

Lab Values Cheat Sheet

Vital Signs

Blood Pressure
 → Systolic: 120 mmHg
 → Diastolic: 80 mmHg
Heart rate: 60-100 BPM
Respirations: 12-20 breaths
Oxygen: 95%-100%
Temperature: 96.4% - 99.5%

COAGs

PT: 11-13 seconds
 • 22-32.5 on Warfarin
INR: 0.8-1.1 Seconds
 • 1.6-3.3 on Warfarin
PTT: 21-35 Seconds
 • 31.5-87.5 on Heparin

The ↑ these numbers the ↑ chance of bleeding!!!

Glucose

Fasting: 70-110 mg/dL
Casual: <200 mg/dL

HbA1C

Non-diabetic: 4-6%
Pre-Diabetic: 5.7-6.4%
Diabetic: > 6.5%

Other

MAP: 70-100 mmHg
ICP (Intracranial Pressure): 5-15 mmHg
BMI: 18.5-24.9
Glasgow Coma Scale: Best = 15
 Mild: 13-15 Moderate: 9-12 Severe: 3-8

Complete Blood Count [CBC]

WBC: 5000-10,000
RBCs:
 → Male: 4.2-5.4
 → Female: 3.6-5
PLT: 140,000-400,000
 • Critical <50,000 or >1,000,000
Hemoglobin [Hgb]:
 → Male: 13-18
 → Female: 12-16
Hematocrit [HCT]:
 → Male: 42%-52%
 → Female: 36%-48%

ABGs

pH: 7.35-7.45
PaCO₂: 35-45 mmHg
PaO₂: 80-100 mmHg
HCO₃: 22-26 mEq/L

Renal

Calcium: 8.6-10.2 mg/dL
Magnesium: 1.3-2.3 mg/dL
Phosphorus: 2.5-4.5 mg/dL
Specific gravity: 1.005-1.03
GFR: 125 - 200 mL/min
BUN: 10-20 mg/dL
Creatinine:
 → Male 0.6-1.2mg/dL
 → Female: 0.4-1 mg/dL

Serum Osmolality

280-300 mOsm/L Water

Basic Metabolic Panel [BMP]

Sodium: 135-145 mEq/L
Potassium: 3.5-5 mEq/L
Chloride: 97-107 mEq/L
Calcium: 8.5-10.5 mg/dL
BUN: 10-20 mg/dL
Creatinine:
 → Male: 0.6-1.2 mg/dL
 → Female: 0.4-1 mg/dL
Albumin: 3.5-5.5 g/dL
Total protein: 6-8 g/dL

Lipid Panel

Total cholesterol:
 → Male: <205 mg/dL
 → Female: <190 mg/dL
Triglyceride:
 → Male: 44-180
 → Female: 10-190
LDL: <100 mg/dL → bad cholesterol
HDL: >60/dL → Happy Cholesterol

Pancreas

Amylase: 25-125 U/L
 → Older adults: 24-151 U/L
Lipase: <140 U/L

Liver [LFT]

ALT: 10-40M, 8-35 F
AST: 5-40 U/L
ALP: 40-120 U/L
Bilirubin: total 0.3-1.0 mg/dL

Lab Cheat Sheet For Nurses

Eric Giza

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learning principles and demonstrate innovation in nursing education

Davis's Comprehensive Manual of Laboratory and Diagnostic Tests with Nursing Implications Anne Van Leeuwen, Mickey Bladh, 2023-04-04 The information nurses need when where and how they need it Nursing focused and easy to read this full color manual delivers all the information you need to understand how tests work interpret their results and provide quality patient care pre test intra test and post test Tests and procedures are listed in alphabetical order by their complete name for quick reference The integrated index allows fast searches by abbreviation synonym disease disorder specimen type or test classification *Fast Facts for the Medical Office Nurse* Sheila Richmeier, 2010-05-17 This book provides an introduction to medical office nursing by giving an overview of the medical office as well as tips to maximize nursing's role Students and new clinicians will find the information valuable as they start their medical office nursing career Topics include location reimbursement role and care provided The book also examines the use of technology and how medical office nursing has a significant impact on the patient's health across the continuum Finally the book explores future trends especially the medical home and models of care that derive from the Medical Home Key Features Explores reasons to become a medical office nurse Clarifies evaluation care management safety risk management and error prevention Explores technology use in the office Examines business demands including coding billing and reimbursement Details salary and incentives Discusses the medical home Explains how to maximize nurse role Facilitates important decision making with hot topics and key elements

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Massage for the Hospital Patient and Medically Frail Client Gayle MacDonald, 2005 This is an essential resource for learning massage in the acute care setting As the need for massage in hospitals has grown many massage therapists and massage students are developing their skills in this environment to broaden their practice and meet

market demand The text explores pressure adjustments site restrictions and positioning needs for hospital patients and medically frail clients An easy to use conceptual format covers common medical devices and procedures standard precautions the relationship between pharmaceuticals and massage charting and collecting patient data Illustrations demonstrate body mechanics draping room preparation and more

Medicine and Mayhem Patricia Gussin,2016-09-20 New York Times and USA Today Best selling Author Award Winning 4 Book Medical Thriller Collection SHADOW OF DEATH TWISTED JUSTICE WEAPON OF CHOICE AFTER THE FALL This four book collection follows Laura Nelson from her days as a medical student in Detroit during the 1967 riots through her ascent to the position of Chief of Surgery in Tampa Tragically at the peak of her professional success a fall on the ice and a devastating hand injury ends her surgical career But Laura proves resilient and lands the top research job in a large pharmaceutical company Seven years in Laura s life separate each of the four novels in the collection Laura s personal life evolves just as do the threats initiated in the dark days of Detroit that have haunted her every step along the way

