

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

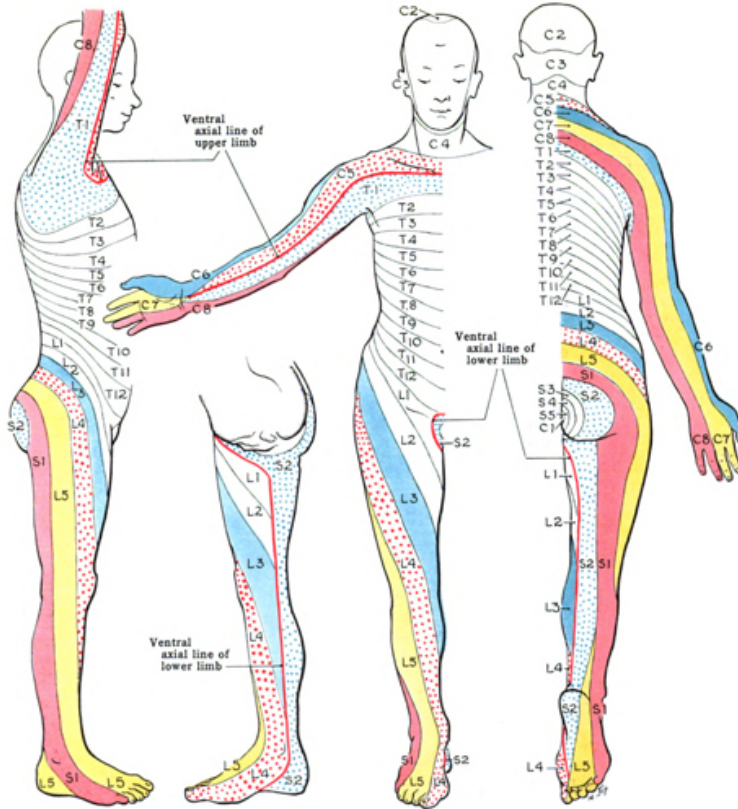
Lab reference (Swe)

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	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

Dermatomes



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

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, ptosis, 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
 Auscultation of lungs
 Palpate lymph nodes
 (Smell and taste)

Lying down

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

Glasgow Coma Scale

	Response	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
Total score	No response	1
	Best response	15
	Comatose patient	≤8
	Totally unresponsive	3

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)	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

Holiday-Segar

Normal Physiology

Months	Gross motor	Fine motor	Cogn. & Comm.
1-2	Lift head when prone	-	Smile in resp. to face/voice, visual preference for human face
2-3	Head steady in sitting	-	-
3-4	Lift head & chest w. ext. arms	Grasp 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, bang 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