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).

<table>
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<tr>
<th>Date</th>
<th>Sleeping altitude</th>
<th>Maximum altitude</th>
<th>Name:</th>
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1. **Amount of unexplained fussiness when awake during the past 24 hours**

   - (0) No fussiness
   - (1) (2) (3) Intermittent fussiness
   - (4) (5) (6) Constant fussiness

2. **Intensity of fussiness when awake**

   - (0) No fussiness
   - (1) (2) (3) Moderate
   - (4) (5) (6) Very strong

**Total Fussiness Score**  \( (1+2) = \)

3. **How well has your child eaten today?**

   - (0) Normal
   - (1) Slightly less than normal
   - (2) Much less than normal
   - (3) Vomiting or not eating

4. **How playful is your child today?**

   - (0) Normal
   - (1) Playing slightly less
   - (2) Playing much less than normal
   - (3) Not playing

5. **The ability of your child to sleep today is**

   - (0) Normal
   - (1) Slightly less or more than normal
   - (2) Much less or more than normal
   - (3) Not able to sleep

**Total Activity Score**  \( (3+4+5) = \)

- 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:**

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