

Critical Care Cheat Sheet

Arterial Blood Gas Values

	Acidosis	Alkalosis
pH	<7.35	>7.45
PaCO ₂	>45	<35
HCO ₃	<22	>26

Ventilator

Alarm	Causes
High Pressure	Due to a blockage Excessive secretions, pulmonary edema, pneumothorax, biting/kinks in tube, coughing
Low Pressure	Cuff leak, tube displacement or disconnection

Ventilator Modes

Compensation with Blood Gases

Uncompensated

- pH is abnormal, HCO₃ or PaCO₂ is normal

Partially Compensated

- pH, HCO₃, PaCO₂ are abnormal

Fully Compensated

- pH within normal range
- HCO₃ & PaCO₂ are abnormal



CRITICAL CARE CHEAT SHEET

Hypovolemic	Loss of fluid and/or blood	Hypotension, tachycardia, weak thready pulse, agitation, pale cool skin, decreased UO
Cardiogenic	Heart unable to pump enough blood to meet body's demand Ischemia or lack of tissue perfusion	Tachypnea, SOB, tachycardia, hypotension, weak thready pulse, pale cool skin, decreased UO Decreased cardiac output
Distributive (Vascular) 3 Types:		
Anaphylactic	Allergic reaction	Tachycardia, hypotension, dyspnea, cough, pruritis, restlessness, decreased LOC
Neurogenic	Spinal cord injury	Bradycardia, hypotension, warm dry skin, blue lips
Septic	Endotoxins from gram negative bacteria	Tachycardia, hypotension, tachypnea, bounding pulses, cool pale extremities, decreased UO
Obstructive (Circulatory)	Obstruction prevents perfusion to organs Compartment syndrome, emboli, tamponade, tension pneumothorax	Tachycardia, hypotension, change in LOC, decreased UO, cool pale skin Decreased cardiac output

Arterial Pressure

Peripheral Resistance

- Resistance of the arteries to blood flow
 - Arteries constrict → resistance INCREASES
 - Arteries dilate → resistance DECREASES

Central Venous Pressure (CVC)

- Pressure in the right atrium
- Used to assess cardiac function & estimate fluid volume status
- Normal level: 2 - 6 mm Hg

Cardiac Output

- Volume of blood your heart pumps in 1 min
- Cardiac Output = Stroke Volume x Heart Rate
 - Stroke volume - amount of blood ejected in one heartbeat

Mean Arterial Pressure (MAP)

- Measures flow, resistance, and pressure in the arteries during one heartbeat (used to ensure there's enough blood flow for organ perfusion)
- Normal level: 70 - 100 mm Hg

Icu Resident Guide Sheet

Jerry J. Zimmerman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Icu Resident Guide Sheet:

Compact Clinical Guide to Critical Care, Trauma, and Emergency Pain Management Liza Marmo,Yvonne M.

D'Arcy,2013-02-22 This is an excellent resource for nurses practicing in critical care units emergency departments and trauma units as well as for midlevel providers who manage these patients Doody s Medical Reviews Compact Clinical Guide to Critical Care Trauma and Emergency Pain Management is a concise easy to read resource for nurses who want to reinforce their foundational knowledge in this area Critical Care Nurse This addition to Springer Publishing s Compact Clinical Guide to Pain Management Series presents evidence based national guidelines and treatment algorithms for managing pain in patients in the critical care trauma and emergency room settings Such patients often present with co morbid and complex conditions which often make accurate pain assessment and treatment a challenge In an easy to use bulleted format the book provides the most current information on assessing and managing pain in a variety of critical conditions Both pharmacological management therapies and non pharmacologic interventions are included along with information about pain assessment screening tools for special populations Topics covered include the basics of pain physiology in critical emergency and operative care patients assessing pain in the critically ill medications and advanced pain management techniques useful with this population and commonly occurring conditions in the various care environments Also addressed are the management of particularly challenging patients elderly obese and conditions chronic pain renal failure chemically dependent patients and burn patients The book contains tables that efficiently summarize information and figures to illustrate key concepts Pain rating scales and a helpful equi analgesic conversion table are included in the Appendix Key Features Provides evidence based information on treating pain in critical care trauma and emergency room patients for all practice levels Organized for quick access to pertinent clinical information on treatment options and pain types Provides cross referenced indexing and easy to use assessment and screening tools Includes information for treating especially challenging and difficult to manage patient pain scenarios **ICU Protocols** Rajesh Chawla,Subhash

