RapidMed Services

FREE SAMPLE

PACK 4

Clinical Prompt Cards

Three cards from the 20-card Children, Maternity & Special Circumstances pack. Print them, carry them, see if they earn their place.

93 The Sick Child — Traffic Light
NICE red, amber and green features for under-5s with a fever

102 Emergency Birth
Six steps when the baby won't wait — and when to use the next card

107 Learning Disability & Autism
Reasonable adjustments, pain, capacity — and believing the carer

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Written to current UK guidance — RCUK 2025, NICE, JRCALC

CLINICAL PROMPT CARD · 93

The Sick Child — Traffic Light

Under-5s with a fever. Any red = 999. Any amber = seen today.

RED — high risk · 999 / emergency care

Pale, mottled, ashen or blue · no response to you · won't wake or stay awake · weak, high-pitched or constant cry

Grunting · breathing over 60 /min · marked chest indrawing · non-blanching rash · bulging fontanelle · stiff neck · fitting · **under 3 months with 38 °C+**

AMBER — intermediate · seen by a clinician today

Parent says they're pale · not smiling · less active · wakes only with a lot of effort · nasal flaring · SpO_2 95% or less · cap refill 3 s+ · heart rate over 160 (under 1), 150 (1–2), 140 (2–5)

Dry mouth, poor feeding, fewer wet nappies · 3–6 months with 39 °C+ · fever 5 days+ · rigors · not using a limb or swollen joint · breathing over 50 (6–12 months) or over 40 (over 1)

GREEN — low risk · home with safety-netting

Normal colour · smiling, content, responds normally · strong cry or not crying

Normal skin and eyes · wet mouth · no amber or red features. **Safety-net** (card 68): what to look for and when to call back

Parent's worry counts. "This isn't like them" is a red flag in its own right. Think sepsis (card 16) and meningitis (card 51).

If it's red, don't wait for it to get redder.

CLINICAL PROMPT CARD · 102

Emergency Birth

Most births go well on their own. Your job is warmth, calm and time.

URGE TO PUSH · HEAD VISIBLE = BIRTH IS COMING

1. **999** — say "birth imminent". Ask: how many weeks, more than one baby, any problems? Get her notes
2. Warm, private space. Clean towels. She chooses her position — semi-sitting, side or all fours
3. Head crowning: **pant, don't push**. Let the head come slowly. Light hand support only — **never pull**
4. Cord round the neck? Loose — slip it over the head. Tight — don't pull; let the birth carry on and tell 999
5. Next contraction: body slides out — slippery! Onto her tummy. **Note the time.** Dry, skin to skin, cover (card 106)
6. **Don't cut the cord.** Don't pull on it. Placenta comes on its own — keep it for the midwife. Watch bleeding (card 104)

Not breathing → **card 105**. Head out but no body with the next contraction, a limb or bottom first, or cord showing → **card 103**.

Hands ready, not hands on. Let her and the baby do the work.

CLINICAL PROMPT CARD · 107

Learning Disability & Autism

Same rights, same care — delivered differently. Reasonable adjustments are the law.

Ask	"What's normal for them?" The carer or family know their baseline. Look for a **hospital passport** or communication card
Talk	Speak to the person, not just the carer. Short, plain words. One question at a time. Show, don't just tell. Give extra time
Sensory	Turn down noise and light. Warn before you touch. Move somewhere quieter if you can. Let them keep a comfort item
Pain	May not say it. Watch for **changes in behaviour** — agitation, withdrawal, self-injury, not eating
Capacity	Still assume it. Support them to decide — easy words, pictures, time (card 66)

Don't put new symptoms down to the disability ("diagnostic overshadowing"). Chest infections, choking, sepsis, constipation and seizures cause many avoidable deaths. If the carer says something's wrong — believe them.

Ask the people who know them best — then listen.

That's 3 of 20.

Pack 4 covers sick children, emergency births, newborns and the calls that need a different approach — numbered 91–110, after Packs 1–3.

Children
CARDS 91–98

Assessment triangle · normal obs · traffic light · fever · croup & bronchiolitis · dehydration · pain · lost child

Pregnancy & Birth
CARDS 99–104

Red flags · bleeding · pre-eclampsia · emergency birth · complications · PPH

Newborn
CARDS 105–106

Newborn life support (RCUK 2025) · care of the newborn

Special Circumstances
CARDS 107–110

Learning disability & autism · DNACPR & ReSPECT · sexual assault · infection prevention

SCAN TO GET THE FULL PACK

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