Observations Cheat Sheet

by P. Williams via cheatography.com/210850/cs/45558/

Airway and Breathing

Respiratory Rate	12-20 breaths min^{-1}
SpO_2	> 94% in healthy patients 88-92% in patients with ARDS, COPD, etc.
End-Tidal CO_2	4-5.7kPa or 35-40 mmHg

Disability and Exposure

Temperature	36-38°C
Blood Glucose	3.9 to 5.5 mmol/L

Circulation

Heart Rate	60-100 beats min^{-1}
Capillary Refill	> 2 seconds - Dehydration > 3 seconds - Investigate Further
Blood Pressure	90/60-120/80 mmHg

Arterial Blood Gas

pH	7.35-7.45
PaO_2	10-14 kPa
PaC_{O2}	4.5-6 kPa
Base excess	-2 - 2 mmol/L
HCO_3	22-26 mmol/L
Lactate	0.6-1.8 mmol/L

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