



NCLEX ONE Page Study

Calculation, Vital Signs, & Lab Values

NORMAL VITAL SIGNS		
Infant (0-12 months)	Child (1-11 years)	Adult (12+ years)
<ul style="list-style-type: none"> Heart Rate: 100-160 beats per minute Respiration (0-6 months): 30-60 breaths per minute Respiration (6-12 months): 24-30 breaths per minute Blood Pressure (0-6 months): 65-90/45-65 mm Hg Blood Pressure (6-12 months): 80-100/55-65 mm Hg Temperature: 98.6° F or 37°C 	<ul style="list-style-type: none"> Heart Rate: 70-120 beats per minute Respiration (1-5 years): 20-30 breaths per minute Respiration (6-11 years): 12-20 breaths per minute Blood Pressure: 90-110/55-75 mm Hg Temperature: 98.6° F or 37°C 	<ul style="list-style-type: none"> Heart Rate: 60-100 beats per minute Respiration: 12-20 breaths per minute Blood Pressure: 120/80 mm Hg Temperature: 98.6° F or 37°C
LAB VALUES		
Hematology Values	Coagulation Parameters	Serum electrolytes
<ul style="list-style-type: none"> Red Blood Cells: 4.5-5.0 million Hemoglobin (Male): 14-18 g/dL Hemoglobin (Female): 12-16 g/dL Hematocrit (Male): 40-54% Hematocrit (Female): 36-48% White Blood Cells: 5,000-10,000 	<ul style="list-style-type: none"> Coumadin (Warfarin) <ul style="list-style-type: none"> Prothrombin Time (PT): 11-14 seconds (normal), 16-28 seconds (therapy) International Normalized Ratio (INR): 0.8-1.2 (normal), 2.0-3.0 (therapy) Antidote: Vitamin K Heparin/Lovenox/Dalteparin <ul style="list-style-type: none"> Partial Thromboplastin Time (PTT): 25-35 seconds (normal), 35-70 seconds (therapy) Antidote: Protamine Sulfate 	<ul style="list-style-type: none"> Potassium: 3.5-5 mEq/L Sodium: 135-145 mEq/L Chloride: 95-105 mEq/L Calcium: 8.5-10.9 mg/dL Phosphorus: 2.5-4.5 mg/dL Magnesium: 1.5-2.5 mEq/L
Chemistry Values	Arterial Blood Gas Values	Therapeutic Drug Values
<ul style="list-style-type: none"> Blood Glucose: 70-110 mg/dL Blood Urea Nitrogen (BUN): 7-22 mg/dL Creatinine: 0.6-1.35 mg/dL Specific Gravity: 1.010-1.030 Protein: 6.2-8.1 g/dL Albumin: 3.5-5.0 g/dL ALT: 5-37 IU/L AST: 10-34 IU/L 	<ul style="list-style-type: none"> Bicarbonate (HCO₃): 22-28 mEq/L Carbon Dioxide (PaCO₂): 35-45 mEq/L Oxygen (PaO₂): 80-100 mEq/L ROME: Respiratory Opposite – Metabolic Equal <ul style="list-style-type: none"> Respiratory Acidosis: pH ↓ CO₂ ↑ HCO₃ ↑ Metabolic Acidosis: pH ↓ CO₂ ↓ HCO₃ ↓ Respiratory Alkalosis: pH ↑ CO₂ ↓ HCO₃ ↓ Metabolic Alkalosis: pH ↑ CO₂ ↑ HCO₃ ↑ 	<ul style="list-style-type: none"> Digoxin: 0.5-2.0 ng/mL Lithium: 0.6-1.5 mEq/L Theophylline: 10-20 mg/dL Dilantin: 10-20 mg/dL
MEDICATION ADMINISTRATION		
5 Rights of Medication Administration	Drug Schedules	Common Antidotes
<ol style="list-style-type: none"> Right Patient: Use 2 identifiers Right Medication: Check label and order Right Dose: Make sure order is appropriate amount Right Route: Make sure route is appropriate Right Time: Confirm frequency and last time given Right Documentation: Document after given Right Reason: Confirm rationale for medication Right Response: Make sure the patient has the desired effect of the medication 	<ul style="list-style-type: none"> Schedule I: Research use only Schedule II: Requires written prescription Schedule III: Requires new prescription after six months OR five refills Schedule IV: Requires new prescription after six months Schedule V: Dispensed as any other prescription or without prescription if state law permits 	<ul style="list-style-type: none"> Acetaminophen → Acetylcysteine (Mucomyst) Certain poisons → Activated charcoal Digoxin → Digibind Benzodiazepines → Flumazenil (Romazicon) Beta Blockers/Calcium Channel Blockers → Glucagon Insulin → Dextrose Magnesium Sulfate → Calcium Gluconate Opioids and Narcotics → Naloxone (Narcan) Potassium → Ativanol or Kayexalate Alcohol → Thiamine
CONVERSION CHART		
Prefix	Symbol	Factor
<ul style="list-style-type: none"> Kilo- Deci- Centi- Milli- Micro 	<ul style="list-style-type: none"> k d c m μ 	<ul style="list-style-type: none"> 1,000 0.1 0.01 0.001 0.000,001
PROCESSES AND METHODS		
Volume	Mass/Time	Height/Temperature
<ul style="list-style-type: none"> 1 mL = 1 cubic centimeter (cc) 1 mL = 15 drops (gtt) 5 mL = 1 teaspoon (tsp) 15 mL = 3 tsp = 1 tablespoon (tbsp) 30 mL = 1 ounce (oz) = 2 tablespoons 8 oz = 1 cup (c) 2 cups = 1 pint (pt) 2 pints = 1 quart (qt) 4 quarts = 1 gallon (gal) 1 gallon = 3.79 liters (L) 	<ul style="list-style-type: none"> 1 oz = 28 grams (g) 16 oz = 1 pound (lb) 1 lb = 2.2 kilograms (kg) 1 kg = 1000 g <div>Military Time</div> <ul style="list-style-type: none"> 0000 or 2400 = midnight 12:00 am = 12:59 pm, keep the same value After 12:59, simply add 12 to the time. Examples: 1:00 am = 12 = 1300 hours 5:38 pm = 12 = 1738 hours 	<ul style="list-style-type: none"> 1 cm = .01 m 2.54 cm = 1 inch Height is measured in cm <div>Fahrenheit to Celsius</div> <ol style="list-style-type: none"> Subtract 32 Multiply by 5 Divide by 9 <div>Celsius to Fahrenheit</div> <ol style="list-style-type: none"> Multiply by 9 Divide by 5

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