Todi,2012-10-10 The book describes step wise management of clinical emergencies seen every day in Intensive care units ICUs As a practical guide clinicians can refer to it on a day to day basis during their work hours or while in transit to update their knowledge Targeted readers are intensivists critical care specialists and residents involved in the care of patients admitted in ICUs This handbook covers an array of specialties such as cardiology pulmonology gastroenterology neurology nephrology traumatology and toxicology This monograph provides point of care treatment guidance and will serve as a ready reckoner for physicians to quickly learn the management steps in a methodical manner *Anesthesiology Resident Manual of Procedures* Claire Sampankanpanich Soria MD,Daniel E. Lee MD, PhD, Gerard R. Manecke MD,2021-02-03 This book describes in concise yet detailed step by step instructions on how to perform common procedures including complex airway management vascular access neuraxial blocks and nuanced anesthetic techniques it not only covers this breadth of

procedures but presents them in an accessible manner Chapters follow the format of the indications for a particular procedure a list of equipment required step by step instructions for performing the procedure common complications and troubleshooting techniques The book is designed intentionally for the busy physician to be able to easily read the essential information including lists of equipment necessary numbered steps to perform the procedure tables of common errors and methods to troubleshoot indications and contraindications for procedures detailed photos of equipment setup and handmade diagrams and images

Anesthesiology Resident Manual of Procedures is comprehensive and written with the physician in training in mind as well as those who are completing their residency or fellowship in the fields of anesthesiology critical care medicine and emergency medicine

Civetta, Taylor, & Kirby's Critical Care Joseph M. Civetta, 2009 Now in its fourth edition this leading critical care textbook contains more than 30 new chapters and completely updated information The book addresses every problem encountered in the intensive care unit and covers surgical critical care more thoroughly than any other text

Extreme Measures Dr. Jessica Nutik Zitter, M.D., 2021-08-24 For readers of *Being Mortal* and *Modern Death* an ICU and Palliative Care specialist offers a framework for a better way to exit life that will change our medical culture at the deepest level In medical school no one teaches you how to let a patient die Jessica Zitter became a doctor because she wanted to be a hero She elected to specialize in critical care to become an ICU physician and imagined herself swooping in to rescue patients from the brink of death But then during her first code she found herself cracking the ribs of a patient so old and frail it was unimaginable he would ever come back to life She began to question her choice *Extreme Measures* charts Zitter's journey from wanting to be one kind of hero to becoming another a doctor who prioritizes the patient's values and preferences in an environment where the default choice is the extreme use of technology In our current medical culture the old and the ill are put on what she terms the End of Life Conveyor belt They are intubated catheterized and even shelved away in care facilities to suffer their final days alone confused and often in pain In her work Zitter has learned what patients fear more than death itself the prospect of dying badly She builds bridges between patients and caregivers formulates plans to allay patients pain and anxiety and enlists the support of loved ones so that life can end well even beautifully Filled with rich patient stories that make a compelling medical narrative *Extreme Measures* enlarges the national conversation as it thoughtfully and compassionately examines an experience that defines being human

[Annual Update in Intensive Care and Emergency Medicine 2023](#) Jean-Louis Vincent, 2023-03-24 The Annual Update compiles reviews of the most recent developments in clinical intensive care and emergency medicine research and practice in one comprehensive book The chapters are written by well recognized experts in these fields The book is addressed to everyone involved in intensive care and emergency medicine anesthesia surgery internal medicine and pediatrics

[Evidence-Based Practice of Critical Care E-Book](#) Clifford S. Deutschman, Patrick J. Neligan, 2015-11-26 Evidence Based Practice of Critical Care 2nd Edition presents objective data and expert guidance on managing critically ill patients in unique question based chapters that focus on best

practices Now thoroughly updated by Drs Clifford S Deutschman Patrick J Neligan and nearly 200 critical care experts this highly regarded title remains the only book of its kind that provides a comprehensive framework for translating evidence into practice making it a valuable resource for both residents and practitioners Tap into the expertise of nearly 200 critical care experts who discuss the wide variety of clinical options in critical care examine the relevant research and provide recommendations based on a thorough analysis of available evidence Think through each question in a logical efficient manner using a practical consistent approach to available management options and guidelines Find the information you need quickly with tables that summarize the available literature and recommended clinical approaches Navigate a full range of challenges from routine care to complicated and special situations Stay up to date with new issues and controversies such as the redefinition of sepsis changing approaches to fluid administration immune suppression in sepsis monitoring the microcirculation the long term sequelae of critical illness minimizing ventilator associated lung injury the benefits of evidence based medicine management guidelines rapid response teams and more Benefit from all new sections covering persistent critical illness and the role of advanced practice nurses and physician assistants in the ICU

