

## SOS-PD scale (Sophia Observation withdrawal Symptoms – Pediatric Delirium)

(Children 0-16 years)

### ***Instructions withdrawal syndrome:***

#### **Target group:**

Children aged up to 16 years who have received benzodiazepines and/or opioids for more than 4 days; start observing from the 5th day. Exclusion criteria:

- Continuous neuromuscular blocking agents;
- Status epilepticus for which receiving midazolam;
- Severely disturbed behavioral pattern on account of underlying neurological disease.

For assessing abstinence in infants of drug-dependent mothers, we recommend the Neonatal Abstinence Score (NAS) of L.P. Finnegan (1975).

#### **Procedure:**

- Observe the child:
  - o Once per shift;
  - o At suspicion of withdrawal syndrome;
  - o 2 hours after an intervention for treatment of withdrawal symptoms.
- Please fill in the form carefully after observation;
- Please score for each item the most extreme/ worst moment during the **past 4 hours**;
- Check the explanation if a particular item is not clear.

#### **Step 1a Determining baseline values for heart rate and breathing rate:**

The baseline value is the mean value over the past 24 hours. Dependent on type of 'patient data management system' it could be automatically generated, otherwise it must be computed by hand. For example: The baseline value of heart rate is 100. Compute "baseline exceeded by 15 %" as follows:  $100 \times 1.15 = 115$ . The highest rate observed in the past 4 hours is 124. This is higher than 115, so tick yes for tachycardia (step 2).

### ***Instructions delirium:***

#### **Target group:**

Children aged up to 16 years and admitted for 48 hours or more are at risk for developing pediatric delirium. The SOS-PD scale can be used for early screening of delirium. Start observing after 48hrs. Exclusion criteria:

- Continuous neuromuscular blocking agents;
- Not arousable (comatose) or very deeply sedated and not responding to stimuli. If possible, taper off sedatives and reassess after 4 hours or in the next shift.

#### **Procedure:**

- Observe the child:
  - o Once per shift;
  - o At suspicion of delirium;
  - o 2-4 hours after an intervention for treatment of delirium.
- Please fill in the form carefully after observation;
- Please score for each item the most extreme/ worst moment during the **past 4 hours**;
- Check the explanation if a particular item is not clear.

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