

Medical Surgical Cheat Sheet

BEAUTIFUL NURSING LLC

VITALS

BP: 120/80
HR: 60-100 BPM
RR: 12-20
O2: 95-100%
Temp: 98.6 °F (37°C)
Pain: 0-10 on Pain Scale



LABS & ELECTROLYTES

BLOOD

Hemoglobin:
M 13-18, F 12-16
Hematocrit:
M 42-50, F 37-47
WBCs: 4-11K
RBCs: 4-6M

RENAL

Creatinine: 0.5-1.5
BUN: 10-20

ELECTROLYTES

Sodium: 135-145
Magnesium: 1.5-2.5
Calcium: 9-11
Chloride: 95-105
Potassium: 3.5-5
Phosphate: 2.5-4.5

COAGULATION

PT: 10-12
INR: <1.2
aPTT: 30-40
Platelets: 150-400K

METABOLISM

Glucose: 70-100
A1C: <5.6
Cholesterol: <200
Triglycerides: <150
LDL: <100
HDL: >60

ABGs

Ph: 7.35-7.45
PCO2: 35-45
HCO3: 22-28
PO2: 80-100

MEDICATION ADMIN

IM: Intramuscular 90°
Sites: Deltoid, Ventrogluteal, Vastus Lateralis
SQ: Subcutaneous 45°
Sites: Abdomen or Back of Arm
ID: Intradermal 10-15°
Sites: Inner Surface of Forearm
IV: Intravenous 25°
Sites: Cephalic, Cubital, or Basilic Vein



IV FLUID TYPES

HYPOTONIC
0.45% NS

Fluid goes **INTO** cell to expand cells

ISOTONIC
0.9% NS

Replenishes cells w/o changing shape.

HYPERTONIC
3% NS

Fluid goes **OUT** of cell to shrink cells

O2 DELIVERY DEVICES

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
Venturi: 4-12 L/Min Flow Rate
Aerosol Mask: >10 L/Min Flow Rate

INSULIN

LEARN

L: Long Acting

-Lantus "Glargine"
-Long Acting
-Lasts 24 hrs
-Lack of Peak
(Duration: 12-24 hrs)

R: Short Acting

-Regular
-Run IV
-Rapid to Run
(Onset: 1 hr, Peak: 2 hr, Duration: 4 hr)

E: Rapid Acting

-Eat with Injection
-Effective Immediately
-Eliminates a LAG of BG
L: Lispro
A: Aspart
G: Glulisine
(Onset: 15 min, Peak: 30 min, Duration: 3 hrs)

N: Intermediate Acting

-NPH
-Not Fast
-Not Clear
-Non-Compliant Crowd
(Onset: 4 hrs, Peak: 8-12 hrs, Duration: 12 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

REFLEXES

0 = Nonreactive ABSENT

1+ = Diminished
2+ = Active or NORMAL
3+ = Brisker than Average
4+ = Hyperactive with Clonus

PULSE STRENGTH

0 = Pulse is absent **3+ = Full**
1+ = Diminished **4+ = Bounding**
2+ = NORMAL

ELECTROLYTE HACK

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 prefix.

Hyper: ↓ everything (HR, BP, RR, etc)
Hypo: ↑ everything (HR, BP, RR, etc)

Pay attention to prefix letters in **Sodium**:
hypernatremia: E for dehydration
hypONatremia: O for Overload of fluid

PRESURE ULCER STAGES



Stage 1: Redness



Stage 2: Partial Thickness w/ Loss of Dermis



Stage 3: Full Thickness Tissue Loss



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

Telemetry Med Surg Nurse Assessment Guide

Jessica J Manson



Telemetry Med Surg Nurse Assessment Guide:

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