Pediatric Critical Care E-Book Jerry J. Zimmerman, 2016-11-29 Still the 1 resource for today's pediatric ICU teams Pediatric Critical Care 5th Edition covers the entire field from basic science to cutting edge clinical applications Drs Bradley P Fuhrman and Jerry J Zimmerman accompanied by an expert team of editors and contributors from around the world bring you today's best information on the current and future landscape of pediatric critical care so you can consistently deliver optimum care to your young patients Boasts highly readable concise chapters with hundreds of useful photos diagrams algorithms and clinical pearls Clear logical organ system approach allows you to focus on the development function and treatment of a wide range of disease entities Includes new content on the expanding use of ultrasound at the bedside and the increase in nursing responsibilities in the PICU Eighteen new chapters cover topics such as delirium metabolism endocrinology nutrition nursing and much more Features expanded and updated information on critical communication professionalism long term outcomes palliative care ultrasonography PCCM in resource limited settings ventilator induced lung injury non invasive ventilation updated CNS pathophysiology the Erythron and immunity and infection

A Cartoon Guide to Becoming a Doctor Fizzy McFizz, 2011-09-25 A Cartoon Guide to Medicine is a collection of humorous cartoons about the grueling medical training process

Annual Update in Intensive Care and Emergency Medicine 2012 Jean Louis Vincent, 2012-03-06 The Yearbook compiles the most recent developments in experimental and clinical research and practice in one comprehensive reference book The chapters are written by well recognized experts in the field of intensive care and emergency medicine It is addressed to everyone involved in internal medicine anesthesia surgery pediatrics intensive care and emergency medicine

Families in the Intensive Care Unit Ashlee J. Vance, Deena Kelly Costa, Giora Netzer, 2025-05-09 This first edition of this text was the first book to comprehensively survey the challenges in understanding and working with families whose

loved ones are critically ill The comprehensive nature of that book served as a state of the art reference in this sphere for a broad spectrum of researchers and clinicians All chapters were authored by established experts in the respective fields providing an overview that has been used both in theory and practice Since the first edition s publication the public recognition of the importance of families has increased dramatically as a consequence of the COVID 19 pandemic Most major decisions in the intensive care unit ICU are shared by clinicians and someone other than the patient Improving communication between clinicians and these surrogate decision makers has proven hard in multiple clinical trials Families suffer too when their loved ones are critically ill Anxiety stress and depression are common and post traumatic stress disorder may occur while their loved ones are still in the ICU Families struggle to understand prognoses and conflicts with the care team occur frequently These conflicts not only injure families but also contribute to health care provider burnout Now in its fully revised and expanded second edition Families in the Intensive Care Unit reflects lessons learned during the COVID pandemic response as well as knowledge gained about family support when families cannot be at the bedside The chapter subjects again reflect a combination of breadth and depth Physical and psychological morbidity are explored as barriers to effective decision making as are cognitive challenges The full array of the interdisciplinary and interprofessional team is represented emphasizing the multimodal approach This edition includes administrative considerations for health care management and approaches for training members of the health care team Similarly family voices are also represented The complete trajectory of needs of care are addressed including survivorship and end of life care

Internal Medicine Training Notes and Survival Guide Kehua Zhou, 2024-11-01 The purpose of this unique title is to provide internal medicine residents and physicians as well as other professionals engaged in internal medicine practice with a single resource of comprehensive abundantly helpful time saving training and practice notes Developed by a now highly experienced hospitalist physician during his three years residency training in internal medicine as well as during his current role as a practicing hospitalist these notes provide a broad framework and tool not only for the learning and practicing of internal medicine after graduation from professional schools and during training but after residency training as well The majority of the notes were presented as one to a few sentences rendering the information succinct and easy to digest The notes also provide simple key information in patient care including but not limited to the workup and management of a wide range of clinical scenarios The book was divided into three general areas 1 daily notes taken during the author s residency training in the format of a diary with the original dates but updated knowledge and information 2 notes for outpatient medicine and clinical subspecialties and 3 notes as a hospitalist The daily notes were based on knowledge and experiences the author learned from actual clinical cases workup medication regimen patient education and sometimes patient and family interactions The notes for outpatient medicine and clinical subspecialties were based on specific topics subspecialties and were heavily clinically oriented with a focus on patient care The addition of notes as a hospitalist was based on the author s duties as a hospitalist which requires

knowledge and understanding of acute neurological and neurosurgical issues various types of cancers and some common yet complicated or uncommon clinical scenarios of infectious diseases A major contribution to the internal medicine education literature Internal Medicine Training Notes and Survival Guide An Insider s Roadmap for the Journey from Resident to Attending Physician will appeal to a wide readership including resident physicians practicing physicians physician assistants and nurse practitioners in internal medicine **Critical Care Nurse** ,1995 **Medicare and Medicaid Guide** ,1969

