Medical Reference Cards

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- General -

C-ABCDE

C Catastrophic bleeding / Cardiac arrest

A Airways

Check airway	1. Chin lift/Jaw thrust
Thorax movement	2. Naso/Oropharyngeal airway
See, listen, feel	3. Suction
Paradox. breathing?	4. Laryngeal mask airway
Stridor?	5. Intubation
	6. Coniotomy

B Breathing

Respiratory rate	1. Oxygen
Thorax movement	2. Ventilation
Auscultation	3. Decompression
Cyanosis	4. Chest tube

C Circulation

Colour (Pale)	1. Tilt bed
Cold/Sweaty	2. Fluids (PVC, IO, CVC)
Pulse (Rad / Fem / Car)	3. Vasoactive drugs
Abdomen/Pelvis	(Adrenalin IM)

D Disability

AVPU/GCS	1. Support ABC
Pupils	2. Glucose
Movement of extrem.	3. Antidote

E Exposure

Check whole body	1. Log roll
Prevent hypothermia	2. Warm blankets
Prevent further injury	3. Warm fluids

- General -

SBAR

S Situation

Own name, title, and unit
Patients name, sex, and age
Patients social security / identification number
Describe situation briefly
I'm contacting you to...

B Background

Previous and current illness
Relevant medical history
Allergies
Contagiousness

A Assessment

A: Airway
B: Breathing, saturation
C: Heart rate, blood pressure
D: Consciousness, pain, oriented to time / place / person
E: Temperature, skin, colour, abdomen, urine production
Brief assessment

R Recommendation

Immediate action (Care, monitoring, transfer, treatment)
Further examinations (Radiology)
Time frame (How often...? How long...? Next contact...?)

Confirmation of communication
Questions / Agreement

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- Laboratory -

Lab reference (Swe)

Sys.	Component	Subgroup	Ref. interval	Unit
P/S	ALAT	Male	0,15 – 1,1	µkat/L
		Female	0,15 – 0,75	µkat/L
P/S	ALP		0,60 – 1,8	µkat/L
P/S	Amylas		0,40 – 2,0	µkat/L
P/S	Albumin	18 – 40 y.	36 – 48	g/L
		41 – 70 y.	36 – 45	g/L
		>70 y.	34 – 45	g/L
P/S	ASAT	Male	0,25 – 0,75	µkat/L
		Female	0,25 – 0,60	µkat/L
P/S	Bilirubin		5 – 25	µmol/L
P/S	Calcium		2,15 – 2,50	mmol/L
P/S	CK	Male 18 – 50 y.	0,80 – 6,7	µkat/L
		Male >50 y.	0,70 – 4,7	µkat/L
		Female	0,60 – 3,5	µkat/L
P/S	Fosfat	Female	0,80 – 1,5	mmol/L
		Male 18 – 50 y.	0,70 – 1,6	mmol/L
		Male >50 y.	0,75 – 1,4	mmol/L
fP	Glukos		4,2 – 6,3	mmol/L
P/S	GT	Male 18 – 40 y.	0,15 – 1,3	µkat/L
		Male >40 y.	0,20 – 1,9	µkat/L
		Female 18 – 40 y.	0,15 – 0,75	µkat/L
		Female >40 y.	0,15 – 1,2	µkat/L
P/S	Järn		9 – 34	µmol/L
P/S	Järnmättnad	Male	0,15 – 0,60	
		Female 18 – 50 y.	0,10 – 0,50	
		Female >50 y.	0,15 – 0,50	
P	Kalium		3,5 – 4,4	mmol/L
S	Kalium		3,6 – 4,6	mmol/L
P/S	Kolesterol	18 – 30 y.	2,9 – 6,1	mmol/L
		31 – 50 y.	3,3 – 6,9	mmol/L
		>50 y.	3,9 – 7,8	mmol/L
P/S	HDL-Kolesterol	Female	1,0 – 2,7	mmol/L
		Male	0,80 – 2,1	mmol/L

- Laboratory -

Lab reference (Swe)

