

NCLEX Cram Sheet

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Lab Values

Basic Metabolic Panel (BMP) Panel & Electrolytes

Sodium (Na⁺): normal range = 135-145 mEq
LOW Sodium - Low & Slow
HIGH sodium = Big & Bloated

Potassium (K⁺): Normal range = 3.5-5.0 mEq/L,
pumps the heart muscles

Chloride (Cl⁻): Normal range = 97-107, helps to
maintain acid base balance

Carbon Dioxide (CO₂): Helps to maintain acid base
pH balance (too much can put the body in Acidosis).
Normal range = 23-29 (mEq/L)

🧠 Memory trick: Carbon DiACID

Bicarbonate (HCO₃): Pushes the body into an
alkalotic state

Normal range = 23-30 mEq/L

🧠 Memory trick: Bicarb Base

BUN & Creatinine: 2 labs for 2 kidneys

BUN normal range = 10-20, over 20 usually means
dehydration.

Creatinine over 1.3 = Bad Kidney (kidney injury)

Glucose: *Normal range* = 70-110

Hyperglycemia (over 120) usually clients with
uncontrolled diabetes,

Hypoglycemia (60 or less) brain will DIE! Very deadly

Calcium (Ca): *normal range* = 9.0-10.5 mEq/L

🧠 Memory trick: Calcium Contracts Muscles

Magnesium (Mg⁺): *normal range* = 1.3 - 2.1 mEq/L

🧠 Memory trick: Magnesium Mellows Muscles

Complete Blood Count (CBC)

Hemoglobin: *Normal* = 12-18

Risky = 8-11

Heaven or blood transfusion = 0-7

Hematocrit: *Normal* = 36-54%

Elevated Hct = Dehydration

Decreased Hct = Bleeding, Anemia, Malnutrition

Red blood cell count (RBC): 4-6 million

Low = Anemia, Renal Failure

High = Dehydration

White Blood Cells (WBC) & Coagulation Panel

WBC Total Count: *Normal* = 5,000-10,000

Higher = Leukocytosis

Low = "Leukopenia"

CD4 Count: *Normal* = Over 200

Below = AIDS

Platelets: *normal range* = 150k - 400k

PTT: *normal range* = 30-40

INR: *normal range* = 0.9-1.2

Health Assessments

Head to Toe Assessment

Normal Range Vitals:

Vital Sign	Normal Range	Location	Classification
Pulse	60-100bpm	Radial, carotid, brachial, femoral, popliteal, dorsalis pedis, posterior tibialis, temporal pulse.	Absent, weak, normal, increased, bounding.
Respirations (RR)	12-20bpm	Anterior (chest) and posterior (back)	Normal, adventitious, absent, diminished.
BP	120/70-139/89	Brachial, radial, popliteal, posterior tibialis.	Systole: Max contraction of the left ventricle. Diastole: Pressure of resting ventricles.
Temperature	98.6/37°C	Temporal, rectal, oral, tympanic, axillary	Febrile, afebrile

Circulation

Capillary Refill

Skin Turgor

Head & Neck: Hair, Eyes, Nares, Mouth, Jaw & Neck

Chest: Heart: All Pigs Eat Too Much

A - Aortic

P - Pulmonic

E - Erb's Point

T - Tricuspid

M - Mitral

Lungs

Breast

Abdomen: Bowel Sounds, Shape