



THE PEDIATRIC CRASH CHECKLIST



Resource by @paeds.bcoz.of.them



PART 1: THE 5 "CRASH" RED FLAGS

Spot these early—don't wait for the siren! 

-  ****Brain Fog & Quiet:**** Agitation melting into confusion or silence? A child who "suddenly calms down" is often just too tired to fight. That's a major warning!
-  ****The Muscle Struggle:**** Look for the "tug" (tracheal), the "recessions" (between or below ribs), and the "flaring" (nasal). They are running a marathon just to take one breath.
-  ****Oxygen Hunger:**** The monitor is showing dropping numbers, and adding more O2 isn't helping? The lungs are crying out for help.
-  ****The Heart's Last Stand:**** Tachycardia is "compensation." When the heart rate *drops* (bradycardia), the body is officially "decompensating." This is a cardiac distress call!
-  ****Silence is NOT Golden:**** If a sick child can't talk or cry, there is zero air moving. Silence here is the ultimate red flag!



PART 2: EMERGENCY ACTION PLAN

-  ****SHOUT FOR HELP:**** Don't play the hero alone. Get senior eyes on the patient immediately!
-  ****FAST ABC CHECK:**** Airway clear? Breathing work? Circulation stable? Know your priorities!
-  ****OPTIMIZE:**** Simply adjusting their head position can sometimes buy you critical seconds.



MASTER THE SBAR HANDOVER

Be clear, concise, and confident with your seniors:

S — Situation: "Hi, I'm [Name]. I'm worried about [Patient]. They are showing signs of respiratory failure!"

B — Background: "Admitted for [Diagnosis], on [Current Support]. Baseline was [Status]."

A — Assessment: "I believe they are crashing due to [Reason]."

R — Recommendation: "I need you to come to [Location] right now for an urgent evaluation!"

PART 3: THE AIRWAY "SOAP ME" RITUAL

Your pre-intubation checklist for total control.

-  ****S — Suction:**** Is it plugged in? Does it actually *suction*?
-  ****O — Oxygen:**** Pre-oxygenate hard! Bag-valve mask ready?
-  ****A — Airway:**** ETT size checked? Stylet ready? Blade LIGHTS on?
-  ****P — Pharmacy:**** Are the drugs pulled up and weight-dosed? Don't guess!
-  ****M — Monitor:**** ECG, SpO2, BP – can you see them clearly?
-  ****E — Equipment:**** Backup LMA? Bougie? Capnography? Know where your "Plan B" is!