

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

(Children 0-16 years)

Sticker
with patient's name

Date and time:
Name observer:

Step 1a Withdrawal	Explanation
Heart rate	/min. Enter highest rate in past 4 hours if available (electronic patient data management system), otherwise read the monitor or feel pulse.
Breathing rate	/min. Enter highest rate in past 4 hours if available (electronic patient data management system), otherwise read the monitor or count breathing
Baseline value heart rate	/min. The baseline value is the mean value over the past 24 hours.
Baseline value breathing rate	/min. The baseline value is the mean value over the past 24 hours.

Step 1b Delirium	Tick if yes
Parents don't recognize their child's behavior	<input type="checkbox"/> * Parents perceive their child's behavior as very different or unrecognizable in comparison with what they are accustomed to when the child is ill or in hospital; "this is not my child".

Step 2	Withdrawal	Delirium	
Tachycardia	<input type="checkbox"/>		Yes if heart rate exceeds baseline value by $\geq 15\%$.
Tachypnea	<input type="checkbox"/>		Yes if breathing rate exceeds baseline value by $\geq 15\%$.
Fever	<input type="checkbox"/>		Yes if body temperature exceeded 38.4°C in past 4 hours.
Sweating	<input type="checkbox"/>	<input type="checkbox"/>	Without apparent reason.
Agitation	<input type="checkbox"/>	<input type="checkbox"/>	E.g.: irritable, restless, agitated, fumbling (trying to pull out catheters, venous lines, gastric tubes etc.).
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	Child shows anxious facial expression (eyes wide open, raised and tensed eyebrows). Behavior varies from panicky to introvert.
Tremors	<input type="checkbox"/>	<input type="checkbox"/>	Trembling, involuntary sustained rhythmic movements of hands and/or feet.
Motor disturbance	<input type="checkbox"/>	<input type="checkbox"/>	Involuntary movements of arm and/or legs; little muscle twitches.
Muscle tension	<input type="checkbox"/>	<input type="checkbox"/>	Clenching wrists and toes and/or hunched shoulders. Or: abnormal tensed position of head, arm and/or legs caused by muscle tension.
Attentiveness		<input type="checkbox"/>	If caregivers (nurses) or parents fail to attract or hold the child's attention. Child is not aware of surroundings; living in "his own world"; Apathy.
Purposeful acting		<input type="checkbox"/>	If child has difficulty in doing things that normally are no problem; e.g. cannot grab pacifier or cuddly toy
Eye contact		<input type="checkbox"/>	No or less eye contact with caregiver / parents.
Inconsolable crying	<input type="checkbox"/>	<input type="checkbox"/>	Inconsolable (shown by refusing food, pacifier or not wanting to play). Score silent crying in ventilated children as well.
Grimacing	<input type="checkbox"/>	<input type="checkbox"/>	Eyebrows contracted and lowered, nasolabial fold visible.
Sleeplessness	<input type="checkbox"/>	<input type="checkbox"/>	Child doesn't sleep more than one hour at a stretch; catnaps.
Hallucinations*	<input type="checkbox"/>	<input type="checkbox"/> *	Child seems to see, hear or feel things that were not there (in past 4 hours).
Disorientation		<input type="checkbox"/>	If child doesn't know whether it is morning, afternoon or evening, is not aware where it is, does not recognize family or friends or (Only for children >5 years).
Speech		<input type="checkbox"/>	If speech is incomprehensible, unclear or child cannot tell a coherent story (not age appropriate).
Acute onset		<input type="checkbox"/>	Acute change compared to before hospital admission.
Fluctuations		<input type="checkbox"/>	If intensity of symptoms strongly varies over the past 24 hours.
Vomiting	<input type="checkbox"/>		At least once in past 4 hours.
Diarrhea	<input type="checkbox"/>		At least once in past 4 hours.

SOS score

Total Withdrawal score (max. is 15) Count ticked boxes

PD score

Total Delirium score (max. is 16/17) Count ticked boxes

Consult child-psychiatrist if: Step 1b is positive AND/OR Step 2 score is ≥ 4 or symptom with * is positive