

# Lab Values Cheat Sheet

## Basic Metabolic Panel (BMP)

- Albumin: 3.4-5.4 a/dL
- BUN: 5-20 mg/dL
- Calcium: 9-11 mg/dL
- Chloride: 95-105 mEa/L
- Creatinine: 0.6-1.2 ma/dL
- Glucose: 70-100 mg/dL
- Potassium: 3.5-5 mEa/L.
- Sodium: 135-145 mEq/L
- Total protein: 6.2-8.2 a/dL

# Renal - BMP plus:

- GFR: 90-120 mL/min/1.73m2
- Magnesium: 1.5-2.5 ma/dL
- Phosphorus: 2.5-4.5 mg/dL

#### COAGS

- aPTT: 30-40 seconds
- · INR:
  - NOT on warfarin: <1 sec.</li>
  - ON warfarin: 2-3 sec
- PT: 10-13 seconds
- PTT: 25-35 seconds

## **Vital Signs**

- Blood pressure:
  - Sustolic: 120 mmHa
  - Diastolic: 80 mmHq
- Heart rate: 60-100 BPM
- Oxugen: 95-100%
- Respirations: 12-20/min
- Temperature: 97-99° F

## \*Exact lab values will vary in different labs/facilities\*

## Liver Function Test (LFT)

- ALP: 40-120 U/L
- ALT: 7-56 U/L
- AST: 10-40 U/L
- Bilirubin: 0.1-1.2 mg/dL

# BMP plus LFT equals

Comprehensive Metabolic Panel (CMP)

#### ABGS

- HCO3: 22-26 mEq/L
- PaCO2: 35-45 mmHg
- PaO2: 75-100 mmHq
- pH: 7.35-7.45
- Ox 95-100%
  - Remember ROME:



Respiratoru Opposite: Metabolic. Equal

#### Pancreas.

- Amulase: 30-110 U/L
- Lipase: 0-150 U/L

## Common Drugs

- Carbamazepine (Tegretol): 4-10 mca/mL
- Digoxin: 0.5-2 ng/mL
- Dilantin: 10-20 mca/mL
- Lithium: 0.5-1.2 mmol/L
- Phenobarbital: 15-40 mcg/mL
- Theophylline: 10-20 mcg/mL
- Valproic Acid (Depakote): 50-100 mca/mL

## Lipid Panel

- HDL: >60 mg/dL
- LDL: <100 mg/dL</li>
- Total cholesterol: <200</li> ma/dL
- Triglyceride: <150 mg/dL</li>

## Complete Blood Count (CBC)

- Het:
  - Female: 37-47%
  - o Male: 42-52%
- Hgb:
  - Female: 12-16 g/dL
  - Male: 14-18 a/dL
- PLT: 150.000-450.000
- RBCs: 4.5-5.5 million.
- WBC: 5,000-11,000

#### HbA1c

- Non-diabetic: 4-5.6%
- Pre-diabetic: 5.7-6.4%
- Diabetic: >6.5%
- Diabetic Target: <6.5%</li>

## Other

- BMI target: 18.5-24.9
- MAP: 70-105 mmHg
- Glascow coma scale
  - Mild: 13-15.
  - Moderate: 9-12
  - Severe: 8 or less



# **Common Lab Values Cheat Sheet**

**Cindy B Smith** 

#### **Common Lab Values Cheat Sheet:**

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deep into responding to some of the inquiries you may have about Lab values and common results from various perspectives to make you have a full insight and comprehension The content of this book includes Body Fluid Testing Arterial Blood Test Analysis Blood Gas Test Common Medical Tests To Diagnose Heart Conditions Blood Tests For Heart Disease Full Blood Count Testing Sampling And Preparing For Laboratory Measurements What Lab Results Mean The Laboratory Testing Cycle A Comprehensive Guide To Normal Lab Values Clinical Performance Characteristics Of Laboratory Tests Basic Difference Between Consecutive Laboratory Test Results Kidney Health Nutrition This book gives a detailed analysis of all you need to know about lab values This book covers all these and more It should be considered as a valuable book of reference

Enhancing Learning with Laptops in the Classroom Linda B. Nilson, Barbara E. Weaver, 2005-04-20 This issue is the first major publication on teaching with laptops in the classroom Its primary purpose is to show that university instructors make pedagogically productive and novel use of laptops in the classroom As the chapters illustrate laptops indeed offer rich new opportunities to make classes more student active thereby enhancing student engagement and learning Moreover these benefits can accrue without compromising the quality of student instructor interaction or increasing the student workload The issue also has a timely secondary purpose to advise institutional leaders on how to make a laptop mandate successful at their university Clemson University s mandate has meet with tremendous and documented success Their Laptop Faculty Development Program ensures that faculty interested in teaching with laptops receive extensive pedagogical as well as technical training before they take on a laptop course Some of the more creative and effective laptop faculty are showcased in this volume This is the 101st issue of the Jossey Bass quarterly report series New Directions for Teaching and Learning

American Agriculturist ,1926 Lab Values for Nurses Gabriel J. Connor,2021-02 STRUGGLING TO REMEMBER LAB VALUES EFFICIENTLY Are you looking for just the right amount of information physiology so you remember a simple step by step approach to Lab values interpretation MASTER THE LAB VALUES FOR NURSES TODAY WITHOUT MEMORIZATION BUT FIRST A WARNING Before we go further let me make something abundantly clear This book does not contain a magic wand that will transform you in a Lab Values Expert without having to do any work What I m about to share with you takes both time and effort and has worked wonders for me and my private clients And I believe it can help you too But this only works for those who APPLY all the information DILLIGENTLY take notes read and re read the chapters follow all instructions to the letter So with that said let me tell you CONFIDENTLY REMEMBER LAB VALUES IN A SYSTEMATIC WAY This book gives you a clear and simple roadmap for approaching any LAB VALUES and leaves out the jargon and sticks to the information that s really important After working through the steps in this book you ll be able to follow a case discussion with your colleagues recognize many common and dangerous diseases and start using the LAB VALUES in your daily clinical practice SAVE TIME ENERGY AND MONEY Don t waste your energy on complicated textbooks and papers full of theory Don

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high or low Is it a critical value Which ones do you need to be sure get addressed first Is your patient at risk if you wait for the physician Getting familiar with and interpreting laboratory values can be intimidating There's always the fear of messing things up and not being able to meet the patients health needs But guess what Familiarizing and interpreting laboratory values don't always have to feel that way With the right tips you ll be able to overcome those fears and complete your tasks easily But First A Warning Before we go further let me make something abundantly clear This book does not contain a magic wand that will bring you instant knowledge without having to do any work This book provides in depth knowledge of the full spectrum of lab tests used today But this only works for those who are willing to apply take notes read and re read the chapters So with that said let me tell you Take Lab Values from random numbers and turning them into functional concepts that are actually fun Look beyond the numbers and finally understand what the values mean Learn an intuitive multi dimensional approach to assessing multiple lab tests and integrating them into your clinical practice This is not hype this is what my audience commonly report

Houston (Texas) City Directories, 1959 Some years are missing

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