

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

Cindy B Smith



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Table of Contents Lab Cheat Sheet For Nurses

1. Understanding the eBook Lab Cheat Sheet For Nurses
 - The Rise of Digital Reading Lab Cheat Sheet For Nurses
 - Advantages of eBooks Over Traditional Books
2. Identifying Lab Cheat Sheet For Nurses
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lab Cheat Sheet For Nurses
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lab Cheat Sheet For Nurses
 - Personalized Recommendations
 - Lab Cheat Sheet For Nurses User Reviews and Ratings
 - Lab Cheat Sheet For Nurses and Bestseller Lists
5. Accessing Lab Cheat Sheet For Nurses Free and Paid eBooks
 - Lab Cheat Sheet For Nurses Public Domain eBooks
 - Lab Cheat Sheet For Nurses eBook Subscription Services

- Lab Cheat Sheet For Nurses Budget-Friendly Options
- 6. Navigating Lab Cheat Sheet For Nurses eBook Formats
 - ePub, PDF, MOBI, and More
 - Lab Cheat Sheet For Nurses Compatibility with Devices
 - Lab Cheat Sheet For Nurses Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lab Cheat Sheet For Nurses
 - Highlighting and Note-Taking Lab Cheat Sheet For Nurses
 - Interactive Elements Lab Cheat Sheet For Nurses
- 8. Staying Engaged with Lab Cheat Sheet For Nurses
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lab Cheat Sheet For Nurses
- 9. Balancing eBooks and Physical Books Lab Cheat Sheet For Nurses
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lab Cheat Sheet For Nurses
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lab Cheat Sheet For Nurses
 - Setting Reading Goals Lab Cheat Sheet For Nurses
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lab Cheat Sheet For Nurses
 - Fact-Checking eBook Content of Lab Cheat Sheet For Nurses
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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