Sys.	Component	Subgroup	Ref. interval	Unit
P/S	LDL-Kolesterol	18 – 30 y.	1,2 – 4,3	mmol/L
		31 – 50 y.	1,4 – 4,7	mmol/L
		>50 y.	2,0 – 5,3	mmol/L
P/S	Kreatinin	Male	60 – 105	µmol/L
		Female	45 – 90	µmol/L
P/S	LD	18 – 70 y.	1,8 – 3,4	µkat/L
		>70 y.	1,9 – 4,2	µkat/L
P/S	Magnesium		0,70 – 0,95	mmol/L
P/S	Natrium		137 – 145	mmol/L
P/S	Pankreasamylas		0,15 – 1,10	µkat/L
P/S	Protein		64 – 79	g/L
P/S	TIBC		47 – 80	µmol/L
P/S	Triglycerider		0,45 – 2,6	mmol/L
P/S	Urat	Male	230 – 480	µmol/L
		Female 18 – 50 y.	155 – 350	µmol/L
		Female >50 y.	155 – 400	µmol/L
P/S	Urea	Male 18 – 50 y.	3,2 – 8,1	mmol/L
		Male >50 y.	3,5 – 8,2	mmol/L
		Female 18 – 50 y.	2,6 – 6,4	mmol/L
		Female >50 y.	3,1 – 7,9	mmol/L
B	Hemoglobin	Female	117 – 153	g/L
		Male	134 – 170	g/L
B	EVF	Female	0,350 – 0,458	
		Male	0,393 – 0,501	
B	Erytrocyter	Female	3,94 – 5,16	1012/L
		Male	4,25 – 5,71	1012/L
B	MCV		82 – 98	fL
Erc	MCH		27,1 – 33,3	pg
Erc	MCHC		317 – 357	g/L
B	Leukocyter		3,5 – 8,8	109/L
B	Trombocyter	Female	165 – 387	109/L
		Male	145 – 348	109/L

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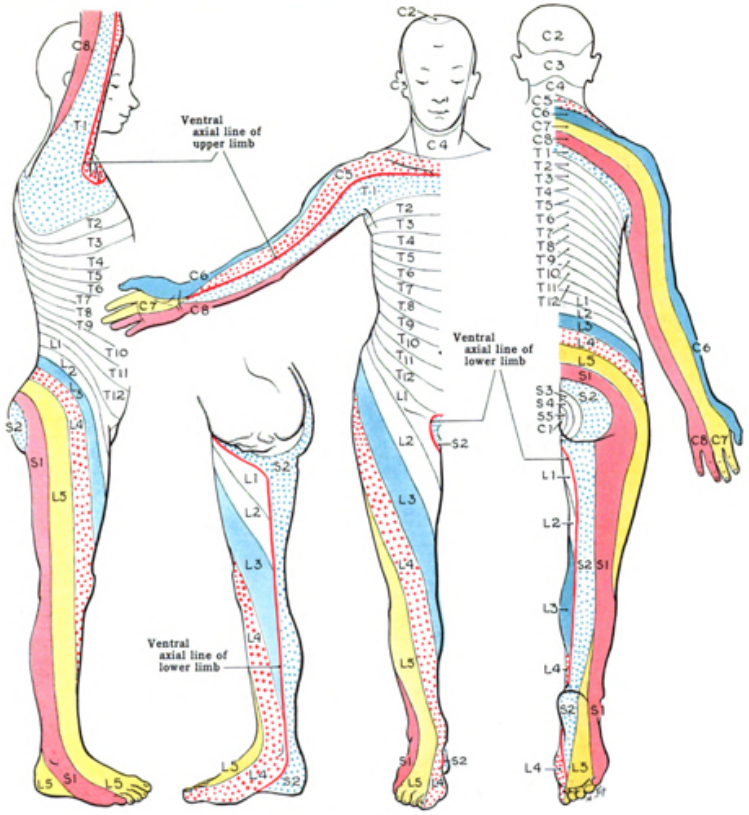
- Neurology -

Dermatomes



- Neurology -

Myotomes

Segment	Function
C1/C2	neck flexion/extension
C3	neck lateral flexion
C4	shoulder elevation
C5	shoulder abduction
C6	elbow flexion/wrist extension
C7	elbow extension/wrist flexion
C8	finger flexion
T1	finger abduction
L2	hip flexion
L3	knee extension
L4	ankle dorsi-flexion
L5	great toe extension
S1	ankle plantar-flexion/ankle eversion/ hip extension
S2	knee flexion
S3–S4	anal wink

- Neurology -

Neurological exam.

