

# Medical Reference Cards

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

# Normal Physiology

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

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

Age (m)	1-2	2-4	4-6	6-8	8-10	10-12
<b>W. gain (g/w)</b>	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	<b>▲ Urine / Oliguri ▼</b>	
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