

Clinical Decision Making Pathway

Hand, Foot and Mouth Disease

This document is designed to aid the clinical decision making for GPs seeing children diagnosed with **Hand, Foot and Mouth disease** in the primary care setting.

The clinical examination of the child will deem them high/intermediate/low risk and as such will aid the decision as to the appropriate health care support.

This decision making pathway is not a substitute for the exercise of professional/clinical judgement.

Normal Paediatric Values		
	Resp rate at rest (b/min)	Heart rate (bpm)
< 1 year	25-40	120-160
1-2 years	25-35	100-150
2-5 years	25-30	95-140
5-12 years	20-25	80-125
>12 years	15-20	60-100

Child seen and assessed by GP / ANP

Child diagnosed with: **Hand, Foot and Mouth Disease**

Clinical Assessment

High Risk

- ☐ Lethargic/unable to rouse
- ☐ Pale/mottled/cold to touch
- ☐ Unable to eat/drink due to ulcers
- ☐ Non blanching rash or Kawasaki type rash
- ☐ Evidence of cellulitis or necrosis with significant pain in between lesions
- ☐ Persistent headache, neck stiffness and balance problems
- ☐ CRT >3secs
- ☐ Temp $\geq 38^{\circ}\text{C}$ in 0-3 months
- ☐ Persistent temperature $\geq 38^{\circ}\text{C}$ for 5 days
- ☐ SaO₂ <92%
- ☐ Drooling
- ☐ Apnoeas
- ☐ Feeding < 50% for 2-3 feeds or 12hrs
- ☐ No urine output for 24 hours
- ☐ Fit/seizures
- ☐ Moderate/severe Work of breathing

Intermediate Risk

- ☐ Content/intermittently miserable
- ☐ No urine output for 12 hours
- ☐ Symptoms not improved after 10 days
- ☐ CRT 2-3secs
- ☐ SaO₂ 92-94%
- ☐ Mild/ Moderate work of breathing
- ☐ Tachycardia
- ☐ Temp $\geq 39^{\circ}\text{C}$ in 4-6 months
- ☐ Feeding < 75% of normal volumes of feed
- ☐ Heightened parental anxiety
- ☐ Concerns about parent's ability to monitor child's condition at home
- ☐ Concerns about social circumstances

Low Risk

- ☐ Alert
- ☐ Content
- ☐ CRT <2secs
- ☐ Moist mucus membranes
- ☐ Mild Recession
- ☐ Resp rate <40 (<50 under 12months)
- ☐ SaO₂ >95%
- ☐ Feeding $\geq 75\%$ or normal volumes of feed
- ☐ Pain resolves with analgesia
- ☐ No social concerns

Consider Sepsis

[Healthier Together Community Sepsis Pathway](#)

Refer to Paediatric Consultant Basingstoke/ Winchester

Call 999, go to nearest hospital

Refer to **CHAT 07785 283846**

CHAT Monitoring

Condition deteriorated

Refer CDU/Sophie's Place

Condition improved

Discharge

Child can be managed at home with appropriate care and advice, including when to seek further help.

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