

Lab Values Cheat Sheet

Vital Signs

Blood Pressure

→ Systolic: 120 mmHg

→ Diastolic: 80 mmHg

Heart rate: 60-100 BPM

Respirations: 12-20 breaths

Oxygen: 95%-100%

Temperature: 96.4% - 99.5%

COAGs

PT: 11-13 seconds

- 22-32.5 on Warfarin

INR: 0.8-1.1 Seconds

- 1.6-3.3 on Warfarin

PTT: 21-35 Seconds

- 31.5-87.5 on Heparin

The ↑ these numbers the ↑ chance of bleeding!!!

Glucose

Fasting: 70-110 mg/dL

Casual: <200 mg/dL

HbA1C

Non-diabetic: 4-6%

Pre-Diabetic: 5.7-6.4%

Diabetic: > 6.5%

Other

MAP: 70-100 mmHg

ICP (Intracranial Pressure): 5-15 mmHg

BMI: 18.5-24.9

Glasgow Coma Scale: Best = 15

Mild: 13-15 Moderate: 9-12 Severe: 3-8

Complete Blood Count [CBC]

WBC: 5000-10,000

RBCs:

→ Male: 4.2-5.4

→ Female: 3.6-5

PLT: 140,000-400,000

- Critical <50,000 or >1,000,000

Hemoglobin [Hgb]:

→ Male: 13-18

→ Female: 12-16

Hematocrit [HCT]:

→ Male: 42%-52%

→ Female: 36%-48%

ABGs

pH: 7.35-7.45

PaCO₂: 35-45 mmHg

PaO₂: 80-100 mmHg

HCO₃: 22-26 mEq/L

Renal

Calcium: 8.6-10.2 mg/dL

Magnesium: 1.3-2.3 mg/dL

Phosphorus: 2.5-4.5 mg/dL

Specific gravity: 1.005-1.03

GFR: 125 - 200 mL/min

BUN: 10-20 mg/dL

Creatinine:

→ Male 0.6-1.2mg/dL

→ Female: 0.4-1 mg/dL

Serum Osmolality

280-300 mOsm/L Water

Basic Metabolic Panel [BMP]

Sodium: 135-145 mEq/L

Potassium: 3.5-5 mEq/L

Chloride: 97-107 mEq/L

Calcium: 8.5-10.5 mg/dL

BUN: 10-20 mg/dL

Creatinine:

→ Male: 0.6-1.2 mg/dL

→ Female: 0.4-1 mg/dL

Albumin: 3.5-5.5 g/dL

Total protein: 6-8 g/dL

Lipid Panel

Total cholesterol:

→ Male: <205 mg/dL

→ Female: <190 mg/dL

Triglyceride:

→ Male: 44-180

→ Female: 10-190

LDL: <100 mg/dL → bad cholesterol

HDL: >60/dL → Happy Cholesterol

Pancreas

Amylase: 25-125 U/L

→ Older adults: 24-151 U/L

Lipase: <140 U/L

Liver [LFT]

ALT: 10-40M, 8-35 F

AST: 5-40 U/L

ALP: 40-120 U/L

Bilirubin: total 0.3-1.0 mg/dL

Nursing Lab Values Cheat Sheet

**Kathryn J. Hannah, Pamela
Hussey, Margaret A. Kennedy, Marion J.
Ball**

Nursing Lab Values Cheat Sheet:

Fundamentals of Nursing Christy Bowen, Lindsay Draper, Heather Moore, 2024-09-16 Fundamentals of Nursing aligns with the outcomes and competencies of a nursing fundamentals course. It is designed to provide students with the foundational knowledge and practical expertise essential for delivering holistic and patient-centered care. The authors emphasize the application of clinical judgment across diverse healthcare environments, ensuring readiness to deliver high-quality, compassionate care in an inclusive and supportive manner. Composed of 43 chapters, Fundamentals of Nursing offers an in-depth exploration of the roles and responsibilities of the nursing profession, the healthcare environment, and the application of critical thinking and evidence-based practice. Fundamentals of Nursing features a variety of engaging and informative resources designed to prepare students for real-world clinical environments. By simulating patient interactions, students develop critical communication skills essential for effective nursing care. Insights from practicing nurses provide real-world perspectives, helping bridge the gap between theory and practice. The offering builds student confidence and competence through its focus on Quality and Safety Education for Nurses (QSEN), inclusion of robust unfolding case studies, and integration of NCLEX practice. This is an adaptation of Fundamentals of Nursing by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

