

# Medical Surgical Cheat Sheet

BEAUTIFUL NURSING LLC

## VITALS

**BP:** 120/80  
**HR:** 60-100 BPM  
**RR:** 12-20  
**O2:** 95-100%  
**Temp:** 98.6 °F (37°C)  
**Pain:** 0-10 on Pain Scale



## LABS & ELECTROLYTES

### BLOOD

**Hemoglobin:**  
 M 15-18, F 12-16  
**Hematocrit:**  
 M 42-50, F 37-47  
**WBCs:** 4-11K  
**RBCs:** 4-6M

### RENAL

**Creatinine:** 0.5-1.5  
**BUN:** 10-20

### ELECTROLYTES

**Sodium:** 135-145  
**Magnesium:** 1.5-2.5  
**Calcium:** 9-11  
**Chloride:** 95-105  
**Potassium:** 3.5-5  
**Phosphate:** 2.5-4.5

## ELECTROLYTE HACK

**Potassium** does **SAME** as prefix except Heart Rate & Urine Output

**HYPERkalemia:** ↑ everything except HR/Urine  
**HYPOkalemia:** ↓ everything except HR/Urine

**Calcium** and **Magnesium** do **OPPOSITE** of prefix.

**Hyper:** ↓ everything (HR, BP, RR, etc)  
**Hypo:** ↑ everything (HR, BP, RR, etc)

Pay attention to prefix letters in **Sodium**:  
**hypernatremia:** E for dehydration  
**hyponatremia:** O for Overload of fluid

## MEDICATION ADMIN

**IM-** Intramuscular **90°**  
 Sites: Deltoid, Ventrogluteal, Vastus Lateralis  
**SQ-** Subcutaneous **45°**  
 Sites: Abdomen or Back of Arm  
**ID-** Intradermal **10-15°**  
 Sites: Inner Surface of Forearm  
**IV-** Intravenous **25°**  
 Sites: Cephalic, Cubital, or Basilic Vein



## IV FLUID TYPES

**HYPOTONIC**  
**0.45% NS**

Fluid goes **INTO** cell to expand cells

**ISOTONIC**  
**0.9% NS**

Replenishes cells w/o changing shape.

**HYPERTONIC**  
**3% NS**

Fluid goes **OUT** of cell to shrink cells

## O2 DELIVERY DEVICES

**Nasal Cannula:** 1-6 L/Min Flow Rate  
**Simple Face Mask:** 6-12 L/Min Flow Rate  
**Partial Rebreather:** 6-11 L/Min Flow Rate  
**Nonrebreather:** 10-15 L/Min Flow Rate  
**Venturi:** 4-12 L/Min Flow Rate  
**Aerosol Mask:** >10 L/Min Flow Rate

## INSULIN

### LEARN

#### L: Long Acting

-Lantus "Glargine"  
 -Long Acting  
 -Lasts 24 hrs  
 -Lack of Peak  
 (Duration: 12-24 hrs)

#### R: Short Acting

-Regular  
 -Run IV  
 -Rapid to Run  
 (Onset: 1 hr, Peak: 2 hr, Duration: 4 hr)

#### E: Rapid Acting

-Eat with Injection  
 -Effective Immediately  
 -Eliminates a LAG of BG  
 L: Lispro  
 A: Aspart  
 G: Glulisine

(Onset: 15 min, Peak: 30 min, Duration: 3 hrs)

#### N: Intermediate Acting

-NPH  
 -Not Fast  
 -Not Clear  
 -Non-Compliant Crowd

(Onset: 6 hrs, Peak: 8-10 hrs, Duration: 12 hrs)

#### A: Adverse Effects of H's

Hypoglycemia, Hypokalemia, Hives, Headache

## ALERT & ORIENTED

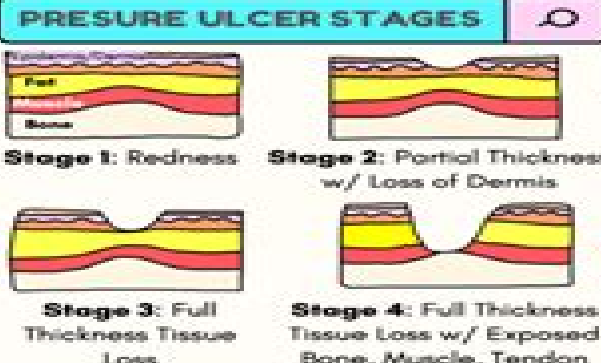
**A&Ox1:** Oriented to Person  
**A&Ox2:** Oriented to Place  
**A&Ox3:** Oriented to Time  
**A&Ox4:** Oriented to Event

## REFLEXES

**0 = Nonreactive ABSENT**  
**1+ = Diminished**  
**2+ = Active or NORMAL**  
**3+ = Brisker than Average**  
**4+ = Hyperactive with Clonus**

## PULSE STRENGTH

**0 = Pulse is absent** **3+ = Full**  
**1+ = Diminished** **4+ = Bounding**  
**2+ = NORMAL**



# Med Surg Study Guide

**Tpb Publishing**



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