

Vitals	
Resp	12-18 breaths/min
HR	60-100 bpm
BP	90/60 - 120/80
O2 sat	90-100%
MAP	70-110 mmHg

Lab Values	
Na/Sodium	135-145 meq/L
K/Potassium	3.5-5 meq/L
Cl/Chloride	96-108 meq/L
CO2/Carbondioxide	22-29 meq/L
BUN/blood, urea, nitro	7-20 mg/L
WBC	4,500-11,000
PLT	150,000-450,000
RBC	M: 4.3-5.7 F: 3.8-5.1
HgB	M: 13-17 F: 12-16
HCT	M: 41-50 F: 36-44
Cr/Creatinine	M: 0.6-1.2 mg/dL F: 0.5-1.1 mg/dL
Glu/Glucose	70-115 mg/dL
Ca/Calcium	8.5-10.2 (total) mg/dL 4.65-5.28 (ionized) mg/dL
Phos	2.2-4.5 mg/dL
Mg	1.5-2.5 mg/dL
ICP	5-20mmHg

Telemetry placement	
Brown	i HEART chocolate
White (clouds)	on upper right
Green (grass)	lower right (under clouds)
Black (smoke)	Red (over fire) left

Eval data			
Name	DOB	Weight	Height
Room #	Age	Dx	A&O x
Precautions	Isolations	O2	WBS
Diet	Transfer/-device	DME/AE	Soc/fam hx
PMH	PLOF	GG/QI	Balance
MMT	Goni	Dynam	Vision
Cog	Delirium		

Mobility Progression	
Bedrest	
EOB tolerance	
OOB tolerance (sit in bedside chair)	
Stand - static	
Stand - dynamic	
Functional transfer	
Bed to bathroom	

Contraindications to tx	
HR	> 70% APMHR > 20% decrease in resting < 40 bpm or > 130 bpm New onset dysrhythmia New anti-arrhythmia med New MI by ECG or cardiac enzymes
BP	SBP > 180 mmHg > 20% decrease in SPB/DBP; orthostat hypotens MAP < 65 mmHg or > 110 mmHg Presences or changes in vasopressor med
Resp	< 5 breaths/min > 40 breaths/min
SpO2	> 4% decrease < 88% - 90%
Mech vent	F ₁ O ₂ >= 0.60 PEEP >= 10

Contraindications to tx (cont)	
	Pt-vent asynchrony
	MV mode change to assist-control
	Tenuous airway
Alert/Agitation/Sympt	Sedation or coma - RASS <= -3
	Agitation requiring sedative/increase; RASS > 2
	Card/output intolerable dyspnea on exertion
	Pt refusal