Clinical Nursing Skills Christy Bowen, 2024-09-16 Clinical Nursing Skills is designed to equip nursing students with the practical knowledge and hands-on skills necessary to provide comprehensive patient care. The material emphasizes the application of clinical judgment in a variety of settings, ensuring that students are prepared to deliver high-quality care across different patient populations and clinical scenarios. The content utilizes concepts promoting the development of clinical judgment by building upon the systematic model developed by the National Council of State Boards of Nursing (NCSBN). Clinical Nursing Skills provides detailed instructions on basic procedures such as hygiene, mobility, vital signs assessment, medication administration, and wound care. It also guides students through more complex skills, including intravenous therapy, catheterization, tracheostomy care, and emergency interventions. By integrating the Clinical Judgment Measurement Model, the material helps students recognize, analyze, prioritize, create, act, and evaluate outcomes in various clinical situations, fostering critical thinking and clinical decision-making. By studying Clinical Nursing Skills, students will gain the confidence and competence needed to perform essential nursing tasks, make informed clinical decisions, and provide compassionate, patient-centered care, which will prepare students for success in their clinical rotations and future professional practice. This is an adaptation of Clinical Nursing Skills by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License. *Davis's Comprehensive Manual of Laboratory*

and Diagnostic Tests with Nursing Implications Anne Van Leeuwen, Mickey Bladh, 2023-04-04 The information nurses need when where and how they need it Nursing focused and easy to read this full color manual delivers all the information you need to understand how tests work interpret their results and provide quality patient care pre test intra test and post test Tests and procedures are listed in alphabetical order by their complete name for quick reference The integrated index allows fast searches by abbreviation synonym disease disorder specimen type or test classification **Introduction to Nursing Informatics** Kathryn J. Hannah, Pamela Hussey, Margaret A. Kennedy, Marion J. Ball, 2014-11-13 This 4th edition of *Introduction to Nursing Informatics* is designed for use by practicing nurses and students in undergraduate programs of study It presents the fundamental concepts of Nursing Informatics and includes a number of contributions from leading experts who have practiced in the field of informatics over a number of years The information is presented and integrated in a purposeful manner to encourage you to explore key concepts starting with the fundamental concepts and then progressing on to core concepts and practice applications in the later sections Briefly the word CARE is presented as an acronym for Connected Health Administration Research and Education and the book is organised in sections with these sub themes Critically the content is linked with case based examples to contextualize the theory presented **Creative Teaching Strategies for the Nurse Educator** Judith Herrman, 2024-11-11 Be more creative in any setting Here are more than 150 practical relevant and easy to implement teaching strategies that will help you to engage your students in any classroom setting develop their clinical judgment and test taking skills and prepare them for the Next Gen NCLEX Dr Judith Herrman offers techniques for active learning and student engagement gathered over many years from her own teaching experiences that are adaptable to personal teaching content reinforce evidence based learning principles and demonstrate innovation in nursing education **Nursing Student Book Collection** Jon Haws, 2015-10-15 Interior images are black in print copy and white to save you It s time to take your NCLEX r prep to the next level 358 pages Decrease Your NCLEX r Prep Time With 1 Book Imagine saving hours of time sifting through nursing text books trying to translate powerpoints and saving Imagine nursing school becoming enjoyable Studying for your next nursing exam wouldn t stress you out Bestselling author Jon Haws RN CCRN has combined 4 of his top selling nursing student books into one massive resource to help you demolish nursing school and crush the NCLEX r Even if you are still in school or a new nurse this collection of books will work for you Nursing Student Book Collection will change nursing school for you 4 Bestselling nursing books for the price of 2 Over 42 000 words and dozens of images graphs and charts Books Included in This Book 36 Nursing Cheat Sheets NCLEX r MedSurg Essentials with pictures Nursing Case Studies 15 MedSurg Case Studies Nursing Priorities 5 Step Approach to Making Quick Decisions in Nursing Care If you download Nursing Student Book Collection today you ll get two bonuses a discount to MedMaster Course our online Pharmacology Course and a PDF of our NCLEX r Lab Values Cheat Sheet We ve been there nursing school is hard Any resource that cuts your study time improves your learning and saves your money is golden Download today to get

