

Dosage Calculation CHEAT SHEET



Resourced Nurse

CONVERSIONS

1 kilogram (kg) = 1000 grams (g)

1 gram (g) = 1000 milligrams (mg)

1 milligram (mg) = 1000 micrograms

1 microgram = 1000 nanograms



Example:

250 micrograms is equivalent to 0.25 milligrams
0.5 grams is equivalent to 500 milligrams

VOLUME REQUIRED

$$\text{Volume} = \frac{\text{What you want}}{\text{What you've got}} \times \text{Volume it's in}$$

What you want = the prescribed dose

What you've got = the strength available

Volume it's in = the volume of the strength

Example:

Prescription = Amoxicillin 500mg TDS orally

Strength available = Amoxicillin 125mg/5mL suspension

What volume is needed to give the prescribed dose?

$$\text{Volume} = \frac{500}{125} \times 5 = 20\text{mL}$$

RULES OF ROUNDING

Last number 5 or above - round up (e.g. 1.65mL becomes 1.7mL)

If 4 or below - round down (e.g. 10.54mL becomes 10.5mL)

For infusion rates, round to 1 decimal place

For drop rates, round to nearest whole number

NUMBER OF TABLETS NEEDED

$$\text{Number of tablets required} = \frac{\text{Desired dose}}{\text{Stock strength}}$$

PERCENTAGE SOLUTIONS

$$\frac{\text{Percentage}}{100} \times \text{Total volume (g or mL)}$$

Example:

How many grams of glucose in 30mL of 50% glucose?

$$\frac{50}{100} \times 30 = 15\text{g}$$

WEIGHT-BASED DOSES

$$\text{Dose required (mg)} = \text{dose (mg/kg)} \times \text{weight (kg)}$$

Example:

Your patient needs enoxaparin 1.5mg/kg every day.

Their weight is 80kg. What dose is required?

$$1.5 \text{ mg/kg} \times 80 \text{ kg} = 120\text{mg}$$

INFUSION RATE (FLOW RATE)

$$\text{Infusion rate} = \frac{\text{Volume (mL)}}{\text{Time (hours)}} \text{ (mL/hour)}$$

Example:

You need to administer 1L of glucose 5% over 8 hours.
What is the infusion rate in mL/hour?

$$\frac{(1 \times 1000)}{8} = 125 \text{ mL/hour}$$

DROP RATE (DRIP RATE)

$$\text{Drop rate} = \frac{\text{Volume (mL)} \times \text{Drop factor}}{\text{Time (minutes)}} \text{ (drops/min)}$$

Example: Administer 500mL NaCl 0.9% over 4 hours

Drop factor is 20 drops/mL

What is the drop rate in drops/min?

$$\frac{500 \times 20}{(4 \times 60)} = 42 \text{ drops/min (rounded up)}$$

Common

Drop factors:

- 20drops/mL - for IV fluids using standard giving set
- 15 drops/mL - for thicker products like blood
- 60 drops/mL - for paediatric giving sets

Dosage Calculations For Nurses With Answers

Michal Rosen-Zvi



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Table of Contents Dosage Calculations For Nurses With Answers

1. Understanding the eBook Dosage Calculations For Nurses With Answers
 - The Rise of Digital Reading Dosage Calculations For Nurses With Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Dosage Calculations For Nurses With Answers
 - 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 Dosage Calculations For Nurses With Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dosage Calculations For Nurses With Answers
 - Personalized Recommendations
 - Dosage Calculations For Nurses With Answers User Reviews and Ratings
 - Dosage Calculations For Nurses With Answers and Bestseller Lists
5. Accessing Dosage Calculations For Nurses With Answers Free and Paid eBooks
 - Dosage Calculations For Nurses With Answers Public Domain eBooks
 - Dosage Calculations For Nurses With Answers eBook Subscription Services

- Dosage Calculations For Nurses With Answers Budget-Friendly Options
- 6. Navigating Dosage Calculations For Nurses With Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Dosage Calculations For Nurses With Answers Compatibility with Devices
 - Dosage Calculations For Nurses With Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dosage Calculations For Nurses With Answers
 - Highlighting and Note-Taking Dosage Calculations For Nurses With Answers
 - Interactive Elements Dosage Calculations For Nurses With Answers
- 8. Staying Engaged with Dosage Calculations For Nurses With Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dosage Calculations For Nurses With Answers
- 9. Balancing eBooks and Physical Books Dosage Calculations For Nurses With Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dosage Calculations For Nurses With Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Dosage Calculations For Nurses With Answers
 - Setting Reading Goals Dosage Calculations For Nurses With Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Dosage Calculations For Nurses With Answers
 - Fact-Checking eBook Content of Dosage Calculations For Nurses With Answers
 - 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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