

Lab Values

CHEAT SHEET

VITAL SIGNS

- **BLOOD PRESSURE:**
 - ⇒ SYSTOLIC: 120 mmHg
 - ⇒ DIASTOLIC: 80 mmHg
- **HEART RATE:** 60-100 BPM
- **RESPIRATIONS:** 12-20 breaths per min
- **OXYGEN:** 95%-100%
- **TEMPERATURE:**
 - ⇒ °F 96.4 - 99.5
 - ⇒ °C 36.1-37.2

LIPID PANEL

- **TOTAL CHOLESTEROL**
 - ⇒ MALE: < 205 mg/dL
 - ⇒ FEMALE: < 190 mg/dL
- **TRIGLYCERIDES**
 - ⇒ MALE: 44-180
 - ⇒ FEMALE: 10-190
- **LDL:** < 100 mg/dL
BAD cholesterol
- **HDL:** > 60 mg/dL
GOOD cholesterol

COAGs

- **PT:** 11-13 seconds
⇒ 22-32.5 seconds on Warfarin
 - **INR:** 0.8-1.1 seconds
⇒ 2-3 seconds on Warfarin
 - **PTT:** 21-35 seconds
⇒ 31.5-87.5 seconds on Heparin
- ⚠: The higher these numbers are, the ⚠ risk of bleeding!!

LIVER [LFT]

- **ALT**
 - ⇒ MALE: 10-40
 - ⇒ FEMALE: 8-35
- **AST:** 5-40 U/L
- **ALP:** 40-120 U/L
- **BILIRUBIN:** 0.3-1.0 mg/dL

COMPLETE BLOOD COUNT [CBC]

- **WBC:** 5000-10,000
- **RBC:**
 - ♂ MALE: 4.2-5.4
 - ♀ FEMALE: 3.6-5
- **PLATELETS [PLT]:** 140,000-400,000
CRITICAL: < 50,000 [⚠ risk of bleeding]
> 1,000,000 [⚠ risk of clots]
- **HEMOGLOBIN [Hgb]:**
 - ♂ MALE: 13-18
 - ♀ FEMALE: 12-16
- **HEMATOCRIT [HCT]:**
 - ♂ MALE: 42%-52%
 - ♀ FEMALE: 36%-48%

GLUCOSE

- **FASTING:** 70-110 mg/dL
- **CASUAL:** < 200 mg/dL

HbA1C

- **Non-Diabetic:** 4-6%
- **Pre-Diabetic:** 5.7-6.4%
- **Diabetic:** > 6.5%

⚠ HbA1C is a better indicator of blood sugar control... = the average over 3 months [response of an RBC]

ABGs

- **pH:** 7.35-7.45
acidic basic
 - **PaCO₂:** 35-45 mmHg
basic acidic
 - **PaO₂:** 80-100 mmHg
 - **HCO₃⁻:** 22-26 mEq/L
acidic basic
- ⇒ CO₂ ⬆ pH ⬆ = Respiratory Acidosis
 ⇒ CO₂ ⬆ pH ⬆ = Respiratory Alkalosis
 ⇒ HCO₃ ⬆ pH ⬆ = Metabolic Acidosis
 ⇒ HCO₃ ⬆ pH ⬆ = Metabolic Alkalosis

OTHER

- **MAP:** 70-100 mmHg
- **ICP:** 5-15 mmHg [intracranial pressure]
- **BMI:** 18.5-24.9
- **GLASCOW COMA SCALE**
Best = 15 Worst = 3-8
Moderate = 9-12 Severe = 3-8

BASIC METABOLIC PANEL [BMP]

- **SODIUM [Na]:** 135-145 mEq/L
- **POTASSIUM [K]:** 3.5-5 mEq/L
- **CHLORIDE [Cl]:** 97-107 mEq/L
- **CALCIUM [Ca]:** 8.5-10.5 mEq/L
- **MAGNESIUM [Mg]:** 1.2-2.3 mg/dL
- **PHOSPHORUS [P]:** 2.5-4.5 mg/dL
- **ALBUMIN:** 3.5-5.5 g/dL
- **TOTAL PROTEIN:** 6-8 g/dL

RENAL

- **BUN:** 10-20 mg/dL
- **CREATININE:**
specific to kidney function
⇒ MALE: 0.6-1.2 mg/dL
⇒ FEMALE: 0.4-1 mg/dL
- **SPECIFIC GRAVITY:** 1.005-1.03
dilute concentrated
- **GFR:** 125-200 mL/min

SERUM OSMOLALITY

280-300 mOsm/L water

⚠ Concentration of particles compared to water

⚠ "ROME" is for ABGs
Respiratory
Opposite
Metabolic
Equal

PANCREAS

- **AMYLASE:** 25-125 U/L
Older Adults: 24-151 U/L
⇒ Breakdown of starches
- **LIPASE:** < 140 U/L
⇒ Breakdown of fats
- **PANCREATITIS:**
> 200 U/L COMBINED
⇒ AMYLASE total + LIPASE total

Lab Cheat Sheet For Nursing

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