

# Medical Reference Cards

[github.com/alping/medical-reference-cards](https://github.com/alping/medical-reference-cards)

# 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)	A. (y)	ml/kg/hour
2-8	150	0-1	2-4
6-10	115-120	>1	1-2
0-10	100	▲ Urine / Oliguri ▼	
10-20	50	0-1	<1
>20	20	>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

# 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*