

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

Common Lab Values Cheat Sheet

Gabriel J. Connor



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case study questions and answers that let nurses assess their progress Also new are a chapter on mental health assessment and illustrations relating pathophysiology to assessment findings Contents include health history physical assessment nutritional assessment mental health assessment and assessment of body systems skin hair and nails eyes ears nose and throat respiratory system cardiovascular system breasts and axillae gastrointestinal system female genitourinary system male genitourinary system musculoskeletal system and neurologic system

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Critical Thinking and Clinical Judgment Rosalinda Alfaro-LeFevre,2009 Develop the critical thinking skills you need for success in today s challenging healthcare setting with Critical Thinking and Clinical Judgment A Practical Approach to Outcome Focused Thinking 4th Edition This book s insightful and motivational style makes the concept of critical thinking come alive Learning difficult concepts is easy with the book s how to approach that provides supporting rationales to help you understand why and how to make decisions

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Making the Most of the Postdoc James Gould,2023-09-05 Graduate students and postdoctoral fellows spend upwards of 15 years honing their research skills However in all this training compulsory career and professional development courses are far and few between In the absence of a formal training curriculum this co curricular postdoc guidebook can be used as a manual for aspiring scientists to find career success Postdocs face many hurdles in their pursuit of research excellence and independence None more frustrating than making the most of this challenging yet rewarding opportunity Ultimately the point of postdoc training is not maintaining a lengthy postdoc tenure but landing a satisfying job Regardless of what they do in their career postdocs need to gain and master many skills both directly related to their scientific training and beyond This book posits that if trainees are motivated and given some practical guidance they can build a professional reputation while achieving a successful postdoc experience Based on the personal experiences of the author this book logically outlines the flow of the postdoc experience from beginning to end by providing actionable advice on how to get the most out of postdoctoral training while laying out strategies for choosing the right research environment to thrive along with planning and executing a successful postdoc tenure Written for current and future postdocs as well as their mentors this book covers what they need know and do to strategically advance in their early research career Key Features Practical and actionable advice from an author that has experienced PhD and postdoc training and is now directing a postdoc office at a world renowned research institution Methodical approach most readers can readily adapt for their own purposes Specifically

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Gray Hat Hacking: The Ethical Hacker's Handbook, Fifth Edition Daniel Regalado, Shon Harris, Allen Harper, Chris Eagle, Jonathan Ness, Branko Spasojevic, Ryan Linn, Stephen Sims, 2018-04-05 Cutting edge techniques for finding and fixing critical security flaws Fortify your network and avert digital catastrophe with proven strategies from a team of security experts Completely updated and featuring 13 new chapters Gray Hat Hacking The Ethical Hacker's Handbook Fifth Edition explains the enemy's current weapons skills and tactics and offers field tested remedies case studies and ready to try testing labs Find out how hackers gain access overtake network devices script and inject malicious code and plunder Web applications and browsers Android based exploits reverse engineering techniques and cyber law are thoroughly covered in this state of the art resource And the new topic of exploiting the Internet of things is introduced in this edition Build and launch spoofing exploits with Ettercap Induce error conditions and crash software using fuzzers Use advanced reverse engineering to exploit Windows and Linux software Bypass Windows Access Control and memory protection schemes Exploit web applications with Padding Oracle Attacks Learn the use after free technique used in recent zero days Hijack web browsers with advanced XSS attacks Understand ransomware and how it takes control of your desktop Dissect Android malware with JEB and DAD decompilers Find one day vulnerabilities with binary diffing Exploit wireless systems with Software Defined Radios SDR Exploit Internet of things devices Dissect and exploit embedded devices Understand bug bounty programs Deploy next generation honeypots Dissect ATM malware and analyze common ATM attacks Learn the business side of ethical hacking

SPIN, 1998-01 From the concert stage to the dressing room from the recording studio to the digital realm *SPIN* surveys the modern musical landscape and the culture around it with authoritative reporting provocative interviews and a discerning critical ear With dynamic photography bold graphic design and informed irreverence the pages of *SPIN* pulsate with the energy of today's most innovative sounds Whether covering what's new or what's next *SPIN* is your monthly VIP pass to all that rocks

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

American Agriculturist, 1926 **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 **Current Index to Journals in Education**, 1972

