

# 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**

## 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

**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**:  
**hyp**Enatremia: E for dehydration  
**hyp**ONatremia: O for Overload of fluid

# Med Surg Prep Guide

**Jeanette Daly**



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