

Morning Rounds: Cases and Therapeutics #1 Discussion Cheat Sheet  
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NORMAL LAB VALUES\*

Sodium (Na)	135-145 mEq/L
Potassium (K)	3.5-5.0 mEq/L
Chloride (Cl)	96-106 mEq/L
Bicarbonate (HCO <sub>3</sub> )	20-29 mEq/L
BUN (blood urea nitrogen)	7-18 mg/dL
Creatinine (SCr)	0.6-1.2 mg/dL
Glucose	70-100 mg/dL

\*Target lab values vary by patient

Fasting Blood Glucose Goal: 70-130 mg/dL

2-HR Post-prandial Glucose Goal: < 180 mg/dL

Normal Hemoglobin A1C (HgA1c): 4.5-5.6% (>6.5% = Diagnosis of diabetes)

ADDITIONAL LAB VALUES

Blood pH	7.35-7.45
Oxygen (pO <sub>2</sub> )	80-100 mmHg
Calcium	8.5-10.5 mg/dL
Phosphate	2.7-4.5 mg/dL
Magnesium	1.5-2.5 mg/dL

Albumin	3.4-5.4 g/dL
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### SOAP NOTE ACRONYMS

CC	Chief Complaint
HPI	History of Present Illness
PMH	Past Medical History
PSH	Past Surgical History
FH	Family History
SH	Social History
ROS	Review of systems; reviews pertinent body systems directly related to problems listed in HPI
NKDA	No known drug allergies
N/V/D	Nausea, vomiting, diarrhea
PE	Physical examination
HEENT	Head, eyes, ears, nose, throat

### CASE-SPECIFIC TERMS

dysuria	Difficulty urinating
hematuria	Blood in the urine

SOB	Shortness of breath
rhinitis	Runny nose
epistaxis	Bleeding from the nose
tinnitus	Ringing or buzzing noise in one or both ears
dysphagia	Difficulty swallowing
palpitations	Abnormal heartbeats
dyspnea	Difficulty breathing
hematochezia	Passage of blood through the anus
hematemesis	Vomiting blood
myalgia	Muscle pain
arthralgia	Joint pain
jaundice	Yellowing of the skin or eyes
insomnia	Difficulty falling asleep
atraumatic	Minimal tissue injury
normocephalic	Head and all major organs of the head are in normal condition
Peripheral edema	Swelling in the lower limbs
tachypneic	Abnormal rapid breathing
SC	Subcutaneous(ly)
Mild epigastric tenderness	Mild pain/discomfort right below the ribs
IDDM	Insulin-dependent diabetes mellitus

**CASE-SPECIFIC MEDICATIONS**

<b>Medication</b>	<b>Drug Class</b>	<b>Indication</b>
Insulin aspart	Fast acting (bolus) insulin	Improves blood sugar
Insulin detemir	Long acting insulin	Improves blood sugar and works for about 24 hours