



# Medical Surgical Cheat Sheet

BEAUTIFUL NURSING LLC

## VITALS

BP: 120/80

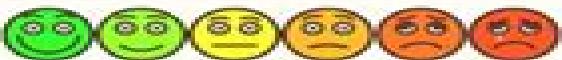
HR: 60-100 BPM

RR: 12-20

O<sub>2</sub>: 95-100%

Temp: 98.6 °F (37°C)

Pain: 0-10 on Pain Scale



## LABS & ELECTROLYTES

### BLOOD

Hemoglobin: M 15-18, F 12-16

Hematocrit: M 42-50, F 37-47

WBCs: 4-10K

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

## 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:

HypOnatremia: E for dehydration

HypOnatremia: O for Overload of fluid

## MEDICATION ADMIN

IM: Intramuscular 90°

Sites: Deltoid, Ventrogluteal, Vastus Lateralis

SC: 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

## 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

## O<sub>2</sub> 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

### L E A R N

#### L: Long Acting

-Lantus "Glargine"  
-Long Acting  
-Lasts 24 hrs.  
-Look for 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      ● Uipro  
● Aspart      ● Givilisine  
(Onset: 15 min, Peak: 30 min,  
Duration: 3 hrs)

#### M: Intermediate Acting

-NPH  
-Not Fast  
-Not Clear  
-Non-Compliant  
Crowd  
(Onset: 2 hrs, Peak: 8-10 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: Non-reactive 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

# Med Surg Prep Guide

**Shirley Wilcher**

## **Med Surg Prep Guide:**

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