating	1																	
	Fever (37.5° - 38.0°C)	1																	
	Fever (38.4°C and higher)	2																	
	Frequent Yawning (>3-4 times)	1																	
	Nasal Stuffiness	1																	
	Sneezing (>3-4 times)	1																	
	Nasal Flaring	2																	
	Respiratory Rate > 60/min	1																	
Respiratory Rate > 60/min with Retractions	2																		
GASTROINTESTINAL DISTURBANCES	Excessive Sucking	1																	
	Poor Feeding	2																	
	Regurgitation	2																	
	Projectile Vomiting	3																	
	Loose Stools	2																	
	Watery Stools	3																	
	Total Score																		
	Scorer's Initials																		

CONATAL SCORING CHART