# Commonly measured lab values

For creating long-term imagery for memory images, I follow my rule of SEA-IT which means to provide an image with

* Subject (person, group, organization, role, living thing, fictional character)
* Enhancements for the subject (tools, costume, expression, shape, size, body features)
* Action (a strong verb)
* Inanimate direct objects or items
* Terrain or location.

Use visual imagery that is relevant to your subject to make the best long-term memory images.

## Arterial blood gases

### Information to visualize

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Test** | **SI value** | **range** | **SI units** | **expanded unit description** |
| pH | 7.35 – 7.45 | 0.10 | none |  |
| pCO2 | 4.7 – 6-0 | 1.3 | kPa | kilo Pascals |
| pO2 | 10.6 – 14.0 | 3.4 | kPa | kilo Pascals |

### Category structure visualization

**Blood test** = A person with arteries as transparent tubes holds a tube out that blood flows out of in a laboratory.

**Blood gas tests** = A person with arteries as transparent tubes holds a tube out that blood and balloons flow out of in a laboratory.

### Test visualization

pH = acid to base, potential of hydrogen, red to blue. A red and blue desk phone ringing under the lemon scented water in a swimming pool.

pCO2 = pressure of carbon dioxide. A running car is emitting fumes around a drowsy driver in a closed garage that expands.

pO2 = pressure of oxygen. A scuba diver with tanks is diving for oxen sculpture treasure in the ocean.

### SI value visualization

My digit to word sound encodings use the Major system.

#### 3-digit pegs

These aren’t useful except in competition because they take so much practice time to create and recall. And then there’s the position of the decimal point.

7.35 = k, m, l = camel (3-digit pegs don’t always work as well as this),  
7.45 = k, m, l = carol (or this)  
0.10 = s, t, s = suits, acids, cities, seats, seeds, sodas, stews, suedes, yeasts.

#### 2-digit pegs

The decimal place presents a special problem that I haven’t seen anyone solve. I’m borrowing the P sound from the digit 9 and trying it for the decimal Point. Two-digit pegs are efficient for less learning and less images to associate.

point-0 = paws, peace

point-1 = pot, pet, pat, patio, pit, peat

point-2 = pan, pen, pin, pawn, pane, pine, open

point-3 = Pam, Pimm, poem, puma

point-4 = pear, pyre

point-5 = pail, pal, pill, Paul, pool, peel, pile, pole.

point-6 = peach, pitch, patch, poach, pooch, pouch

point-7 = puck, pack, peck, pick, peek, pike, poke, peg, pig, pug,

point-8 = puff, poof

point-9 = pope, popeye, hiphop, pub

10 = days, dais, daisy, DC, dice, dies, dose, DOS, deuce, tease, toys, ties, toes, toss, woods, hothouse, outhouse, Hades, adios, weeds, oats, widow, Etsy, White House, Otis

14 = tire, tour, tower, attire, door, deer, tree, water, dairy, dare, dear, diary, dowery, draw, dry, eater, heater, odor, tar, tare, tear, tiara, trio, true, waiter, tarry, hydra, otter, udder, weeder, widower, Tory, Dora, Torah, Deere, Dior, Atari

35 = mail, mole, email, mall, maul, meal, mill, male, mule, milo, Himalaya, Amelia, Mel, Miley

1-point = tape, type, tapa, top, teepee, tub, typo, tab, tabby, tip, TP, tuba, tube, doobie, top, tap, tibia, toupee.

3-point = map, hemp, hump, mop, amp, Wimpy, imp

4- point = rap, rope, harp, rep, rip, reap, ripe.

7-point = cap, cup, cape, keep, coop (chicken), cop.

#### 1-digit pegs

0 = saw, say, sea, sigh, sew, sooey, ass, ace, Esau, ice, Aussie, US, house, hose

1 = day, dye, doe, dough, dew, tea, tie, toe, toy ad, Audi, audio, Ed, id, odd, aid, Idaho, Odie, auto, eat, oat, Utah / hat, hit, hot, hut, Haiti, heat, hood, hoodie, hoot, wad, wet, wit, wheat, white, wood, yeti, Yoda

2 = gnaw, knee, no+, Noah, new / inn, own, on, Uno / hen, honey, hyena, win, Juan, one way, Wayne, wine, whine, yawn, yen, yuan

3 = ma, maw, May, mayo, meow, Maui, Moe, mow / home, yam, emu, womb, hymn, em, ham, ammo, Yuma

4 = rye, ray, hair, air, oar, ear, hear, row, roe, hour, heir, hire, raw, euro, ore, roux, war, year, yore, hero, area, aria, aura, aware, hear, whir, Oreo, Ra, Eeyore

5 = law, wheel, whale, wail, wale, oil, yell, ale, isle, eel, yule, aloe, wall, aisle, hail, holy, owl, alley, low, yale, aioli, aliyah, aloe, aloha, awl, halo, haul, hole, howl, hull, hula, lay, lei, loo, luau, lye, oleo, Al, Lou, Hoyle