your life back and accelerate your NCLEX r Critical Thinking in Nursing Rosalinda Alfaro-LeFevre,1999 Updated and revised the second edition of this unique and popular text promotes the critical thinking and professional skills needed to face the challenges of today s rapidly changing health care system Readers learn both skills and theory in a manner that is practical and easy to read A completely new chapter provides clinical guidelines for mastering the workplace skills suggested by National Educational Goals 2000 And a wealth of examples analogies case studies and practice sessions provide readers with a truly interactive experience These practice scenarios illustrate real world challenges such as communicating bad news working in teams managing conflict and satisfying customers **Nursing School Cheat Sheets** Donovan Gow,2016-03-03 Make nursing school easier ace your exams and crush the NCLEX c with this great quick reference study guide including 50 cheat sheets covering must know nursing fundamentals lab values drugs health assessment mnemonics and more These high quality cheat sheets cover key topics including nursing labs fluids and electrolytes acid base balance medications assessment cardiac pulmonary neurological pediatrics and precautions Buy it now and start making nursing school easier today Makes a great gift for future and current nursing students recent grads or anyone looking to brush up on their nursing fundamentals with a quick study guide 50 Cheat Sheets include Labs Measurements Common Hematology Values White Blood Cell WBC Mnemonic Coagulation Values Anticoagulation Therapy Overview Electrolyte Values Arterial Blood Gas ABG Values Commonly Ordered Blood Panels Cholesterol Triglycerides mg dL ABO Blood Groups A1C Diabetes Fasting Blood Glucose and Oral Glucose Tolerance Tests Diabetes Common Measurement Abbreviations Conversions Celsius to Fahrenheit Conversion Fluids Electrolytes Acid Base Balance Determining Acidosis Alkalosis Acid Base Mnemonic Edema Scale Medications 20 Common Drug Group Stems Top 10 Most Prescribed Drugs in the U S Common Medication Antidotes Medication Administration Abbreviations Medications Route Abbreviations The Joint Commission s Official Do Not Use List of Abbreviations 7 Parts of a Legal Medication Order General Assessment Assessment Abbreviations Anatomical Planes Anatomical Directional Terms Anatomical Body Movement Adult Vital Signs Pressure Ulcer Staging Wallace Rule of Nines to Determine Total Burn Surface Area Cardiac Blood Pressure Hypotension and Hypertension Heart Sound Auscultation Landmarks ECG Overview Electrode Lead Placement ECG Components Normal Values ECG Paper Basics ECG Interpretation Steps Pulmonary Normal Breath Sounds Adventitious Abnormal Breath Sounds Pulmonary Function Tests PFTs Spirometry Neurological Deep Tendon Reflex DTR Scoring Cranial Nerves Function Cranial Nerves Mnemonic Names of Nerves Cranial Nerves Mnemonic Sensory Motor or Both Decorticate versus Decerebrate Posturing Glasgow Coma Scale Pediatrics APGAR Score Rh Incompatibility Hemolytic Disease of the Newborn Precautions Standard Precautions Transmission Based Precautions Order of Donning Removing Personal Protective Equipment PPE *36 Nursing Cheat Sheets for Students* Jon Haws,2015-03-23 It s Time To ACE the NCLEX r Ready to take your studies to the next level This ebook contains the most needed most referenced and sometimes most confusing information in an easy to read understand and remember way 36

