

SIM LAB CHEAT SHEET

Whiteboard Crib Notes

Assessment	Explanation
Sick/Not Sick	Your general impression of the patient as you enter the room
ABCs & PG-MOVIE	<p><i>Life Threats:</i></p> <p style="padding-left: 40px;">Airway Breathing Circulation</p> <p><i>Bedside Tests:</i></p> <p style="padding-left: 40px;">P = Urine Pregnancy Test G = Glucose Fingerstick</p> <p><i>EM Safety Net:</i></p> <p style="padding-left: 40px;">Monitor +/- Oxygen Vital Signs +/- IV +/- EKG</p>
AVPU / Disability	<p><i>Assess for mental status/level of consciousness:</i></p> <p style="padding-left: 40px;">Alert Alert to Verbal Stimuli Alert to Painful Stimuli Unresponsive</p>
Physical Exam / Exposure	<p>Conscious and alert patients → do a focused PE</p> <p>Semi-conscious/unresponsive/patients unable to follow commands → <i>completely</i> expose the patient and do a head-to-toe exam</p>
SAMPLE / OPQRST	<p><i>History of Present Illness (HPI) & Medical History:</i></p> <p style="padding-left: 40px;">Signs & Symptoms Allergies Medications Past Medical Hx Last Oral Intake Events Leading Up To</p>

	<p><i>7 Dimensions of a Symptom:</i></p> <p>Onset</p> <p>Provocation/Palliation</p> <p>Quality</p> <p>Radiation</p> <p>Severity (0-10 scale)</p> <p>Time (Constant vs. Intermittent)</p>
Differential Diagnosis (Ddx)	List of possible diagnoses; most life-threatening first!
Labs/Imaging	Order appropriate lab/imaging studies in order to narrow down Ddx
Treatment	Initiate appropriate interventions to stabilize patient; also based on working diagnosis
Disposition	Patient will either be discharged, admitted to a specific hospital service (transfer care) or expire in the ED