Lab Values Jon Haws, Sandra Haws, 2015-02-03 Save Time Lab Values for Nurses 1 Best Selling Nursing Reference Book on Amazon Want to study better but don't have the time This book outlines the 63 MUST KNOW lab values for nurses to help them prepare for the NCLEX and care for patients on the floor Whether you are a student nurse or an experience this book contains the information you need to know to provide superior patient care Charts Brief Descriptions Fast Learning The book includes a brief introduction followed by charts including 63 important lab values with their units normal ranges and abbreviations The charts are followed by a brief description for each individual value including indications what would cause abnormal values and a description of the lab value itself Download Lab Values 63 Must Know Lab Values for Nurses Lab Values contains an easy to read and follow catalog of the most essential labs for nurses Color graphics and charts Normal lab values and common abbreviations Descriptions of each value Correct filling order for specimen tubes Stop wasting time on you studies and start acing exams and spending more time actually caring for patients With this ebook for kindle or kindle app you will learn the 63 most important labs for nurses and the NCLEX RN and This is the perfect pocket guide and makes lab

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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

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

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

Clinical Laboratory Values for Nurses Nuria Mari, 2019-07-02 A clinical laboratory or a medical laboratory if you will is one where pathology tests are conducted Clinical tests are done here and the results gotten from the tests help in diagnosis treatment and disease prevention Clinical laboratories differ greatly from research laboratories While clinical laboratories are an example of applied science research laboratories focus on core science or should I say basic science This can be found in most institutions of learning When it comes to NCLEX you cannot escape memorizing some things And clinical laboratory values are certainly among those things that you will memorize Are you scared of memorizing lab values Maybe you are wondering why it is important in the first place Whatever the case there s no need to worry You are not alone Stop beating yourself over how to scale through the NCLEX and let s study this text together page after page *Clinical Laboratory Values for Nurses* is written for the aspiring NCLEX candidate and RNs in general It is written in very simple English thus eliminating the stress of comprehending bogus medial terminologies So what makes this text different from others Well as a clinician you are dealing with human life and human life is precious As a nurse it is not all about memorizing values It is all about being able to apply these values when required You must have a first hand knowledge of what goes on in the body when these values are far above or below the normal This is what makes this book tick This book covers Introduction to clinical lab values Guide to specimen collection Avoiding common problems during the test A comprehensive exposition of Hematological tests Arterial blood gases Electrolytes Lipids Cardiac enzymes Acid base values Gastrointestinal pathogens panel Hormones And a summary of lab values for vitamins tumor markers and miscellaneous tests So Open your text along with me and let s get a first hand knowledge of *Clinical Lab Values for Nurses* **A Clear & Simple Roadmap For Approaching Any Lab Values** Cecila Corriveau, 2021-03-06 When you take the NCLEX exam there is a high probability you will have some type of lab value question Why Because almost every patient that walks through the doors of a hospital will

have blood work drawn and as the nurse you will need to know about the common blood tests ordered and their normal lab value ranges Therefore the NCLEX wants to make sure you have competent knowledge in this area before you start working as a licensed nurse 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

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

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Table of Contents Common Lab Values Cheat Sheet

1. Understanding the eBook Common Lab Values Cheat Sheet
 - The Rise of Digital Reading Common Lab Values Cheat Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Common Lab Values Cheat Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Common Lab Values Cheat Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Common Lab Values Cheat Sheet
 - Personalized Recommendations
 - Common Lab Values Cheat Sheet User Reviews and Ratings
 - Common Lab Values Cheat Sheet and Bestseller Lists
5. Accessing Common Lab Values Cheat Sheet Free and Paid eBooks
 - Common Lab Values Cheat Sheet Public Domain eBooks
 - Common Lab Values Cheat Sheet eBook Subscription Services
 - Common Lab Values Cheat Sheet Budget-Friendly Options
6. Navigating Common Lab Values Cheat Sheet eBook Formats

- ePub, PDF, MOBI, and More
 - Common Lab Values Cheat Sheet Compatibility with Devices
 - Common Lab Values Cheat Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Common Lab Values Cheat Sheet
 - Highlighting and Note-Taking Common Lab Values Cheat Sheet
 - Interactive Elements Common Lab Values Cheat Sheet
 8. Staying Engaged with Common Lab Values Cheat Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Common Lab Values Cheat Sheet
 9. Balancing eBooks and Physical Books Common Lab Values Cheat Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Common Lab Values Cheat Sheet
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Common Lab Values Cheat Sheet
 - Setting Reading Goals Common Lab Values Cheat Sheet
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Common Lab Values Cheat Sheet
 - Fact-Checking eBook Content of Common Lab Values Cheat Sheet
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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