The whole time
Psychiatric: Wakefulness, oriented to time/place/self
Motor: Facial expressions, general
Dysarthria, dysphasia, right or left handed
Higher cortical functions: Apraxia, spatial function, neglect

Standing
Walk across the room
Walk on toes/heels
Squat and rise
Sight and hearing

Sitting
Face: Symmetry, ptos, corneal reflex
Pupils: Size, reaction to light
Eye movements: Nystagmus, diplopia
Sight: Donder's test
Mouth and throat: Symmetry, swallow reflex, gingival hyperplasia, cranial nerve XII
Sensibility to light touch, vibration, temperature, and pain
Motoric function for cranial nerve V, VII, XI
Reflexes in arms and legs
Grasset's test
Auskultation of lungs
Palpate lymph nodes
(Smell and taste)

Lying down
Neck stiffness
Muscle strength: proximal + distal, in arms and legs
Muscle tonus, atrophies, fasciculation, tremor,
Heel-knee test
Dysdiadochokinesis
Abdominal reflexes
Barré's test
Babinski's sign
Fundus examination
(Primitive reflexes: Grasping reflex, palmomental, glabellar, sucking)

- Neurology -

Glasgow Coma Scale

	Respone	Score
Eye opening response	Spontaneously	4
	To speech	3
	To pain	2
	No response	1
Best verbal response	Oriented to time, place, and person	5
	Confused	4
	Inappropriate words	3
	Incomprehensible sounds	2
	No response	1
Best motor response	Obeys commands	6
	Moves to localized pain	5
	Flexion withdrawal from pain	4
	Abnormal flexion (decorticate)	3
	Abnormal extension (decerebrate)	2
	No response	1
Total score	Best response	15
	Comatose patient	≤8
	Totally unresponsive	3

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Normal Physiology

Age	RR (/min)	HR (/min)	SBP (mmhG)
0-1 m	30-60	110-160	65-90
1-12 m	30-40	110-160	70-90
1-2 y	25-35	100-150	85-35
2-5 y	25-30	95-140	80-110
5-12 y	20-25	80-120	90-110
>12 y	15-20	60-100	100-120

Age	W. (kg) ♀	H. (cm) ♀	W. (kg) ♂	H. (cm) ♂
0 m	2.8-4.2	46-54	2.9-4.4	47-55
3 m	4.6-7	56-64	4.8-7.5	57-66
6 m	6-9.3	62-71	6.4-10	63-73
1 y	8-12	70-80	8.5-13	71-82
5 y	15-25	102-120	15.5-25	110-112
18 y	46-80	156-180	55-94	167-194

Age (m)	1-2	2-4	4-6	6-8	8-10	10-12
W. gain (g/w)	175	150	125	100	75	50

W. (kg)	Fluids (ml/kg/24h)
2-8	150
6-10	115-120
0-10	100
10-20	50
>20	20

A. (y)	ml/kg/hour
0-1	2-4
>1	1-2
▲ Urine / Oliguri ▼	
0-1	<1
>1	<0.5

- Pediatrics -

Normal Physiology

Months	Gross motor	Fine motor	Cogn. & Comm.
1-2	Lift head when prone	-	Smile in resp. to face/voice, visual pref. for human face
2-3	Head steady in sitting	-	-
3-4	Lift head & chest w. ext. arms	Grasps rattle	Sustain contact, displeasure if soc. contact broken, “aah, ngah”
5-6	Roll over	Transfer objects hand to hand	Monosyllabic babble
6-7	Sit with support	-	Polysyllabic babble, vowel sounds, enjoys mirrors
7-8	Sit without support, crawl	Thumb-finger grasp	Suspicious/afraid of strangers
9-10	Pull to standing pos, walk holding furniture	Pincer grip, bangs objects together.	Play peek-a-boo, wave bye-bye, respond to own name
12-18	Walk alone	Turn pages in book, scribble, build 2-cube tower	Speak a few words
4 yrs	Walk on a straight line, jump on one leg	Button clothes	Answer questions, understand prepositions

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