<p><u>Temperature Conversion</u></p> <table border="1"> <thead> <tr> <th>°C</th> <th>°F</th> <th>°C</th> <th>°F</th> <th>°C</th> <th>°F</th> <th>°C</th> <th>°F</th> </tr> </thead> <tbody> <tr><td>35.0</td><td>95.0</td><td>36.7</td><td>98.0</td><td>38.3</td><td>101.0</td><td>40.0</td><td>104.0</td></tr> <tr><td>35.1</td><td>95.2</td><td>36.8</td><td>98.2</td><td>38.4</td><td>101.2</td><td>40.1</td><td>104.2</td></tr> <tr><td>35.2</td><td>95.4</td><td>36.9</td><td>98.4</td><td>38.6</td><td>101.4</td><td>40.2</td><td>104.4</td></tr> <tr><td>35.3</td><td>95.6</td><td>37.0*</td><td>98.6</td><td>38.7</td><td>101.6</td><td>40.3</td><td>104.6</td></tr> <tr><td>35.4</td><td>95.8</td><td>37.1</td><td>98.8</td><td>38.8</td><td>101.8</td><td>40.4</td><td>104.8</td></tr> <tr><td>35.6</td><td>96.0</td><td>37.2</td><td>99.0</td><td>38.9</td><td>102.0</td><td>40.6</td><td>105.0</td></tr> <tr><td>35.7</td><td>96.2</td><td>37.3</td><td>99.2</td><td>39.0</td><td>102.2</td><td>40.7</td><td>105.2</td></tr> <tr><td>35.8</td><td>96.4</td><td>37.4</td><td>99.4</td><td>39.1</td><td>102.4</td><td>40.8</td><td>105.4</td></tr> <tr><td>35.9</td><td>96.6</td><td>37.6</td><td>99.6</td><td>39.2</td><td>102.6</td><td>40.9</td><td>105.6</td></tr> <tr><td>36.0</td><td>96.8</td><td>37.7</td><td>99.8</td><td>39.3</td><td>102.8</td><td>41.0</td><td>105.8</td></tr> <tr><td>36.1</td><td>97.0</td><td>37.8</td><td>100.0</td><td>39.4</td><td>103.0</td><td>41.1</td><td>106.0</td></tr> <tr><td>36.2</td><td>97.2</td><td>37.9</td><td>100.2</td><td>39.6</td><td>103.2</td><td>41.2</td><td>106.2</td></tr> <tr><td>36.3</td><td>97.4</td><td>38.0</td><td>100.4</td><td>39.7</td><td>103.4</td><td>41.3</td><td>106.4</td></tr> <tr><td>36.4</td><td>97.6</td><td>38.1</td><td>100.6</td><td>39.8</td><td>103.6</td><td>41.4</td><td>106.6</td></tr> <tr><td>36.6</td><td>97.8</td><td>38.2</td><td>100.8</td><td>39.9</td><td>103.8</td><td>41.6</td><td>106.8</td></tr> </tbody> </table>	°C	°F	°C	°F	°C	°F	°C	°F	35.0	95.0	36.7	98.0	38.3	101.0	40.0	104.0	35.1	95.2	36.8	98.2	38.4	101.2	40.1	104.2	35.2	95.4	36.9	98.4	38.6	101.4	40.2	104.4	35.3	95.6	37.0*	98.6	38.7	101.6	40.3	104.6	35.4	95.8	37.1	98.8	38.8	101.8	40.4	104.8	35.6	96.0	37.2	99.0	38.9	102.0	40.6	105.0	35.7	96.2	37.3	99.2	39.0	102.2	40.7	105.2	35.8	96.4	37.4	99.4	39.1	102.4	40.8	105.4	35.9	96.6	37.6	99.6	39.2	102.6	40.9	105.6	36.0	96.8	37.7	99.8	39.3	102.8	41.0	105.8	36.1	97.0	37.8	100.0	39.4	103.0	41.1	106.0	36.2	97.2	37.9	100.2	39.6	103.2	41.2	106.2	36.3	97.4	38.0	100.4	39.7	103.4	41.3	106.4	36.4	97.6	38.1	100.6	39.8	103.6	41.4	106.6	36.6	97.8	38.2	100.8	39.9	103.8	41.6	106.8	<p><u>Point of Care Tests</u></p> <p>Glucose Fingerstick</p> <p>12-Lead EKG</p> <p>Ultrasound (<i>various studies</i>)</p> <p>Portable X-Ray</p>
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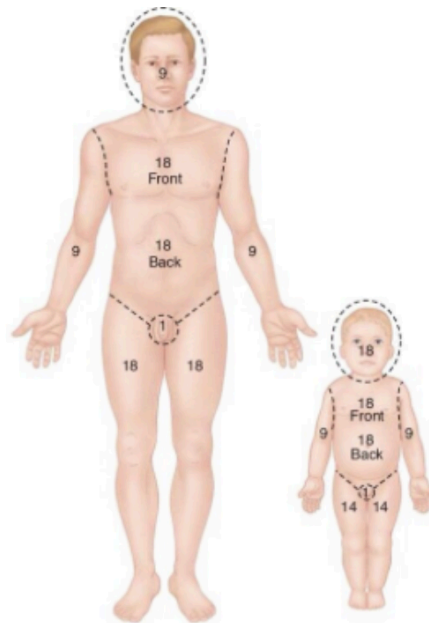
<p><u>Common Lab Orders</u></p> <p>CBC</p> <p>Basic Metabolic Panel (BMP)</p> <p>Comprehensive Metabolic Panel (CMP)</p> <p>Lactate</p> <p>Arterial Blood Gas (ABG) / Venous (VBG)</p> <p>Other Electrolytes: Ca, Mg, PO4</p> <p>PT/PTT</p> <p>Troponin</p>	<p><u>Common Imaging Orders</u></p> <p>Chest X-Ray (CXR)</p> <p>Abdominal X-Ray</p> <p>Head CT (w/ or w/out contrast)</p> <p>Abdominal / Pelvic CT (w/ or w/out contrast)</p> <p>MRI</p>
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Brain Natriuretic Peptide (BNP) D-Dimer Lipase Amylase D-Dimer Creatinine Kinase (CK) Toxicology Screen Cultures (Blood, Urine, Cerebrospinal Fluid) Type & Cross and/or Type & Screen Urinalysis Urine Drug Screen (UDS)	
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Glasgow Coma Scale (GCS)

TABLE 38-2		
Glasgow Coma Scale		
BEHAVIOR	RESPONSE	SCORE
Eye opening response	Spontaneously	4
	To speech	3
	To pain	2
	No response	1
Best verbal response	Oriented to time, place, and person	5
	Confused	4
	Inappropriate words	3
	Incomprehensible sounds	2
	No response	1
Best motor response	Obeys commands	6
	Moves to localized pain	5
	Flexion withdrawal from pain	4
	Abnormal flexion (decorticate)	3
	Abnormal extension (decerebrate)	2
	No response	1
Total score:	<i>Best response</i>	15
	<i>Comatose client</i>	8 or less
	<i>Totally unresponsive</i>	3

Adult & Pediatric Burn Chart (Rule of Nines)



APGAR Score

(Calculated at 1 min & 5 mins after birth)

SCORE	APPEARANCE	PULSE	GRIMACE	ACTIVITY	RESPIRATION
0	 Blue all over	 No pulse	 No response to stimulation	 No movement	 No respiration
1	 Blue extremities	 <100 beats/min	 Grimace on stimulation	 Some flexion	 Weak, irregular, slow
2	 No blue colouration	 >100 beats/min	 Cry on stimulation	 Flexed limbs that resist extension	 Strong cry

≥7 **NORMAL**
4-6 **LOW**
≤3 **CRITICAL**

More FREE resources at eventmedicinegroup.org