

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 Basile 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
1+: Diminished
2+: **NORMAL**
3+: Full
4+: Bounding

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

Med Surg Prep Guide

Siddappa N.Byrareddy



Med Surg Prep Guide:

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highlight specific genetic issues related to body system assessments and disorders NEW Revised art program enhances the book's visual appeal and lends a more contemporary look throughout **CMSRN Exam Prep 2023-2024**, 2023 **Lewis's Medical-Surgical Nursing E-Book** Mariann M. Harding, Jeffrey Kwong, Debra Hagler, Courtney Reinisch, 2022-07-02 American Journal of Nursing AJN Book of the Year Awards 1st Place in Medical Surgical Nursing 2023 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Medical Surgical Gain the knowledge and skills you need to succeed in medical surgical nursing with this leading textbook Lewis's Medical Surgical Nursing 12th Edition uses a conversational writing style a focus on nursing concepts and clinical trends evidence based content and basic pathophysiology review to provide the solid foundation needed in a rapidly changing healthcare environment Comprehensive chapters cover topics including nursing management and collaboration health promotion acute interventions and ambulatory care Summary tables and boxes make it easy to find essential information and a building block approach makes even the most complex concepts simple to grasp In addition to three new chapters this edition includes a stronger focus on the nursing process clinical judgment and preparation for the Next Generation NCLEX Examination **Study Guide for Understanding Medical Surgical Nursing** Paula D. Hopper, Linda S. Williams, 2019-01-25 7 10 types of exercises per chapter Audio Case Study Questions Vocabulary fill in the blank or matching activity A P Review for relevant chapters labeling parts of body structures Activities Exercises matching fill in the blank true false and more Critical Thinking brief patient scenario followed by 5 8 short answer questions Review Questions for Content and Test Preparation **Writer's Guide to Nursing Periodicals** Jeanette Daly, 2000-06-21 Every nursing journal currently in print has specific guidelines for writers This reference is a single source of guidelines required by the editors of 101 nursing journals This reference tool also includes key journal facts and publication information This is an invaluable guide for those who are submitting manuscripts for publication **Med-Surg Success** Kathryn Cadenhead Colgrove, Ray A. Hargrove-Huttel, 2010-11-19 The road to nursing success begins here A complete review of core concepts More than 2 265 classroom tested NCLEX style questions Alternate item format too Test taking hints and rationales for correct and incorrect answers TWO BOOKS IN ONE Course review now NCLEX prep later Assure your mastery of medical surgical nursing knowledge while honing your critical thinking and test taking skills The 2nd Edition of this popular resource features 2 000 questions that reflect the latest advances in medical surgical nursing and the new 2010 NCLEX RN test plan The seemingly huge volume of information you must master has been organized into manageable sections divided by body systems and specific diseases Each chapter is a self contained unit For each practice question you'll find the answer rationales for correct and incorrect responses and a test taking tip The comprehensive exam at the end of each chapter assesses your strengths and weaknesses identifying areas for further study The bonus CD ROM featuring 265 questions offers an interactive approach to course review and exam preparation The success books have helped me so much in many of my nursing courses specifically in my med surg nursing class I found that the success books

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This book delves into Med Surg Prep Guide. Med Surg Prep Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Med Surg Prep Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Med Surg Prep Guide
 - Chapter 2: Essential Elements of Med Surg Prep Guide
 - Chapter 3: Med Surg Prep Guide in Everyday Life
 - Chapter 4: Med Surg Prep Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Med Surg Prep Guide. This chapter will explore what Med Surg Prep Guide is, why Med Surg Prep Guide is vital, and how to effectively learn about Med Surg Prep Guide.
3. In chapter 2, the author will delve into the foundational concepts of Med Surg Prep Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Med Surg Prep Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Med Surg Prep Guide in daily life. The third chapter will showcase real-world examples of how Med Surg Prep Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Med Surg Prep Guide in specific contexts. This chapter will explore how Med Surg Prep Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Med Surg Prep Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Med Surg Prep Guide.

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