

## GENERAL TIPS:

- Learn by observing local practice
- Show prescription to seniors if unsure
- Do not blindly prescribe verbal order from seniors or nurses (double-check in BNFC)
- Local guidelines / BNFC/ Pharmacist
- Refer to clinic letters for latest dosages
- Check interactions if polytherapy
- Is the mg/kg each dose or daily dose
- Know the maximum dose
- Ensure not duplicated on PRN

	Preterm	Infant	Adult
Total body water	85%	75%	60%
Extracellular water	50%	30%	20%
Fat content	3%	30%	15%

## **Children are different:**

- Prescribe by weight
- Body composition
- Body surface area
- Metabolism rate
- Off-licence use

## **Prescribing in Paediatrics** [www.paediatrex.com](http://www.paediatrex.com)

## **Prescribing on KARDEX:**

- Patient identifiers & Allergy box
- Mostly GENERIC (sometimes BRAND)
- Strength of formulation
- Allowed 'g' and 'mg' but spell other units such as 'micrograms'
- Avoid decimals e.g. 500mg (not 0.5g)
- Liquids, mostly prescribe in mg (not ml)
- Antibiotics- have a review / stop date
- Appropriate timings, OD, BD etc
- Different sections for Stat, Regular, Infusions and PRN drugs

## **Using BNFC:**

- Updated annually in print, but App/ online version most updated
- Useful treatment summaries
- Resuscitations algorithms, BSA conversion chart etc

## **Know before prescribing:**

### About the Child:

- Weight and age
- Surface area / Renal function
- Preferred route- PO, IV, INH, S/C etc
- Tolerability  
(taste, ease of administration, timing)

### About the drug:

- Formulations
- Strengths
- Side effects
- Interactions
- Pharmacokinetics