Healthcare Systems Engineering Paul M. Griffin,Harriet B. Nembhard,Christopher J. DeFlitch,Nathaniel D. Bastian,Hyojung Kang,David A. Munoz,2016-02-22 Apply engineering and design principles to revitalize the healthcare delivery system Healthcare Systems Engineering is the first engineering book to cover this emerging field offering comprehensive coverage of the healthcare system healthcare delivery and healthcare systems modeling Written by leading industrial engineering authorities and a medical doctor specializing in healthcare delivery systems this book provides a well rounded resource for readers of a variety of backgrounds Examples case studies and thoughtful learning activities are used to thoroughly explain the concepts presented including healthcare systems delivery quantification and design You ll learn how to approach the healthcare industry as a complex system and apply relevant design and engineering principles and processes to advance improvements Written with an eye toward practicality this book is designed to maximize your understanding and help you quickly apply toward solutions for a variety of healthcare challenges Healthcare systems engineering is a new and complex interdisciplinary field that has emerged to address the myriad challenges facing the healthcare industry in the wake of reform This book functions as both an introduction and a reference giving you the knowledge you need to move toward better healthcare delivery Understand the healthcare delivery context Use appropriate statistical and quantitative models Improve existing systems and design new ones Apply systems engineering to a variety of healthcare contexts Healthcare systems engineering overlaps with industrial engineering operations research and management science uniting the principles and practices of these fields together in pursuit of optimal healthcare operations Although collaboration is focused on practitioners professionals in information technology policy and administration public health and law all play crucial roles in revamping health care systems Healthcare Systems Engineering is a complete and authoritative reference for stakeholders in any field *The Joint Commission Journal on Quality Improvement* ,1996-06

The Common Sense Guide to Improving Palliative Care Joanne Lynn,2007-02-08 Improving care for the patients who are in the last phase of their lives has been a field that most health care providers have struggled with during last few years Having worked with hundreds of providers throughout the country these experienced authors know what providers need when it comes to implementing a quality improvement project This guide will provide user friendly step by step instructions on how to implement a quality improvement project in the full range of care settings The instructions will be brought to life with specific examples from actual successful projects and key information on the best practices in the

industry Readers will also be pointed to resources available online and elsewhere with information on how to access them The guide will be written in an informal maximally helpful style with checklists tables and boxed information Answering 80% of the questions in less than half the space The Common Sense Guide is the perfect portable companion to Dr Lynn s desk reference Improving Care for the End of Life The book will be of great interest to all health care professionals involved in the care of those with serious chronic illness doctors nurses social workers chaplains clinic administrators quality improvement experts and so forth

Focus on Critical Care, 1985 **Alexander's Care of the Patient in Surgery - E-Book** Jane C. Rothrock, 2010-06-09 For more than 65 years Alexander s Care of the Patient in Surgery has been a trusted source for detailed information on perioperative nursing Well known author and educator Jane C Rothrock sets up a solid foundation for practice and offers step by step instructions for over 400 surgical interventions as well as many minimally invasive surgical procedures all backed by the latest research More than 1 000 full color illustrations and photos depict procedures and methods as well as surgical anatomy and instrumentation This edition adds Rapid Response Team boxes with suggested interventions plus coverage of new trends in patient and staff safety the increase in interventional radiology and the growth of outpatient ambulatory surgery Alexander s gives you the tools you need to provide safe cost effective high quality patient care

Manual of Perioperative Care in Adult Cardiac Surgery Robert M. Bojar, 2021-01-26 Now in its sixth edition Robert M Bojar s Manual of Perioperative Care in Adult Cardiac Surgery remains the go to practical guide for all of those involved in the care of the cardiac surgery patient Written in outline format it provides a comprehensive detailed and clearly explained review of cardiac surgical disease and perioperative management that is of value to practicing cardiac surgeons as well as to cardiologists residents fellows advanced practice providers critical care and floor nurses perfusionists and medical students Extensively rewritten with updated references to incorporate the latest concepts guidelines protocols and medications used in cardiac surgical practice this classic text retains the pragmatic features that have made it the gold standard reference that clinicians have used worldwide for the past 30 years Highlights include Full coverage of cardiac surgical diseases including pathophysiology indications for surgery per guidelines and figures of operative procedures and diagnostic techniques with a panoply of examples Chronologic evaluation of patients from preoperative assessment to intraoperative considerations to postoperative care for each procedure Extensive chapters discussing organ system management in the ICU followed by a discussion of later postoperative management and problems Incorporation of newer techniques TAVR Mitraclip etc within the chronologic format Easy access to information using an outline format markers on the free edges to identify chapters synopsis pages at the beginning of each chapter and a comprehensive index to provide easy referencing within the text Updated references throughout that are available from on line resources 21 appendices summarizing order sheets protocols commonly used drug doses body mass index and other important information Praise for the fifth edition Surgeons are frequently asked to recommend a text that can be used to guide the care of their patients This

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