

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 Values And Their Meaning Nursing

Jon Haws, Sandra Haws



Lab Values And Their Meaning Nursing:

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 Nurses and doctors will always come across different laboratory results in their practice and these results are interpreted based on their knowledge of the various normal laboratory values *Normal Lab values for Nurses* is a book written by Cindy B Smith to aid nurses and nursing students interpret different laboratory investigations with ease Understanding normal Laboratory values aid in the diagnosis management and monitoring the effectiveness in the treatment of disease conditions Misinterpretation of a laboratory test results in clinical practice can lead to wrong treatment routine which could jeopardize the patient's safety This book also provides the necessary information and Lab Value Quiz to aid nursing students to pass the NCLEX at first try What else will you get in the book Obtaining Lab Samples Correctly Laboratory Blood Bottle Guide Hematological Tests Values Tests for Cardiac Disease Renal Function Tests Test for Liver Gastrointestinal Function Serum Electrolytes Tests Arterial Blood Gas ABG Analysis Serological Tests Tests for Endocrine Function Tests for Malignant Conditions Tumor Markers Body fluid Stool Analysis Tests for Other Conditions and lots more Need to ace your NCLEX with ease Just scroll up and hit the Buy Now button This book can be easily read on an iPad tablet Computer or Kindle Device Also available is the audiobook version

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standards for various lab parameters

2 Hematology Uncover the intricacies of hematological assessments including Complete Blood Count CBC Hemoglobin Hgb Hematocrit Hct White Blood Cells WBC Platelets Plt Dive into the world of coagulation with insights on Prothrombin Time PT International Normalized Ratio INR Activated Partial Thromboplastin Time aPTT

3 Chemistry Explore the realm of chemistry covering Electrolytes Sodium Potassium Chloride Bicarbonate Renal Function Tests BUN Creatinine Liver Function Tests AST ALT Bilirubin

4 Immunology Delve into the immune system with details on Immune System Markers Antibody Tests Viral Load Tests

5 Endocrinology Navigate the intricacies of endocrine assessments including Thyroid Function Tests TSH FT4 Glucose Levels HbA1c Hormone Levels

6 Microbiology Master the world of microbial diagnostics Cultures and Sensitivities Antigen Tests Polymerase Chain Reaction PCR

7 Cardiac Markers Discover the crucial cardiac markers Troponin Brain Natriuretic Peptide BNP Creatine Kinase MB CK MB

8 Urinalysis Conduct a comprehensive urinary assessment covering Physical Examination Chemical Analysis Microscopic Examination

9 Arterial Blood Gases Analyze and interpret arterial blood gases including pH Partial Pressure of Oxygen PaO2 Partial Pressure of Carbon Dioxide PaCO2 Oxygen Saturation SaO2 Bicarbonate HCO3

10 Special Tests Dive into advanced diagnostics with a focus on Tumor Markers Genetic Testing Explore elevated or decreased values nursing considerations clinical significance and real life case studies Scenarios to bridge theory with practice

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relates to the patient's health. Therefore they can aid in the early diagnosis of diseases that have not yet had clinical manifestations thereby leading to more effective management of such conditions. They can also aid in monitoring the progress of various diseases so that treatment can be modified accordingly. Needless to say, insufficient understanding of laboratory tests in a clinical setting can lead to misinterpretation of results which in turn will jeopardize patient safety. In this book you will get an in-depth understanding of what lab values are and how they are determined. Learn how to correctly interpret the lab values of over 35 lab tests. Be able to objectively measure your patient's health. Use your new skills every single day at work. Be able to use this book as a point of reference for the normal range of lab values. Be able to test your knowledge with some questions that have been added to the last two chapters in the book. Additionally in this book you will learn the interpretation of the lab values of tests that include the following: Basic Chemistry Panel, Cardiovascular testing, Endocrine testing, Liver and Kidney testing, Pregnancy and Genetic testing, Hematology and Oncology testing, Immunology testing, Pulmonary testing, As well as Gastrointestinal tests. With this book you can say goodbye to any jittery feeling you might previously have whenever you try to interpret lab values because this book will allow you to analyze lab values gotten from lab tests in a confident and fearless manner. Purchase this book now and begin learning how to interpret lab values of over 35 tests easily and correctly. Don't forget to drop a review if you enjoy the book and recommend the book to your fellow medical practitioners so that they can benefit from the knowledge in the book. We look forward to your feedback. Nurse Academy

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