

LAB VALUE CHEAT SHEET

VITAL SIGNS

BLOOD PRESSURE	SYSTOLIC	120 mmHg
	DIASTOLIC	80 mmHg
HEART RATE	60 – 100 bpm	
RESPIRATIONS	12 – 20 breaths/min	
TEMPERATURE	97.8 – 99°F (36.5 – 37.2°C)	
OXYGEN	95 – 100%	
OXYGEN IN CORD PT.	as low as 88%	



CORD pts are expected to have low O₂ levels

COMPLETE BLOOD COUNT (CBC)

WBCs	4,500 – 11,000 / μ L
RBCs	4.5 – 5.5 $\times 10^6$ / μ L
PLTs	150,000 – 450,000 / μ L
HEMOGLOBIN (HGB)	FEMALE: 12 – 16 g/dL
	MALE: 13 – 18 g/dL
HEMATOCRIT (HCT)	FEMALE: 36% – 48%
	MALE: 39% – 54%



HBA1C

NON-DIABETIC	4 – 5.6%
PRE-DIABETIC	5.7 – 6.4%
DIABETIC	> 6.5%
Goal for diabetic:	< 7%

LIVER FUNCTION TEST (LFT)

ALT	7 – 56 U/L
AST	5 – 40 U/L
ALP	40 – 120 U/L
BILIRUBIN	0.1 – 1.2 mg/dL

BMI

UNDERWEIGHT	<18.5
HEALTHY WEIGHT	18.5 – 24.9
OVERWEIGHT	25.0 – 29.9
OBESITY	> 30.0

ABGs

PH	7.35 – 7.45
P _a CO ₂	35 – 45 mmHg
P _a O ₂	80 – 100 mmHg
HCO ₃	22 – 26 mEq/L



LIPID PANEL

TOTAL CHOLESTEROL	<200 mg/dL
TRIGLYCERIDE	<150 mg/dL
LDL	<100 mg/dL
HDL	>60 mg/dL



LDL bad cholesterol
- we want **LOW** levels



HDL Happy cholesterol
- we want **HIGH** levels

RENAL

CALCIUM	9 – 11 mg/dL
MAGNESIUM	1.5 – 2.5 mg/dL
PHOSPHORUS	2.5 – 4.5 mg/dL
SPECIFIC GRAVITY	1.010 – 1.030
GFR	90 – 120 mL/min/1.73 m ²
BUN	7 – 20 mg/dL
CREATININE	0.6 – 1.2 mg/dL



PANCREAS

AMYLASE	30 – 110 U/L
LIPASE	0 – 150 U/L



BASIC METABOLIC PANEL (BMP)

SODIUM	135 – 145 mEq/L
POTASSIUM	3.5 – 5.0 mEq/L
CHLORIDE	95 – 105 mEq/L
CALCIUM	9 – 11 mg/dL
BUN	7 – 20 mg/dL
CREATININE	0.6 – 1.2 mg/dL
ALBUMIN	3.4 – 5.4 g/dL
TOTAL PROTEIN	6.2 – 8.2 g/dL

COAGs

PT	10 – 13 sec
PTT	25 – 35 sec
aPTT	NOT ON HEPARIN: 30–40 sec
	ON HEPARIN: 47–70 sec
INR	NOT ON WARFARIN: < 1 sec
	ON WARFARIN: 2 – 3 sec



OTHER

MAP (mean arterial pressure)	70 – 100 mmHg
ICP (intracranial pressure)	5 – 15 mmHg
GLASGOW COMA SCALE	BEST = 15
MILD: 13–15	MODERATE: 9–12
SEVERE: 3–8	

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The American Architect and the Architectural Review, 1921 Quality Control in the age of Risk Management, An Issue of Clinics in Laboratory Medicine James O. Westgard, Sten Westgard, 2013-03-28 In October of 2011 CLSI published a new guideline EP23A on Laboratory Quality Control Based on Risk Management In March 2012 CMS announced its intention to incorporate key concepts from EP23A into its Interpretative Guidelines and QC policy for Individualized Quality Control Plans Thus begins a new era of Quality Control in the Age of Risk Management This issue is intended to help laboratories with the transition between traditional QC practices and the new risk management approach Laboratories face a steep learning curve to apply risk analysis for identifying and prioritizing failure modes developing and implementing control mechanisms to detect those failure modes and assessing the acceptability of the residual risks that exist after implementation of a QC Plan One of the main benefits of the new risk analysis based QC Plans should be an integration of all the control mechanisms that are needed to monitor the total testing process including pre analytic analytic and post analytic controls One of the main risks of the new approach is an expectation that Statistical QC is no longer important even though SQC still remains the most useful and flexible approach for monitoring the quality of the analytic process The key to the future is the successful integration of all these control mechanisms to provide a cost effective

quality system that monitors all phases of the total testing process This issue should help laboratories understand the evolution of QC practices to include risk management but also to recognize the need to maintain traditional techniques such as Statistical QC especially during the transition to well designed and carefully validated QC Plans Risk analysis may be risky business unless laboratories proceed carefully and cautiously The Code of Federal Regulations of the United States of America ,1997 The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government

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