

# Critical Care Cheat Sheet

## Arterial Blood Gas Values

	Acidosis	Alkalosis
pH	<7.35	>7.45
PaCO <sub>2</sub>	>45	<35
HCO <sub>3</sub>	<22	>26

## Ventilator

Alarm	Causes
High Pressure	Due to a blockage Excessive secretions, pulmonary edema, pneumothorax, biting/kinks in tube, coughing
Low Pressure	Cuff leak, tube displacement or disconnection

## Ventilator Modes

## Compensation with Blood Gases

### Uncompensated

- pH is abnormal, HCO<sub>3</sub> or PaCO<sub>2</sub> is normal

### Partially Compensated

- pH, HCO<sub>3</sub>, PaCO<sub>2</sub> are abnormal

### Fully Compensated

- pH within normal range
- HCO<sub>3</sub> & PaCO<sub>2</sub> are abnormal



# CRITICAL CARE CHEAT SHEET

<b>Hypovolemic</b>	Loss of fluid and/or blood	Hypotension, tachycardia, weak thready pulse, agitation, pale cool skin, decreased UO
<b>Cardiogenic</b>	Heart unable to pump enough blood to meet body's demand Ischemia or lack of tissue perfusion	Tachypnea, SOB, tachycardia, hypotension, weak thready pulse, pale cool skin, decreased UO  Decreased cardiac output
<b>Distributive (Vascular)</b> 3 Types:		
<b>Anaphylactic</b>	Allergic reaction	Tachycardia, hypotension, dyspnea, cough, pruritis, restlessness, decreased LOC
<b>Neurogenic</b>	Spinal cord injury	Bradycardia, hypotension, warm dry skin, blue lips
<b>Septic</b>	Endotoxins from gram negative bacteria	Tachycardia, hypotension, tachypnea, bounding pulses, cool pale extremities, decreased UO
<b>Obstructive (Circulatory)</b>	Obstruction prevents perfusion to organs  Compartment syndrome, emboli, tamponade, tension pneumothorax	Tachycardia, hypotension, change in LOC, decreased UO, cool pale skin  Decreased cardiac output

## Arterial Pressure

### Peripheral Resistance

- Resistance of the arteries to blood flow
  - Arteries constrict → resistance INCREASES
  - Arteries dilate → resistance DECREASES

### Central Venous Pressure (CVC)

- Pressure in the right atrium
- Used to assess cardiac function & estimate fluid volume status
- Normal level: 2 - 6 mm Hg

### Cardiac Output

- Volume of blood your heart pumps in 1 min
- Cardiac Output = Stroke Volume x Heart Rate
  - Stroke volume - amount of blood ejected in one heartbeat

### Mean Arterial Pressure (MAP)

- Measures flow, resistance, and pressure in the arteries during one heartbeat (used to ensure there's enough blood flow for organ perfusion)
- Normal level: 70 - 100 mm Hg

# Critical Care Plans

**Yijin Wang**



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