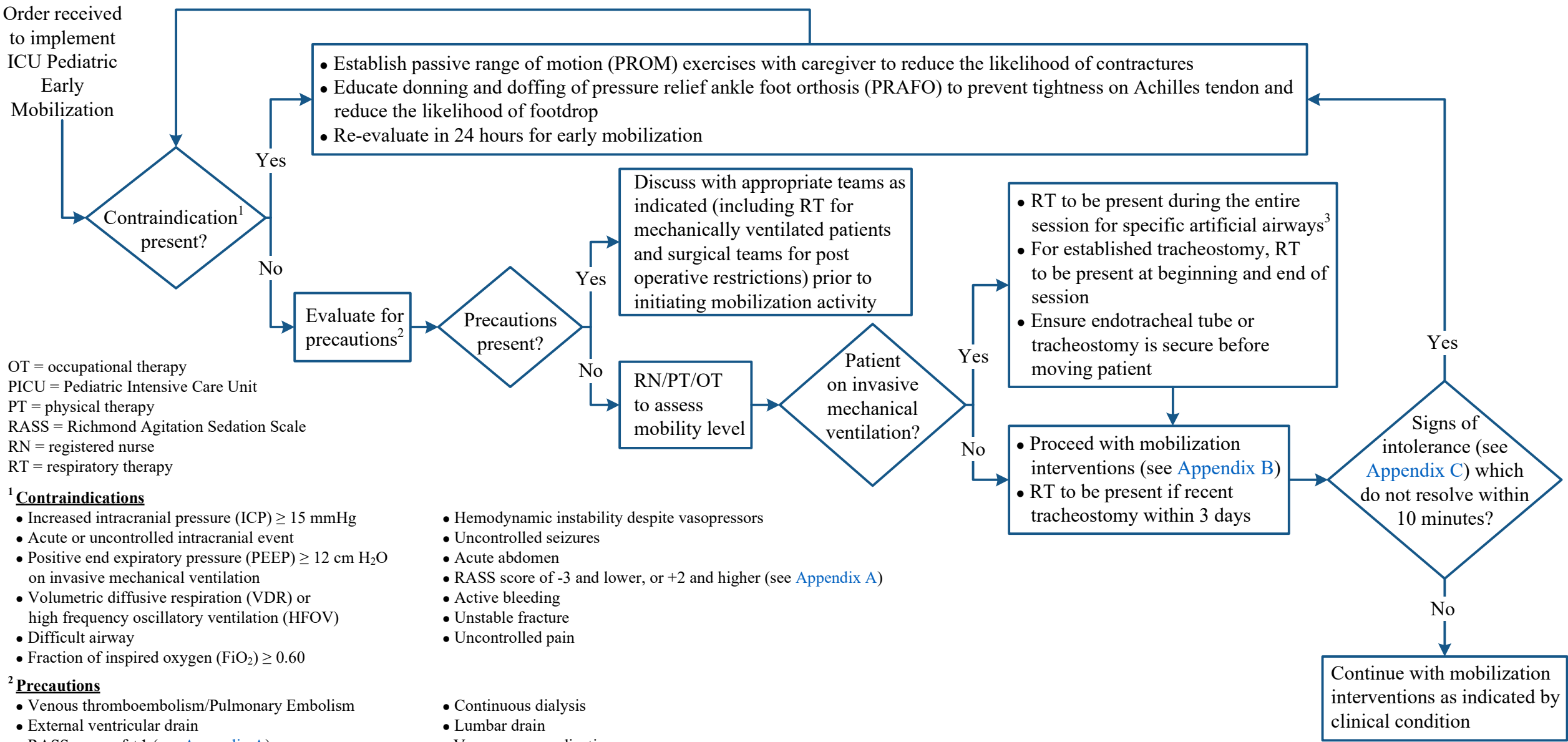


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OT = occupational therapy
PICU = Pediatric Intensive Care Unit
PT = physical therapy
RASS = Richmond Agitation Sedation Scale
RN = registered nurse
RT = respiratory therapy

