

Normal Cardiac Index Chart

Patient information		
Name:		Date of birth:
Gender:		Date of assessment:
Age group	Normal Cardiac Index (CI) range (L/min/m²)	Interpretation
Infants and children (growth age)	Higher than adults, often >4.0, sometimes up to ~5.0	Growing children have significantly higher CI due to increased metabolic demands. The cardiac index decreases progressively after adolescence. Children under 14 years old exhibit a higher cardiac output relative to their body size.
Adults (18–60 years)	~2.5 to 4.0, mean ~3.5	Typical adult CI is around 3.5 ± 0.7 L/min/m². CI gradually declines with age, starting after 20 years.
Older adults (>60 years)	~2.1 to 3.2	Since there is a decline in aging, the mean resting CI in healthy older adults is between 2.1 and 3.2 L/min/m².
Elderly (>80 years)	Data scarce, likely ≤2.1 to 3.0	Limited data suggest further decline, with some decrease per year in CI between 3.5 and 8 mL/min/m² annually.
Results		
Age:		
Cardiac index:		
Results and interpretation:		

Recommendations

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date of assessment:

Cioccari, L., Luethi, N., Glassford, N. J., & Bellomo, R. (2019). The normal cardiac index in older healthy individuals: A scoping review. *Critical Care and Resuscitation: Journal of the Australasian Academy of Critical Care Medicine*, 21(1), 9–17. <https://pubmed.ncbi.nlm.nih.gov/30857507/>

Katori, R. (1979). Normal cardiac output in relation to age and body size. *The Tohoku Journal of Experimental Medicine*, 128(4), 377–387. <https://doi.org/10.1620/tjem.128.377>