

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

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