

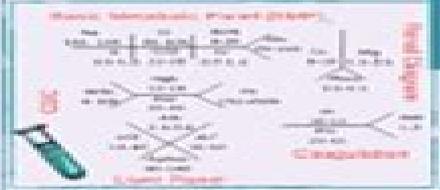
# CHEAT SHEET FOR ER NURSES

## ER CHEAT SHEET



### Normal Adult Vital Signs

BP	~120 mmHg Systolic ~80 mmHg Diastolic
HR	60-100
RR	12-20
O2	95%-100%
Temp	97.8°F-99°F



Need a TBSSA x weight (Kg)

Give 1st 50% in first 8 hours

Give 2nd 50% in next 16 hours

The Parkland Formula is used to calculate fluid replacement in burn patients.



### Parkland Formula

### Suspected Stroke

- 15 min: General assessment, IV access, Labs, 50 mg Aspirin
- 25 min: Supplemental by stroke team/physician, 300mg Aspirin
- 45 min: CT scan/head
- 60 min: give IV tPA if not contraindicated, if neurology for thrombolysis

### Severe Sepsis

- If pt meets severe sepsis or septic shock criteria:
- 2 hrs: Draw labs, blood cultures, give antibiotics, give 30 mL/kg fluid bolus
- 6 hrs: repeat lactate, reassess fluid status, fever, pressure, or acid base fluid balance, LFT assessment to rule out cholelithiasis

### Common Splints



Splint for Upper Limb	Characteristics	Treatment	Notes
Wrist Splint	Supports the wrist, forearm and hand, held in place by straps and padding.	• Immobilize • 0-90° flexion • 0-45° extension • 0-45° rotation	Caused by trauma, infection, osteoarthritis, rheumatoid arthritis, tendonitis, carpal tunnel.
Sugar Tong Splint	Supports the wrist, forearm and hand, held in place by straps and padding.	• 0-90° flexion • 0-45° extension • 0-45° rotation	Caused by trauma, infection, osteoarthritis, rheumatoid arthritis, tendonitis, carpal tunnel.
Thumb Spica Splint	Supports the thumb, wrist, forearm and hand, held in place by straps and padding.	• Immobilize • 0-90° flexion • 0-45° extension • 0-45° rotation	Caused by trauma, infection, osteoarthritis, rheumatoid arthritis, tendonitis, carpal tunnel.
Proximal Lower Leg Splint	Supports the lower leg, held in place by straps and padding.	• Immobilize • 0-90° flexion • 0-45° extension • 0-45° rotation	Caused by trauma, infection, osteoarthritis, rheumatoid arthritis, tendonitis, carpal tunnel.
Distal Leg Splint	Supports the lower leg, held in place by straps and padding.	• Immobilize • 0-90° flexion • 0-45° extension • 0-45° rotation	Caused by trauma, infection, osteoarthritis, rheumatoid arthritis, tendonitis, carpal tunnel.

### Suspected ACS

- 5 min: ECG and Troponin levels/CPKmb
- If STEMI confirmed send to cath lab:
- 90 min: Cath lab: give ASA, CCS, Nitroglycerin, Aspirin, Heparin bolus
- 20 min: PT on cath lab table
- If no STEMI:
- 2-3 hrs: Repeat and send troponin levels

### Special Notes

- Times are from arrival to Emergency Department.
- Every hospital's protocol will vary but will be similar to these guidelines.
- Times vary for hospitals without a cath lab that will require transfer.

# Er Nurse Guide

**Mark Steyvers**



**Er Nurse Guide:**

## **Er Nurse Guide** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Er Nurse Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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