

# SEDATION IN CHILDREN AND YOUNG PEOPLE

## Assess the child or young person

- Current medical condition and any surgical problems
- Weight (growth assessment)
- Past medical problems
- Current and previous medication
- Physical status (including airway)
- Psychological and developmental status
- Fasting status

Following assessment, if sedation is inappropriate, seek specialist advice

## Assess the environment & personnel needed (See boxes A and B)

- Monitoring equipment
- Resuscitation equipment
- A trained healthcare professional and a trained assistant

### Training

### BOX A

- Health care professionals should have knowledge and experience of:
- Sedation drug pharmacology and applied physiology
  - Patient assessment
  - Monitoring and observation of clinical signs
  - Effective delivery of the sedation technique
  - Complications and their immediate management, including paediatric life support
  - Recovery care

### BOX B

### Monitoring for moderate sedation

- Oxygen saturation
- Heart rate
- Respiration
- Depth of sedation
- Pain, distress and coping

### Monitoring for deep sedation

- All of the above plus:
- Capnography
- Blood pressure (every 5 min)
- ECG

## Prepare the child and carers

- Fasting
- Information
- Psychological interventions
- Consent

Select method of sedation suitable for the intended procedure