

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.
 - 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
- Total cholesterol: <200 ma/dL
- Triglyceride: <150 mg/dL

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%

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

Gabriel J. Connor

Common Lab Values Cheat Sheet:

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case study questions and answers that let nurses assess their progress Also new are a chapter on mental health assessment and illustrations relating pathophysiology to assessment findings Contents include health history physical assessment nutritional assessment mental health assessment and assessment of body systems skin hair and nails eyes ears nose and throat respiratory system cardiovascular system breasts and axillae gastrointestinal system female genitourinary system Critical Thinking and Clinical Judgment male genitourinary system musculoskeletal system and neurologic system Rosalinda Alfaro-LeFevre, 2009 Develop the critical thinking skills you need for success in today's challenging healthcare setting with Critical Thinking and Clinical Judgment A Practical Approach to Outcome Focused Thinking 4th Edition This book s insightful and motivational style makes the concept of critical thinking come alive Learning difficult concepts is easy with the book s how to approach that provides supporting rationales to help you understand why and how to make decisions User friendly and motivational style with vivid examples anecdotes and real case scenarios brings content to life Helps you work smarter not harder by providing workplace strategies for managing time dealing with conflict and giving bad news Incorporates practical strategies to promote critical thinking with evidence showing why and how the strategies apply to real life Emphasizes the importance of ethics and standards based professional practice in a world of increasing accountability to keep both you and your patients safe Incorporates cultural spiritual and lifespan content throughout and addresses nurses roles in hospitals communities and long term care settings for a balanced comprehensive look at critical thinking Pre Chapter Self Tests help you focus on learning outcomes by identifying your learning needs Independent learning is easy with user friendly features such as Key Points Critical Thinking Exercises unique HMO Help Me Out cartoons and much more New illustrations clarify key concepts and reflect the latest developments in critical thinking UNIQUE Applies brain based learning principles through the use of strategies that challenge the mind to help you gain a better understanding of the content A wealth of new content including problem focused versus outcome focused thinking prioritization novice and expert thinking evidence based practice and more provides you with the latest information in the field UNIQUE Other Perspectives and Critical Moments vignettes with giraffe and elephant icons make learning this important information fun and engaging Covers the Institute of Medicine's competencies and delegation strategies based on the ANA's Principles for Delegation NCLEX R examination style review section includes multiple choice questions to helps you prepare for board exams

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Gray Hat Hacking: The Ethical Hacker's Handbook, Fifth Edition Daniel Regalado, Shon Harris, Allen Harper, Chris Eagle, Jonathan Ness, Branko Spasojevic, Ryan Linn, Stephen Sims, 2018-04-05 Cutting edge techniques for finding and fixing critical security flaws Fortify your network and avert digital catastrophe with proven strategies from a team of security experts Completely updated and featuring 13 new chapters Gray Hat Hacking The Ethical Hacker's Handbook Fifth Edition explains the enemy's current weapons skills and tactics and offers field tested remedies case studies and ready to try testing labs Find out how hackers gain access overtake network devices script and inject malicious code and plunder Web applications and browsers Android based exploits reverse engineering techniques and cyber law are thoroughly covered in this state of the art resource And the new topic of exploiting the Internet of things is introduced in this edition Build and launch spoofing exploits with Ettercap Induce error conditions and crash software using fuzzers Use advanced reverse engineering to exploit Windows and Linux software Bypass Windows Access Control and memory protection schemes Exploit web applications with Padding Oracle Attacks Learn the use after free technique used in recent zero days Hijack web

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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

Embracing the Beat of Expression: An Emotional Symphony within Common Lab Values Cheat Sheet

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Table of Contents Common Lab Values Cheat Sheet

- 1. Understanding the eBook Common Lab Values Cheat Sheet
 - The Rise of Digital Reading Common Lab Values Cheat Sheet
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Common Lab Values Cheat Sheet
 - 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 Common Lab Values Cheat Sheet
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Common Lab Values Cheat Sheet

- Personalized Recommendations
- Common Lab Values Cheat Sheet User Reviews and Ratings
- Common Lab Values Cheat Sheet and Bestseller Lists
- 5. Accessing Common Lab Values Cheat Sheet Free and Paid eBooks
 - Common Lab Values Cheat Sheet Public Domain eBooks
 - Common Lab Values Cheat Sheet eBook Subscription Services
 - Common Lab Values Cheat Sheet Budget-Friendly Options
- 6. Navigating Common Lab Values Cheat Sheet eBook Formats
 - o ePub, PDF, MOBI, and More
 - Common Lab Values Cheat Sheet Compatibility with Devices
 - Common Lab Values Cheat Sheet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Common Lab Values Cheat Sheet
 - Highlighting and Note-Taking Common Lab Values Cheat Sheet
 - Interactive Elements Common Lab Values Cheat Sheet
- 8. Staying Engaged with Common Lab Values Cheat Sheet
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Common Lab Values Cheat Sheet
- 9. Balancing eBooks and Physical Books Common Lab Values Cheat Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Common Lab Values Cheat Sheet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Common Lab Values Cheat Sheet
 - Setting Reading Goals Common Lab Values Cheat Sheet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Common Lab Values Cheat Sheet

- Fact-Checking eBook Content of Common Lab Values Cheat Sheet
- 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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