nursing reference pages in full color ranging in topics from respiratory to medication you will love having this handy book on your phone while in clinical or class Stop Wasting Time Look we've all been there nursing school is hard You never know what is MOST important and what you should be focusing on Not any more With this easy to read and use book you have exactly what you need right at your finger tips With tables pictures graphs and more you are ready to soar Perfect for the new nurse or nursing student looking to save time and energy in their studies Topics Include Injection Sites IM Common Laboratory Values Blood Gas Analysis Blood Gas Interpretation Blood Compatibility Anticoagulant Therapy Heart Murmurs Glasgow Coma Scale Cranial Nerves Wallace Rule of Nines Burn Severity Edema Scale Wigger Diagram Heart Sounds Normal EKG 12 Lead EKG Placement EKG Strip Interpretation Abnormal EKG 5 Lead EKG Placement Heart Murmurs Shock Hierarchy of O2 Delivery Wound Pressure Ulcer Staging IV Fluid Therapy Medication Antidotes Insulin Onset Peak and Durations Common Drug Stems Common Critical Care Drips Common Light Sensitive Drugs Celsius to Fahrenheit Conversion Nursing Calculations Nursing Math Conversions APGAR Scoring Breath Sounds Maslow Hierarchy of Needs Head to Toe Assessment Checklist Adult Vital Signs What are you waiting for **Lab Values** Jon Haws, Sandra Haws, 2018

Nursing: Lab Values Henry, 2016-11 Handy 6 page laminated reference to the most important lab values for nurses to know Get this guide when you start nursing school and review it often By the time you take the NCLEX they will be committed to memory Lamination means it will last the lifetime of your career Paper thin so you can keep it with your clipboard or at the nurses station for referencing a value faster than using the Internet Suggested uses o Quick Reference instead of digging into a large book to find a core answer you need while studying use the guide to reinforce quickly and repeatedly o Memory refreshing your memory repeatedly is a foundation of studying have the core labs handy so you can focus on the larger picture o NCLEX Test Prep Exams review frequently and right before exams and the NCLEX for that extra boost *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

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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 t spend your valuable time and money on expensive on site courses travel and accommodation Instead learn the most important clinical skills where you want and when you want LEARN IN A PLAYFUL WAY There s no need to learn complicated principles and to go through lots of theory just because you want to become an expert I ll teach you the most important concepts starting with the basics leading you up to expert level in a playful way It has never been easier to get clarity with this method This book is designed for Healthcare professionals and telemetry staff Students preparing for ACLS such as paramedics EMTs nurses physicians clinical pharmacists and respiratory therapists Nurses pharmacists emergency medical services personnel and physicians seeking to earn continuing education credits What are you waiting for Scroll Up Click on the Buy Now button *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 t spend your valuable time and money on expensive on site courses travel and accommodation Instead learn the most important clinical skills where you want and when you want LEARN IN A PLAYFUL WAY There s no need to learn complicated principles and to go through lots of theory just because you want to become an expert I ll teach you the most important concepts starting with the basics leading you up to expert level in a playful way It has never been

