

# 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*

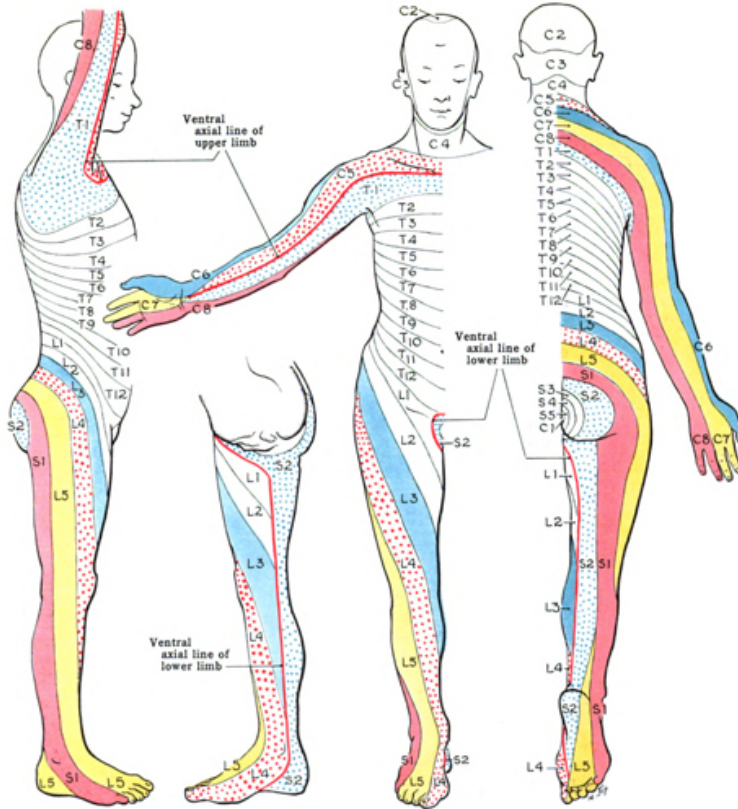
# Lab reference (Swe)

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

# Dermatomes



# Myotomes

## Segment Function

<b>C1/C2</b>	neck flexion/extension
<b>C3</b>	neck lateral flexion
<b>C4</b>	shoulder elevation
<b>C5</b>	shoulder abduction
<b>C6</b>	elbow flexion/wrist extension
<b>C7</b>	elbow extension/wrist flexion
<b>C8</b>	finger flexion
<b>T1</b>	finger abduction
<b>L2</b>	hip flexion
<b>L3</b>	knee extension
<b>L4</b>	ankle dorsi-flexion
<b>L5</b>	great toe extension
<b>S1</b>	ankle plantar-flexion/ankle eversion/hip extension
<b>S2</b>	knee flexion
<b>S3-S4</b>	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
	No response	1
Total score	Best response	15
	Comatose patient	≤8
	Totally unresponsive	3

# 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