

## Lake Louise Consensus Scoring System for Acute Mountain Sickness (AMS) in Children.

Since preverbal children (those < 3 years old) can't explain how they feel, Pollard and others (2001) created a version of the Lake Louise AMS scoring system for use by parents, who will know best when their child is acting abnormally. Note that this scale is not definitive and should be used as a guideline for diagnosing AMS only. When in doubt, seek medical assistance.

Parents (not others) should score their child for each of the questions below.

*Fussiness* is crying, tension, or other irritability that you can't explain through normal causes (hunger, pain, fatigue).

	Date							Name:
Sleeping altitude	_____	_____	_____	_____	_____	_____	_____	
Maximum altitude	_____	_____	_____	_____	_____	_____	_____	
<b>1. Amount of unexplained fussiness when awake during the past 24 hours</b>								
(0) No fussiness	_____	_____	_____	_____	_____	_____	_____	
(1)								
(2)								
(3) Intermittent fussiness								
(4)								
(5)								
(6) Constant fussiness								
<b>2. Intensity of fussiness when awake</b>								
(0) No fussiness	_____	_____	_____	_____	_____	_____	_____	
(1)								
(2)								
(3) Moderate								
(4)								
(5)								
(6) Very strong								
<b>Total Fussiness Score</b>	<b>(1+2)=</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>3. How well has your child eaten today?</b>								
(0) Normal	_____	_____	_____	_____	_____	_____	_____	
(1) Slightly less than normal								
(2) Much less than normal								
(3) Vomiting or not eating								
<b>4. How playful is your child today?</b>								
(0) Normal	_____	_____	_____	_____	_____	_____	_____	
(1) Playing slightly less								
(2) Playing much less than normal								
(3) Not playing								
<b>5. The ability of your child to sleep today is</b>								
(0) Normal	_____	_____	_____	_____	_____	_____	_____	
(1) Slightly less or more than normal								
(2) Much less or more than normal								
(3) Not able to sleep								
<b>Total Activity Score</b>	<b>(3+4+5)=</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

- Is the Fussiness Score 4 or higher?
- Is the Activity Score 3 or higher?

If you answered 'Yes' to both questions, then AMS is the diagnosis. Seek appropriate treatment and do not ascend further if your child has AMS

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### Adapted from:

Pollard, A. J. and others. 2001. Children at high altitude: an international consensus statement by an ad hoc committee of the International Society for Mountain Medicine, March 12, 2001. High Altitude Medicine and Biology 2:389-403.