easier to get clarity with this method This book is designed for Healthcare professionals and telemetry staff Students preparing for ACLS such as paramedics EMTs nurses physicians clinical pharmacists and respiratory therapists Nurses pharmacists emergency medical services personnel and physicians seeking to earn continuing education credits What are you waiting for Scroll Up Click on the Buy Now button *Cincinnati Magazine* ,2001-08 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Essential Nursing Lab Values** Michael Gorre,2023-09-29 Welcome to the indispensable resource that every nurse from novice to seasoned practitioner should have at their fingertips The Nurse s Guide to Essential Lab Values This comprehensive guide is your ultimate companion in navigating the complex world of laboratory values empowering you to provide the highest quality care to your patients Inside this meticulously crafted book you will discover a treasure trove of knowledge and expertise all tailored to enhance your clinical practice Let s explore what awaits you within these pages 1 Introduction Importance of Lab Values in Nursing Gain a deep understanding of how lab values are the cornerstone of patient assessment diagnosis and treatment planning How to Interpret Lab Values Learn the art of deciphering lab reports with precision and confidence Normal Ranges Familiarize yourself with the gold standards for various lab parameters 2 Hematology Uncover the intricacies of hematological assessments including Complete Blood Count CBC Hemoglobin Hgb Hematocrit Hct White Blood Cells WBC Platelets Plt Dive into the world of coagulation with insights on Prothrombin Time PT International Normalized Ratio INR Activated Partial Thromboplastin Time aPTT 3 Chemistry Explore the realm of chemistry covering Electrolytes Sodium Potassium Chloride Bicarbonate Renal Function Tests BUN Creatinine Liver Function Tests AST ALT Bilirubin 4 Immunology Delve into the immune system with details on Immune System Markers Antibody Tests Viral Load Tests 5 Endocrinology Navigate the intricacies of endocrine assessments including Thyroid Function Tests TSH FT4 Glucose Levels HbA1c Hormone Levels 6 Microbiology Master the world of microbial diagnostics Cultures and Sensitivities Antigen Tests Polymerase Chain Reaction PCR 7 Cardiac Markers Discover the crucial cardiac markers Troponin Brain Natriuretic Peptide BNP Creatine Kinase MB CK MB 8 Urinalysis Conduct a comprehensive urinary assessment covering Physical Examination Chemical Analysis Microscopic Examination 9 Arterial Blood Gases Analyze and interpret arterial blood gases including pH Partial Pressure of Oxygen PaO2 Partial Pressure of Carbon Dioxide PaCO2 Oxygen Saturation SaO2 Bicarbonate HCO3 10 Special Tests Dive into advanced diagnostics with a focus on Tumor Markers Genetic Testing Explore elevated or decreased values nursing considerations clinical significance and real life case studies Scenarios to bridge theory with practice This comprehensive guide is not just a reference it s your trusted companion on the frontlines of healthcare It equips you with the knowledge skills and confidence to provide top notch care and make informed clinical decisions From novice nurses to seasoned experts The Nurse s Guide to Essential Lab Values is the key to unlocking your potential as a healthcare professional Don t miss out on this essential resource that will elevate your nursing practice to new heights Order

your copy today and embark on a journey of clinical excellence **Lab Values Interpretation** Nurse Academy,2021-01-13

This is the official textbook on Lab Values Interpretation created by Nurse Academy Are you looking for a guide to quickly learn how to interpret laboratory values If so this is the right book for you Lab Values Interpretation is a simple and easy to understand book that introduces the concept of lab values and their corresponding interpretations to those that are looking for a simple overview of the subject matter while also providing a quick recap of the most important information for those that just want to refresh their memories The skill of being able to interpret laboratory investigations and understanding the science behind them is very important in the medicine field It is said that approximately 65 75% of decision making in medicine is done based on the results of laboratory tests Hence there is immense pressure on the need for health practitioners to correctly interpret lab values and what they mean in terms of a patient s health This book is meant to alleviate some of those pressures by explaining the lab values of the most common tests Laboratory values essentially provide data in an objective form that relates to the patient s health Therefore they can aid in the early diagnosis of diseases that have not yet had clinical manifestations thereby leading to more effective management of such conditions They can also aid in monitoring the progress of various diseases so that treatment can be modified accordingly Needless to say insufficient understanding of laboratory tests in a clinical setting can lead to misinterpretation of results which in turn will jeopardize patient safety In this book you will Get an in depth understanding of what lab values are and how they are determined Learn how to correctly interpret the lab values of over 35 lab tests Be able to objectively measure your patient s health Use your new skills every single day at work Be able to use this book as a point of reference for the normal range of lab values Be able to test your knowledge with some questions that have been added to the last two chapters in the book Nurse Academy

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

Nursing Lab Values Cheat Sheet Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nursing Lab Values Cheat Sheet**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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