Essentials of Computers for Nurses Virginia K. Saba,Kathleen Ann McCormick,2001 The best selling nurses guide to understanding and using computers in the workplace now revised and completely up to date New edition discusses the increasing use of specialized software within nursing curriculums Examines use of the Internet as a powerful research tool the way computers are changing the practice of nursing and the NCLEX telemedicine and more

Lab Values Jon Haws,Sandra Haws,2018 **Hints for Success in Medical School and the Match** Eric Giza,2000 This book offers practical advice about navigating the academic social and political hurdles of medical school and residency matching Written in an informal student friendly fashion this book is like having a successful friend at hand to advise you on survival and success skills for medical school The book has chapters devoted to each year of medical school residency matching and the end of medical school

Women's Health ,2007-11 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style

Shadow of Death Patricia Gussin,2008-04-01 Pull a trigger and everything changes Medical student Laura Nelson had just finished examining her first patient when she is forced to make a split second decision that will alter the course of her life forever One life will end and one life will never be the same But keeping her dreadful secret will be one of the toughest challenges Laura will ever face With a persistent and perceptive detective hot on her trail and a host of eerie incidents suggesting that maybe her secret isn t really a secret Laura is drawn into an unseemly web of peril deceit and treachery and is forced to risk both her freedom and her sanity Will her deadly secret come to light or must she live forever in the shadow of death Set amidst the upheaval and smoldering chaos of the Detroit riots of 1967 Shadow of Death is a haunting tale of unrest fear and consequences Hailed as a stunning debut novel Shadow of Death provides a spine chilling glimpse of what lurks in the shadows

Normal Lab Values for Nurses Cindy B Smith,2019-06 LAB VALUES FOR NURSES The need for medical practitioners to understand the importance of laboratory tests in medical decision making cannot be overemphasized

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Infirmière Canadienne, 1983. New York Court of Appeals. Records and Briefs. New York (State)., **Health, 2001-2002** Richard Yarian, 2001-02. This compilation of public press articles examines how Americans make choices about controlling their health, the impact of stress and emotions on mental health, the effects on diet and nutrition on well being, influences of exercise and diet on health, how drugs affect our lives, recent research on human reproduction and sexuality, the major causes of death in the Western world, the current state of health care in today's society, food labelling and food and drug interactions, hazards that affect our health and are encountered in today's world. This title is supported by Dushkin Online www.dushkin.com online our student Web site.

The Nurse's Guide to Labs Cheryl Miller, 2017-05-22. The Nurse's Guide to Labs: A Quick and Easy Resource is a quick easy reference tool that helps nursing students understand common lab values. For each laboratory test a clear definition is provided along with some pathology if relevant. When relevant students also learn what constitutes a normal versus a critical result. The guide explains common reasons for abnormal values and addresses the nursing implications and responsibilities when such values occur. Students will learn about commonly ordered combined labs. There are specific chapters devoted to oxygenation, respiratory labs, hematology and cardiac, liver and pancreatic labs. The guide also discusses other endocrine systems labs such as tests for pituitary, adrenal and thyroid abnormalities, renal labs, urine labs and cerebrospinal fluid labs. The Nurse's Guide to Labs has been developed for students preparing to become registered nurses and can be kept as a useful reference tool for the working nurse. The guide is also well suited to programs for licensed practical nurses or anyone in a clinical setting who might need to know about and understand various lab tests and their results.

Health 2000-2001 Richard Yarian, 2000. This compilation of public press articles examines how Americans make choices about controlling their health. It discusses issues such as the impact of stress and emotions on mental health, the effects on diet and nutrition on well being and food and

drug interactions **Lab Values for Nurses** Gabriel J. Connor, 2021-02 STRUGGLING TO REMEMBER LAB VALUES EFFICIENTLY Are you looking for just the right amount of information physiology so you remember a simple step by step approach to Lab values interpretation MASTER THE LAB VALUES FOR NURSES TODAY WITHOUT MEMORIZATION BUT FIRST A WARNING Before we go further let me make something abundantly clear This book does not contain a magic wand that will transform you in a Lab Values Expert without having to do any work What I m about to share with you takes both time and effort and has worked wonders for me and my private clients And I believe it can help you too But this only works for those who APPLY all the information DILLIGENTLY take notes read and re read the chapters follow all instructions to the letter So with that said let me tell you CONFIDENTLY REMEMBER LAB VALUES IN A SYSTEMATIC WAY This book gives you a clear and simple roadmap for approaching any LAB VALUES and leaves out the jargon and sticks to the information that s really important After working through the steps in this book you ll be able to follow a case discussion with your colleagues recognize many common and dangerous diseases and start using the LAB VALUES in your daily clinical practice SAVE TIME ENERGY AND MONEY Don t waste your energy on complicated textbooks and papers full of theory Don t spend your valuable time and money on expensive on site courses travel and accommodation Instead learn the most important clinical skills where you want and when you want LEARN IN A PLAYFUL WAY There s no need to learn complicated principles and to go through lots of theory just because you want to become an expert I ll teach you the most important concepts starting with the basics leading you up to expert level in a playful way It has never been easier to get clarity with this method This book is designed for Healthcare professionals and telemetry staff Students preparing for ACLS such as paramedics EMTs nurses physicians clinical pharmacists and respiratory therapists Nurses pharmacists emergency medical services personnel and physicians seeking to earn continuing education credits What are you waiting for Scroll Up Click on the Buy Now button

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