6 = shoe, jaw, ash, show, wash, chi, itch, witch, hitch, watch, hootch, joy, joe, chihuahua, chow, chew, wish, ah-choo, Jew, Ouija, Chewy

7 = key, cow, koi, hawk, kiwi, wok, hack, oak, yak, wiki, wookie, hike, hook, hockey, hoagie, wok, yoga, gay, hoagy, wag, haiku, echo, queue, quay, qi, ache, caw, coo, coy, cue, yoke, yolk, uke, Ca (Calcium), IKEA

8 = fee, view, vow, pho, ivy, hoof, wave, oaf, ova, wife, UFO, wifi, eve, heavy, waif, wavy, weave, woof, hive, huff, whiff

9 = bay, bee, buy, boy, buoy, bow, Bowie, boa, pa, pie, pay, pea, pew, pi, pie, poi, Poe / eBay, oboe, app, ape / hip, hop, hub, hope, Hopi, hobo, hoop, web, whip, weep, wipe, whoop

### SI unit visualization

**Pa** = a white lamb (paschal lamb) with an inflated stomach loudly burping up foul gas in a barnyard bar.

**kPa** = a white lamb (paschal lamb) with an inflated stomach loudly burping up foul gas in a barnyard bar with a knife looking to start a fight (to kill).

### Visual sentence construction

#### pH

|  |  |  |  |
| --- | --- | --- | --- |
| **Test** | **SI value** | **range** | **SI units** |
| pH | 7.35 – 7.45 | 0.10 | none |

**Memory image** = A person holds a tube out that **blood** and **balloons** flow out of.

**Story narrative logic** = The tube is connected to the back of a desk phone at the bottom of a swimming pool and the balloons emerge from the handset, float on top and pop in hot sun.

**Memory image =** A **red and blue desk** **phone** ringing under the lemon scented water in a swimming pool.

**Story narrative logic** = The phone rings to tell you to pick up your package at the post office.

**Memory image** = A **cop** guarding the **mail** lockers at a post office. Inside the mailbox is long (the range) pieces of **soap** in the shape of a pair of **dice**.

**Story narrative logic** = The dice are large dice that float for the swimming pool.

**Scene for review** = Balloons from person’s arteries float on swimming pool with a phone ringing to tell you about a cop who guards some mail that you go pick up and then throw the soap dice in the pool.

**Quick peg review** - phone in pool, cop, mail, soap, dice

#### pCO2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Test** | **SI value** | **range** | **SI units** | **expanded unit description** |
| pCO2 | 4.7 – 6-0 | 1.3 | kPa | kilo Pascals |

**Memory image** = A person holds a tube out that **blood** and **balloons** flow out of.

**Story narrative logic** = Balloons pop coming out of the tube hooked up to the exhaust pipe of the car.

**Memory image** = A running **car is emitting fumes** around a drowsy driver in a closed garage that expands.

**Story narrative logic** = The car has a rope wrapped around it.

**Memory image =** The car is wrapped with a **rope** that is keeping a **cow** from escaping the popping balloons, causing the cow to moo loudly. The driver puts a long (the range) piece of **tape** over the cow’s mouth because his mother (**Ma**) complains about the noise while she’s in the kitchen trying to cook dinner.

**Story narrative logic** = Ma is trying to sneak up on a lamb but the cow is too noisy.

**Memory image =** Ma wants to prepare a lamb dinner, but the **belching lamb** **has grabbed a knife** from the kitchen and is not going to be dinner easily.

**Scene for review** = Balloons from person’s arteries pop as they come out of a car’s exhaust pipe. The car’s rope keeps a cow from running away. The driver has to put tape over the cow’s mouth to stop it mooing because Ma is trying to cook a lamb dinner who has a knife.

**Quick peg review** - car, rope, cow, tape, Ma, killer lamb

#### pO2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Test** | **SI value** | **range** | **SI units** | **expanded unit description** |
| pO2 | 10.6 – 14.0 | 3.4 | kPa | kilo Pascals |

**Memory image =** A person holds a tube out that **blood** and **balloons** flow out of.

**Story narrative logic** = The tube with balloons is attached to the scuba diver’s tanks keeping him from sinking

**Memory image =** A **scuba diver with tanks** is diving for oxen sculpture treasure in the ocean.

**Story narrative logic** = The treasure he finds turns out to be large dice.

**Memory image =** The **dice** with **pouches** contain a long (the range) scrolling treasure **map** showing where valuable **ore** is found. Don’t try to get in the way of the **killer lamb** who is trying to get the treasure also.

**Scene for review** = Balloons are in the line attached to the diver while searching for treasure. He finds dice with pouches containing a long map showing where ore is found but a killer lamb is getting there first.

**Quick peg review** – scuba, dice, pouches, map, ore, killer lamb