



Lab Values Cheat Sheet

Basic Metabolic Panel (BMP)

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

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

Lipid Panel

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

BMP plus LFT equals
Comprehensive Metabolic Panel
(CMP)

Complete Blood Count (CBC)

- Hct:
 - Female: 37-47%
 - Male: 42-52%
- Hgb:
 - Female: 12-16 g/dL
 - Male: 14-18 g/dL
- PLT: 150,000-450,000
- RBCs: 4.5-5.5 million
- WBC: 5,000-11,000

Renal = BMP plus:

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

ABGs

- HCO₃: 22-26 mEq/L
- PaCO₂: 35-45 mmHg
- PaO₂: 75-100 mmHg
- pH: 7.35-7.45
- O₂: 95-100%
- Remember ROME:



Respiratory
Opposite
Metabolic
Equal

COAGs

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

Pancreas

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

HbA1c

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

Vital Signs

- Blood pressure:
 - Systolic: 120 mmHg
 - Diastolic: 80 mmHg
- Heart rate: 60-100 BPM
- Oxygen: 95-100%
- Respirations: 12-20/min
- Temperature: 97-99° F

Common Drugs

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

Other

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

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

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written for current and future STEM postdocs while being agnostic of the research field Dr James Gould PhD is Director of the HMS HSDM Office for Postdoctoral Fellows at Harvard Medical School HMS where he has implemented research career and professional development programs and policies for HMS affiliated trainees since 2011 Prior to HMS Dr Gould completed two postdoc fellowships at the National Cancer Institute of the NIH where he became involved in training affairs and studied cancer metabolism Dr Gould received his BS in Biotechnology Molecular Biology from Clarion University of Pennsylvania and his PhD in Biochemistry and Molecular Biology from the University of Louisville

Normal Lab Values for Nurses Cindy B Smith, 2019-06 LAB VALUES FOR NURSES The need for medical practitioners to understand the importance of laboratory tests in medical decision making cannot be overemphasized Nurses and doctors will always come across different laboratory results in their practice and these results are interpreted based on their knowledge of the various normal laboratory values Normal Lab values for Nurses is a book written by Cindy B Smith to aid nurses and nursing students interpret different laboratory investigations with ease Understanding normal Laboratory values aid in the diagnosis management and monitoring the effectiveness in the treatment of disease conditions Misinterpretation of a laboratory test results in clinical practice can lead to wrong treatment routine which could jeopardize the patient's safety This book also provides the necessary information and Lab Value Quiz to aid nursing students to pass the NCLEX at first try What else will you get in the book Obtaining Lab Samples Correctly Laboratory Blood Bottle Guide Hematological Tests Values Tests for Cardiac Disease Renal Function Tests Test for Liver Gastrointestinal Function Serum Electrolytes Tests Arterial Blood Gas ABG Analysis Serological Tests Tests for Endocrine Function Tests for Malignant Conditions Tumor Markers Body fluid Stool Analysis Tests for Other Conditions and lots more Need to ace your NCLEX with ease Just scroll up and hit the Buy Now button This book can be easily read on an iPad tablet Computer or Kindle Device Also available is the audiobook version

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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 met 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

Interpretation of Common Lab Values Stephanie L. Harvey, Phyllis J. Miller, Nursing Management Systems, 1985

American Agriculturist, 1926 **Lab Values for Nurses** Gabriel J. Connor, 2021 Lab Values Interpretation Gabriel J. Connor, 2020-09-29 Can you decipher the myriad values that you see when the morning lab results come back Is this value 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 patient's 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 The Nurse's Guide to Labs Cheryl Miller, 2017-05-22 The Nurse's Guide to Labs A Quick and Easy Resource is a quick easy reference tool that helps nursing students understand common lab values For each laboratory test a clear definition is provided along with some pathology if relevant When relevant students also learn what constitutes a normal versus a critical result The guide explains common reasons for abnormal values and addresses the nursing implications and responsibilities when such values occur Students will learn about commonly ordered combined labs There are specific chapters devoted to oxygenation respiratory labs hematology and cardiac liver and pancreatic labs The guide also discusses other endocrine systems labs such as tests for pituitary adrenal and thyroid abnormalities renal labs urine labs and cerebrospinal fluid labs The Nurse's Guide to Labs has been developed for students preparing to become registered nurses and can be kept as a useful reference tool for the working nurse The guide is also well suited to programs for licensed practical nurses or anyone in a clinical setting who might need to know about and understand various lab tests and their results **Lab Values Interpretation** Dr Gabriel J Connor, 2020-10-19 Can you decipher the myriad values that you see when the morning lab results come back Is this value 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 patient's 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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