¹ Contraindications

- Increased intracranial pressure (ICP) ≥ 15 mmHg
- Acute or uncontrolled intracranial event
- Positive end expiratory pressure (PEEP) ≥ 12 cm H₂O on invasive mechanical ventilation
- Volumetric diffusive respiration (VDR) or high frequency oscillatory ventilation (HFOV)
- Difficult airway
- Fraction of inspired oxygen (FiO₂) ≥ 0.60
- Hemodynamic instability despite vasopressors
- Uncontrolled seizures
- Acute abdomen
- RASS score of -3 and lower, or +2 and higher (see [Appendix A](#))
- Active bleeding
- Unstable fracture
- Uncontrolled pain

² Precautions

- Venous thromboembolism/Pulmonary Embolism
- External ventricular drain
- RASS score of +1 (see [Appendix A](#))
- Mechanical ventilation
- Continuous dialysis
- Lumbar drain
- Vasopressor medication
- Hemoglobin < 8 grams/dL or platelets < 20 K/microliter

³ Any exceptions outside of established tracheostomies need to be cleared by PICU physician

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APPENDIX A: Richmond Agitation Sedation Scale (RASS)

+4	Combative	Overly combative, violent, immediate danger to staff
+3	Very agitated	Pulls or removes tube(s) or catheter(s); aggressive
+2	Agitated	Frequent non-purposeful movement, fights ventilator
+1	Restless	Anxious, but movements not aggressive or vigorous
0	Alert and calm	-
-1	Drowsy	Not fully alert, but has sustained awakening (eye-opening/eye contact) to voice (≥ 10 seconds)
-2	Light sedation	Briefly awakens with eye contact to voice (< 10 seconds)
-3	Moderate sedation	Movement or eye openings to voice (but no eye contact)
-4	Deep sedation	No response to voice, but movement or eye opening to physical stimulation
-5	Unarousable	-

APPENDIX C: Signs of Intolerance

- Oxygen saturation < 88%
- Increased work of breathing
- Use of accessory muscles
- Perioral cyanosis
- Breath holding
- Nasal flaring
- Subcostal retractions
- Change in character of cry
- Development of any contraindications
- Vital signs outside of pediatric normative values (see Appendix D)
- Irritability

APPENDIX B: Mobility Levels

Mobility Level	Interventions
Level 1 RASS -5 to +2 Functional Level: Total Assist	<ul style="list-style-type: none">• PROM BID x 10 repetitions with family/nursing staff/nursing assistant staff• Splinting and repositioning every 2 hours by nursing staff/nursing assistant staff• Bed in chair position BID by nursing staff/nursing assistant staff for 20 minutes to 2 hours• Skilled therapeutic interventions by PT/OT as indicated
Level 2 RASS -2 to +2 Functional Level: Maximum to Moderate Assist	<ul style="list-style-type: none">• ROM exercises BID x 10 repetitions with family/nursing staff/nursing assistant staff• Splinting and repositioning every 2 hours by nursing staff/nursing assistant staff• Bed in chair position BID by nursing staff/nursing assistant staff for 20 minutes to 2 hours• OOB to neuro chair with family/nursing staff/nursing assistant staff for 30 minutes to 2 hours• Skilled therapeutic interventions by PT/OT as indicated• Participate in ADL
Level 3 RASS -1 to +2 Functional Level: Moderate Assist to Supervision	<ul style="list-style-type: none">• Home exercise program BID• Reposition every 2 hours while in bed• OOB to bedside chair for 30 minutes to 2 hours• Ambulate as directed by PT/OT• Skilled therapeutic interventions by PT/OT as indicated• Participate in ADL

Key

Total Assist (patient performs 0-24%)
Maximum Assist (patient performs 25-49%)
Moderate Assist (patient performs 50-74%)
Minimum Assist (patient performs 75-99%)
Supervision (assist patient with set up and/or cuing)

ROM = range of motion
OOB = out of bed
ADL = activities of daily living
BID = twice daily

APPENDIX D: Pediatric Normative Values

Age Group	Respiratory Rate per minute	Heart Rate per minute	Systolic Blood Pressure (mmHg)
Newborn (< 1 month)	30-50	120-160	50-70
Infant (1-12 months)	20-30	80-140	70-100
Toddler (1-3 years)	20-30	80-130	80-110
Preschooler (4-5 years)	20-30	80-120	80-110
School age (6-12 years)	20-30	70-110	80-120
Adolescent (> 12 years)	12-20	55-105	110-120

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DEVELOPMENT CREDITS

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