

LAB VALUE CHEAT SHEET

VITAL SIGNS

BLOOD PRESSURE	SYSTOLIC	120 mmHg
	DIASTOLIC	80 mmHg
HEART RATE	60 – 100 bpm	
RESPIRATIONS	12 – 20 breaths/min	
TEMPERATURE	97.8 – 99°F (36.5 – 37.2°C)	
OXYGEN	95 – 100%	
OXYGEN IN CORD PT.	as low as 88%	



CORD pts are expected to have low O₂ levels

COMPLETE BLOOD COUNT (CBC)

WBCs	4,500 – 11,000 / μ L
RBCs	4.5 – 5.5 $\times 10^6$ / μ L
PLTs	150,000 – 450,000 / μ L
HEMOGLOBIN (HGB)	FEMALE: 12 – 16 g/dL
	MALE: 13 – 18 g/dL
HEMATOCRIT (HCT)	FEMALE: 36% – 48%
	MALE: 39% – 54%



HBA1C

NON-DIABETIC	4 – 5.6%
PRE-DIABETIC	5.7 – 6.4%
DIABETIC	> 6.5%
Goal for diabetic:	< 7%

LIVER FUNCTION TEST (LFT)

ALT	7 – 56 U/L
AST	5 – 40 U/L
ALP	40 – 120 U/L
BILIRUBIN	0.1 – 1.2 mg/dL

BMI

UNDERWEIGHT	<18.5
HEALTHY WEIGHT	18.5 – 24.9
OVERWEIGHT	25.0 – 29.9
OBESITY	> 30.0

ABGs

PH	7.35 – 7.45
P _a CO ₂	35 – 45 mmHg
P _a O ₂	80 – 100 mmHg
HCO ₃	22 – 26 mEq/L



LIPID PANEL

TOTAL CHOLESTEROL	<200 mg/dL
TRIGLYCERIDE	<150 mg/dL
LDL	<100 mg/dL
HDL	>60 mg/dL



LDL bad cholesterol
- we want **LOW** levels



HDL Happy cholesterol
- we want **HIGH** levels

RENAL

CALCIUM	9 – 11 mg/dL
MAGNESIUM	1.5 – 2.5 mg/dL
PHOSPHORUS	2.5 – 4.5 mg/dL
SPECIFIC GRAVITY	1.010 – 1.030
GFR	90 – 120 mL/min/1.73 m ²
BUN	7 – 20 mg/dL
CREATININE	0.6 – 1.2 mg/dL



PANCREAS

AMYLASE	30 – 110 U/L
LIPASE	0 – 150 U/L



BASIC METABOLIC PANEL (BMP)

SODIUM	135 – 145 mEq/L
POTASSIUM	3.5 – 5.0 mEq/L
CHLORIDE	95 – 105 mEq/L
CALCIUM	9 – 11 mg/dL
BUN	7 – 20 mg/dL
CREATININE	0.6 – 1.2 mg/dL
ALBUMIN	3.4 – 5.4 g/dL
TOTAL PROTEIN	6.2 – 8.2 g/dL

COAGs

PT	10 – 13 sec
PTT	25 – 35 sec
aPTT	NOT ON HEPARIN: 30–40 sec
	ON HEPARIN: 47–70 sec
INR	NOT ON WARFARIN: < 1 sec
	ON WARFARIN: 2 – 3 sec



OTHER

MAP (mean arterial pressure)	70 – 100 mmHg
ICP (intracranial pressure)	5 – 15 mmHg
GLASGOW COMA SCALE	BEST = 15
MILD: 13–15	MODERATE: 9–12
SEVERE: 3–8	

Lab values, instruments, and health alerts differ based on the facility. Local policy should supersede. Author's publication of this reference is for free of charge but no guarantee can be made. It assumes no responsibility for any outcomes resulting from its use.

Cheat Sheets For Reviewing Lab Results

**Kathy Bonewit-West, BS, MEd, Sue
Hunt, Edith Applegate, MS**



Cheat Sheets For Reviewing Lab Results:

