

Adult Vital Signs and Lab Values Cheat Sheet

Hey there, friend!

Thanks for downloading this vital signs and lab values cheat sheet.

Keep the vital signs handy when you go to clinical, skills lab, lecture class, or any other time you need to assess a patient.

And lab values are super important for you to know during nursing school. Not only will you need to know how to interpret them in order to take great care of your patients, but you'll most likely be tested on them on your exams as well.

We'll walk through some of the most important lab values you need to know in nursing school, and I'll also give you some quick ways to keep track of them at clinical (through lab value skeletons!)

Here's what's included:

1. Normal Adult Vital Signs
2. Normal Adult Lab Values
3. Lab Value Skeletons

Be sure to print this cheat sheet out and pop it into your lecture or clinical binder so you can always reference it when you need to.

[And if you need more help with nursing fundamentals, be sure to check out this playlist on YouTube.](#)

Thanks for being here, friend! And thanks for allowing me to help you along your nursing school journey.

All my best,
Christina

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NORMAL ADULT VITAL SIGNS:

- Temperature (oral): 97.8°F - 99°F
- Heart Rate: 60 - 100 beats per minute
- Respiratory Rate: 12 - 16 breaths per minute
- Blood Pressure: Less than 120mmHg systolic and less than 80mmHg diastolic
- Pulse Oximetry: 95 - 100%

NORMAL ADULT LAB VALUES:

- Sodium (Na): 135-145 mEq/L
- Potassium (K): 3.5 - 5 mEq/L
- Chloride (Cl): 98-106 mEq/L
- Calcium: 9-10.5 mg/dL
- Magnesium: 1.3-2.1 mEq/L
- Phosphorus: 3-4.5 mg/dL
- BUN: 7-20 mg/dL
- Creatinine: 0.6-1.2 mg/dL
- Creatinine Clearance: 90-120 mL per minute
- Hemoglobin (Hgb): 12-17.5 g/dL
- Hematocrit (Hct): 34-52%
- WBC: 4.5-11 cells/mm³
- Platelets (Plt): 150,000-400,000
- PT: 10-13 seconds
- PTT: 25-35 seconds
- INR: 0.8-1.2
- Glucose: 70-100 mg/dL
- pH: 7.35-7.45
- PaCO₂: 35-45 mmHg
- HCO₃: 22-26 mEq/L
- PaO₂: 80-100 mmHg

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LAB VALUE SKELETONS:

You may have seen these clusters of numbers and abbreviations during lecture class or at clinical.

This is a quick and handy tool for you to use to keep track of your patient's lab values, as well as to remember the normal ranges.

When you get a new patient, all you need to do is draw out this grid ("skeleton") on your brain sheet or another piece of paper and fill in their lab values.

The more you use this cheat sheet, the quicker you will memorize the normal lab values, as well as where to put them in each of these skeletons.

Na 135-145	Cl 97-107	BUN 8-21	Glu 70-100
K 3.5-5.0	HCO ₃ 22-26	Creat 0.6-1.2	

WBC 4.5-11	Hgb 12.0-17.5	Plt 150-450
	Hct 34-52	

PT 10-13	PTT 25-35
INR 0.8-1.2	