

# EXHALE ACADEMY CSE CHEAT SHEET #20

## NORMAL VALUES QUICK GUIDE

### ABG BASICS

- pH: 7.35-7.45.
- PaCO<sub>2</sub>: 35-45 mmHg.
- HCO<sub>3</sub>: 22-26 mEq/L.
- PaO<sub>2</sub>: roughly 80-100 mmHg on room air in healthy adults.
- SaO<sub>2</sub>/SpO<sub>2</sub>: usually 95-100% in healthy adults.

### VENTILATION/WEANING

- Normal adult VT: about 5-8 mL/kg.
- VC concern when very low; trend matters in neuro weakness.
- MIP/NIF: more negative is stronger.
- RSBI = f/VT; lower is generally better for weaning readiness.

### HEMODYNAMICS

- Normal BP: around 120/80 as a reference point.
- MAP target is often at least 65 mmHg in critical care contexts.
- CVP and PCWP trends help fluid/heart status.
- High PCWP suggests cardiogenic pulmonary edema; ARDS tends to be noncardiogenic.

### OXYGENATION INDICES

- P/F ratio = PaO<sub>2</sub> / FiO<sub>2</sub>.
- Lower P/F = worse oxygenation.
- Severe hypoxemia on high FiO<sub>2</sub> suggests shunt/refractory problem.
- Use PEEP/CPAP when oxygen alone is not enough.

### TEST DAY TIP

- Do not memorize numbers without context.
- Trends matter: worsening pH, rising PaCO<sub>2</sub>, falling PaO<sub>2</sub>.
- Always connect the number to the patient appearance.
- A normal number can be misleading in CO poisoning or exhaustion.

### EXHALE MEMORY LINE

**Numbers do not treat patients. Numbers confirm the pattern and guide the next safe move.**