NCLEX-RN Review Made Incredibly Easy, 2004-11-09 Revised to meet the latest Board of Nurse Examiners criteria for the NCLEX RN this book uses the well known Incredibly Easy approach to make NCLEX review effective and enjoyable In a light hearted manner that reduces anxiety and aids retention the book thoroughly reviews every area of nursing adult care psychiatric care maternal neonatal care care of the child leadership and management and law and ethics This edition includes a new chapter on how to prepare for the NCLEX plus 200 alternate format questions and answers added to the appendix and accompanying CD ROM The book also includes an entertaining graphic novel depicting the NCLEX process from application to license and valuable strategies for successfully passing the exam **NCLEX-RN Review Made Incredibly Easy!** Springhouse, 2003 This second edition helps make preparing for the NCLEX more enjoyable Each chapter is organized in a similar way beginning with the review of crucial information and key concepts Every area of nursing is covered including adult care psychiatric care maternal neonatal care child care and professional issues **A Laboratory Quality Handbook of Best Practices** Donald C. Singer, 2001-09-25 Based on the work of a collection of experts from the laboratory science and quality assurance fields A Laboratory Quality Handbook of Best Practices and Relevant Regulations provides all of the information needed to run a successful laboratory that is in compliance with all regulations From sample tracking to accurate documentation training to methods validation maintenance to calibration and out of spec responses to preparation for audits a combination of people instrumentation and documentation must work in sync for high quality results This handbook provides information that will help a laboratory achieve high quality results and compliance Contents Quality Assurance in the Laboratory History of Regulation Training in the Laboratory Laboratory Documentation and Data Sample Control and LIM Systems Methods Validation *Jones & Bartlett Learning's Comprehensive Medical Assisting* Judy Kronenberger, Julie Ledbetter, 2023-03-31 Designed to ensure that every medical assisting graduate can quickly trade a cap and gown for a set of scrubs Jones Bartlett Learning s Comprehensive Medical Assisting Sixth Edition is more than just a textbook it s an engaging dynamic suite of learning resources designed to train medical assisting students in the administrative and clinical skills they ll need in today s rapidly changing health care environment This edition has been updated to include the most current American Association of Medical Assistants AAMA curriculum standards for medical assistants in all three domains cognitive psychomotor and affective These standards are required for the Commission on Accreditation of Allied Health Education Programs CAAHEP accredited programs *Today's Medical Assistant - E-Book* Kathy Bonewit-West, Sue Hunt, 2019-12-11 Bringing together comprehensive easy to read coverage of medical assisting competencies and a solid foundation of anatomy and physiology Today s Medical Assistant Clinical Administrative Procedures 4th Edition provides everything you need to successfully begin a career as a medical assistant This hands on guide uses easy to follow language and detailed visuals to walk you through all the medical knowledge procedures and skills you need for

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Clinical Procedures for Medical Assistants - E-Book Kathy Bonewit-West, 2015-01-06. Learn the procedures and skills you need to succeed as a medical assistant. Clinical Procedures for Medical Assistants, 9th Edition, provides clear step-by-step instructions for common office procedures such as taking vital signs, collecting and processing lab specimens, preparing patients for examinations, and assisting with office surgeries. Written by expert educator Kathy Bonewit-West, this full-color edition covers the latest competencies and topics in today's medical assisting practice, including emergency preparedness and the updated fecal occult blood testing procedure. The Evolve companion website includes videos of 84 procedures described in the book, preparing you to become a competent clinical medical assistant. Over 120 procedures are presented in a clear, illustrated step-by-step format with online videos showing 84 of the procedures in action. Chapter outlines and learning objectives prepare you for the skills and concepts you will be learning. What Would You Do/What Would You Not Do case studies challenge you to apply your knowledge to realistic medical office situations with a practitioner's response at the end of chapters. Putting It All Into Practice and Memories from Practicum boxes feature real medical assistants sharing personal on-the-job experiences. Key Terms and Terminology Review help you master medical assisting terminology. Charting examples help you understand the process for charting your own procedures. Patient Teaching boxes prepare you for effective communication with detailed instructions on how to answer

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The FDA and Worldwide Current Good Manufacturing Practices and Quality System Requirements Guidebook for Finished Pharmaceuticals José Rodríguez-Pérez, 2014-08-15 This guidance book is meant as a resource to manufacturers of pharmaceuticals providing up to date information concerning required and recommended quality system practices It should be used as a companion to the regulations standards themselves and texts on the specific processes and activities contained within the QMS This book includes chapters on US current Good Manufacturing Practice GMP international GMP global GMP guides and harmonization detailed analysis of the requirements and guidances missing subparts what inspectors are looking for and the price of noncompliance It also includes an appendix with two tabulated comparisons the first compares US European PIC S Canadian and WHO cGMPs while the second compares US cGMPs with effective quality system elements The companion CD contains cGMP regulations for sterile products produced by aseptic processing it also includes updated data of statistical enforcement by the FDA both domestically and abroad a detailed glossary and dozens of FDA guidance documents as well as international regulations EU and Canada and harmonization documents WHO PIC S and ICH A very comprehensive checklist for a cGMP audit that is based on risk management criteria is also included Finally a comprehensive GMP exam is also included

Today's Medical Assistant Kathy Bonewit-West, BS, MEd, Sue Hunt, Edith Applegate, MS, 2015-10-13 Launch your career in medical assisting with Today's Medical Assistant Clinical AIDS Hepatitis latex glove allergies vital signs pediatrics immunization information IM injection theory child abuse colonoscopies IV therapy CLIA waived tests Unique learning aids throughout the book include procedure charting examples outlines detailed learning objectives and key terms for each chapter Highlight boxes What Would You Do What Would You Not Do boxes Patient Teaching boxes On the Web boxes Putting It All into Practice boxes Memories from Practicum boxes glossary of key terms Arsenal of engaging activities on the Evolve companion site gives users a fun way to practice their

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