

# **Medical Surgical Cheat Sheet**

### VITALS

0

### MEDICATION ADMIN

### **02 DELIVERY DEVICES**

Venturi: 4-12 L/Min Flow Rate

Nasal Cannula: 1-6 L/Min Flow Rate

Simple Face Mask: 6-12 L/Min Flow Rate

Partial Rebreather: 6-11 L/Min Flow Rate

Nonrebreather: 10-15 L/Min Flow Rate

O

O

0

0

BP: 120/80

HR: 60-100 BPM

BLOOD

Hemoglobin:

Hemetocrit:

WIRECOST 45-100

RBC+: 4-6W

BUM: 10,-20

M 15-18, F 12-16

M 42-50, F 57-47

SEMAL

ELECTROLYTES

Magnesium: 1.5-2.5 Calcium: 9-III

Phosphate: 2.5-4.5

Creatinine: 0.5-1.5

Sodium: 155-145

Chloride: 95-105

Potossium: 5.5-5

RR: 12-20 02: 95-100%

Temp: 98.6 °F (37°C)

Pain: 0-10 on Pain Scale

IM» Intromuscular 90° Sites: Deltoid, Ventragluteal, Vastus Lateralis SOn Subcutaneous 45° Sites: Abdomen or Back of Arm ID- Intradermal 10-15° Sites: Inner Surface of Forearm

IV: Introveous 25°

Sites: Cephalic, Cubital, or Basilic Vein

### LABS & ELECTROLYTES



#### COAGULATION

PT: 10-12 INR: <1.2 oPTT: 50-40

Plotelets: 150-400K

#### METABOLISM

Gilumonno: 70-100

AIC: 25.6

Cholesterol: <200 Trighycerides: <150

LDL: <800 HDL: >60

#### ABGe

Phc 7.35-7.45 PCO2: 55-45 HCO3: 22-26 PO2: 80-100

# IV FLUID TYPES



0.45%

ISOTONIC 0.9% NS

HYPERTONIC 3% NS

PERMIT

### Fluid goes INTO cell to

Replenishes cells w/o. expand cells changing shape. shrink cells

Fluid goes OUT of cell to

O

# Aerosal Mask: >10 L/Min Flow Rate INSULIN

#### LEARN

Regular

-Rapid to Run

-Mot Fout

-Mot Clear

-Mon-Compliant

Durantiano 4 help

-MPH

(Consett 1 hr. Peolis 2 hr.

-Burn PV

R: Short Acting

N: Intermediate

Author:

L: Long Acting -Lantus "Glargine"

-Long Acting

-Losts 24 hrs Lack of Peak

#### (Duration: 12-24 had) E: Rapid Acting

Eat with Injection

Effective Immediately

-Eliminates a LAG of A BG L: Lispro-

As Asport G: Glulisine: (Cream) 15 min, Papil: 50 min,

Consend Creart: 6 hrs. Peok: 8-10 hrs.

#### A: Adverse Effects of H's

Hypoglycemia, Hypokalemia, Hives, Headache

## ALERT & ORIENTED

A&Ox1: Oriented to Person A&Ox2: Oriented to Place

A&Ox3: Oriented to Time A&Ox4: Oriented to Event

### PRESURE ULCER STAGES



Potassium does SAME as prefix except Heart Rate & Urine Output

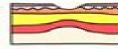
HYPERkalemia: # everything except HR/Urine HYPOkalemia: # everything except HR/Urine

Calcium and Magnesium do OPPOSITE of

Hyper: # everything (HR, BP, RR, etc) Hypo: \* everything (HR, BP, RR, etc.)

ELECTROLYTE HACK

Pay attention to prefix letters in Sodium: hypErnatremia: E for dehydration hypOnatremia: O for Overload of fluid



Stage 1: Redness Stage 2: Partial Thickness w/ Loss of Decesia



Stage 3: Full Thickness Tissue Loss



Stage 4: Full Thickness Tissue Loss w/ Exposed Bone, Muscle, Tendon

### REFLEXES

0 - Nonreactive ABSENT

1. Diminished

2+ = Active or NORMAL

3+ = Brisker than Average 4+ = Hyperactive with Clonus

### **PULSE STRENGTH**

O. Pulse is absent 3+ . Full

I+ - Diminished 4+ = Bounding 2. NORMAL

# **Telemetry Med Surg Nurse Assessment Guide**

Jessica J Manson

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