

Medical Reference Cards

github.com/alping/medical-reference-cards

C-ABCDE

C Catastrophic bleeding / Cardiac arrest

A Airways

Check airway

Thorax movement

See, listen, feel

Paradox. breathing?

Stridor?

1. Chin lift/Jaw thrust

2. Naso/Oropharyngeal airway

3. Suction

4. Laryngeal mask airway

5. Intubation

6. Coniotomy

B Breathing

Respiratory rate

Thorax movement

Auscultation

Cyanosis

1. Oxygen

2. Ventilation

3. Decompression

4. Chest tube

C Circulation

Colour (Pale)

Cold/Sweaty

Pulse (Rad / Fem / Car)

Abdomen/Pelvis

1. Tilt bed

2. Fluids (PVC, IO, CVC)

3. Vasoactive drugs
(Adrenalin IM)

D Disability

AVPU/GCS

Pupils

Movement of extrem.

1. Support ABC

2. Glucose

3. Antidote

E Exposure

Check whole body

Prevent hypothermia

Prevent further injury

1. Log roll

2. Warm blankets

3. Warm fluids

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

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 |

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 | Erythrocyter | Female | 3,94 – 5,16 | 10 ¹² /L |
| | | Male | 4,25 – 5,71 | 10 ¹² /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 | 10 ⁹ /L |
| B | Trombocyter | Female | 165 – 387 | 10 ⁹ /L |
| | | Male | 145 – 348 | 10 ⁹ /L |

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 | 85-95 |
| 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 |

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 |