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Product Key:



Batteries Included



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Available Product Colors



Customizable (see page 72)



Available Product Displays (see page 2)



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MDpocket Resident Edition - 2019



The MDpocket Resident Edition is a great tool for medical and osteopathic residents who are caring for patients. Pocket size, comprehensive, and specifically designed to give treatment algorithms and day-to-day medical information, this guide is vital to their training and education.

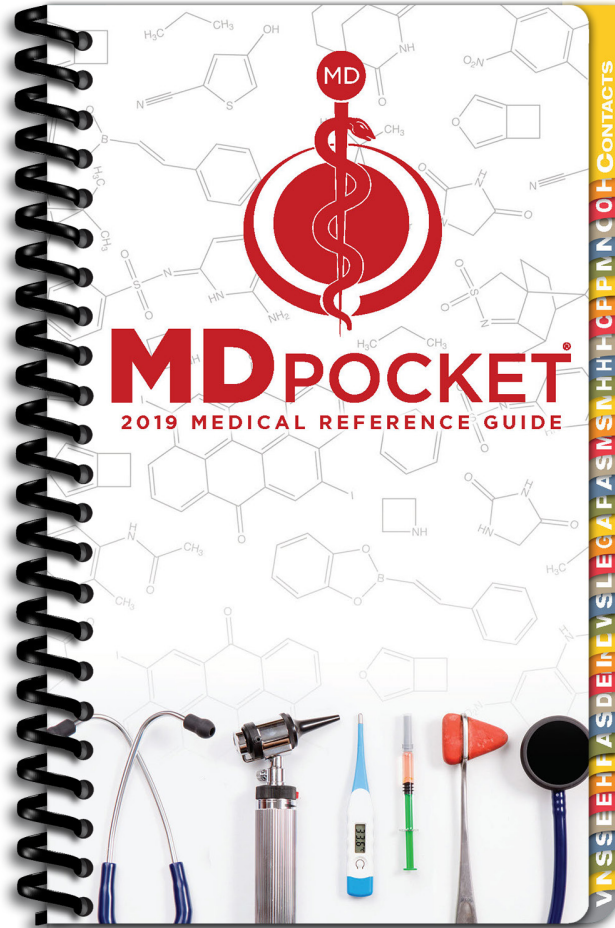
Contents:

- Areas for your contacts and numbers
- ACLS algorithms and medications
- Lacerations guide and suture diagrams
- Chest X-ray anatomy
- Coronary artery and valve diagrams
- "How to" section on procedures: paracentesis, thoracentesis, and more
- Electrolyte replacement and management
- Dermatome map
- Mini mental status exam
- Glasgow Coma Score
- Treating community-acquired pneumonia with *Pseudomonas* risk factors
- Sepsis bundle
- Analgesic guide and reference
- Epidemiology help
- Adult immunization schedule
- Heart murmurs
- Pain medications with dosing
- Nausea/vomiting/diarrhea management
- Steroid equivalents and conversions ...and much more!

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Wholesale Spiral Price: \$21.42



ADMISSION ORDERS (ADC VAANDISML)

Written in the physician orders for admissions, transfers and postop

A: Admit/Transfer	N: Nursing
D: Dx	D: Diet
C: Condition	I: IV
V: Vitals	S: Special instructions
A: Activity	M: Medications
A: Allergies	L: Labs and x-rays

Example of Postop or Admission Orders
 Admit to Ward _____, Dr. _____, Pager # _____.
Dx: colon cancer s/p sigmoid colectomy
condition: stable
Vs: q2hrs for 24hrs, then q4hrs: call HO if T >38.5°C, P >100 or <60, SBP >160 or <110, RR >30, urine output <60 mL over 2 hours
Activity: OOB in the AM with assistance, ambulate tid, neurological checks q8hrs with pupils
Allergies: none
Nursing: strict I/O, daily weight
 • **DVT prophylaxis:** pneumatic compression stockings until ambulatory
 • **Incentive spirometer:** 10 puffs q1hr while awake
Drains/tubes: Foley to gravity, NGT to low constant suction, JP drain to bulb suction
Diet: NPO
IV: LR @ 125 mL/hr for first 24 hours; change to maintenance fluids of D5 ½ NS or ½ NS + 20 mEq/L KCL @ 80 mL/hr
Special Instructions
Medications: "6 Ps": Postop meds, Pain, Pee (diuretics), Poop, Pus (antibiotics), Pillow (sleep, sedation)
 • **Postop medication:** (must be individually reordered)
 • **Pain regimen:** patient-controlled analgesia as needed
 • **Diuretics:**
 • Lasix: 40 mg IV qday
 • **Antibiotics:** cefotetan 1g IV q8hrs if attending wishes to continue preoperative dosing, etc.
Gx: Zantac
Labs and Xrays: CBC, CHEM-7, etc. in the AM
AM labs: A/P and lateral, check HCT, CBC, CHEM-7
Your signature and title:

PREOPERATIVE NOTE

Written in the progress notes before the operation

TITLE NOTE: Preop Note **Date/Time:** _____
Preop Dx: Colon cancer
Procedure: Descending colon resection
Labs: CBC, CHEM-7, PT/PTT
CXR: Normal
EKG: NSR, WNL
Blood: T&C x 3 Units (or not needed, T&S)
Anesthesia: GETA
Consent: Signed and on front of chart
Orders:
 1. Void OCTOR
 2. Cefoxitin 1g OCTOR
 3. Hibiclens scrub this PM
 4. Bowel prep today
 5. NPO after midnight

OPERATIVE NOTE (PPP-SAAFFE-DSSC)

Written in the progress notes of the chart and title note

TITLE NOTE: Op Note **Date/Time:** _____
Preop Dx: Acute appendicitis
Postop Dx: Ruptured appendix
Procedure: Appendectomy
Surgeon: Burry
Assistants: Davis Love III, Hank Aaron, Jeff Moore MS III
Anesthesia: GET, local, MAC, epidural, spinal, LMA
Findings: Perforated Appendix
Fluids: I/O: 1200 mL LR/UOP 450 mL
EBL: 150 mL
Drains: None
Specimens: Appendix to pathology, CSF to lab
Complications: None (ask before you write your own)
Condition: Stable, extubated, moved to PACU in stable condition

Abbreviations:
 NSR: Normal sinus rhythm, WNL: Within normal limits, T&C: Type and Cross
 T&S: Type and Screen, GETA: General endotracheal anesthesia, LMA: Laryngeal mask airway, MAC: Monitored anesthesia care, OCTOR: On-call to OR, UOP: Urine output, CSF: Cerebral spinal fluid, EBL: Estimated blood loss

CRANIAL NERVE LESIONS

CN	Function	Distribution/Location
I	Smell	Loss of smell
II	Visual acuity/fields; eyelid opening; direct and consensual light reflexes	Blindness, no pupil constriction
III	Extracocular movements; eyelid opening; direct and consensual light reflexes	Phos, mydriasis, eye turned down and out
IV	Extracocular movements; eyelid opening; direct and consensual light reflexes	Inability to look down when eye abducted
V	Facial sensation; touch; corneal reflex	Loss of corneal reflex
VI	Facial sensation; touch; corneal reflex	Loss of eye reflex
VII	Facial movements (orbital); hearing; taste (anterior 2/3 of tongue)	Loss of soft taste, thermal, cramp and painful sensation in face
VIII	Hearing; taste (anterior 2/3 of tongue)	Paralysis of mastication, deviation of mandible
IX	Gag reflex; taste posterior 1/3 of tongue	Medial eye deviation, inability to track laterally
X	Gag reflex; taste posterior 1/3 of tongue	Paralysis of facial expressions, hearing loss, taste anterior 2/3 of tongue
XI	Shoulder shrug, neck flexion, lateral head rotation	Progressive unilateral hearing loss, vertigo
XII	Tongue symmetry, protrusion and strength on lateral deviation	Loss of taste on the posterior 1/3 of the tongue

MOTOR STRENGTH TESTING

Patterns of weakness can help localize a lesion to a particular critical or nerve root region, spinal cord level, nerve root, peripheral nerve, or muscle. Test the strength of each muscle group and record it in a patterned fashion. Assess and compare bilateral bulk, tone, and strength. Test resistance to passive stretch.

Test	Muscle(s)	Root(s)	Location
Upper Limb	Flexion	Biceps	C5, C6
	Extension	Triceps	C6-C8
Grasp	Flexor digitorum profundus	C7, C8, T1	
Wrist	Extension	Radial nerve	C6-C8
	Flexion	Ulnar nerve	C8, T1
Thumb	Opposition	Median nerve	C8, T1
	Flexion	Supinator	C5-C6
	Adduction	Stenosis minimus	C7
Hand	Adduction	Abductor digiti minimi	C8-T1
	Abduction	Stenosis medius and minimus	C8, T1
Forearm	Flexion	Supinator	C5-C6
	Extension	Extensor carpi radialis	C6-C7
Wrist	Flexion	Supinator	C5-C6
	Extension	Extensor carpi radialis	C6-C7
Forearm	Flexion	Supinator	C5-C6
	Extension	Extensor carpi radialis	C6-C7

PARACENTESIS CONTINUED

Paracentesis Extra:
 • For cytology, send vacutainer bottles with 5,000 units heparin added.
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MDpocket Medical Student Edition - 2019

The Student Edition contains the most used information by today's medical students. Pocket-sized, comprehensive, and specifically designed to meet the demands of all students throughout their medical school years.

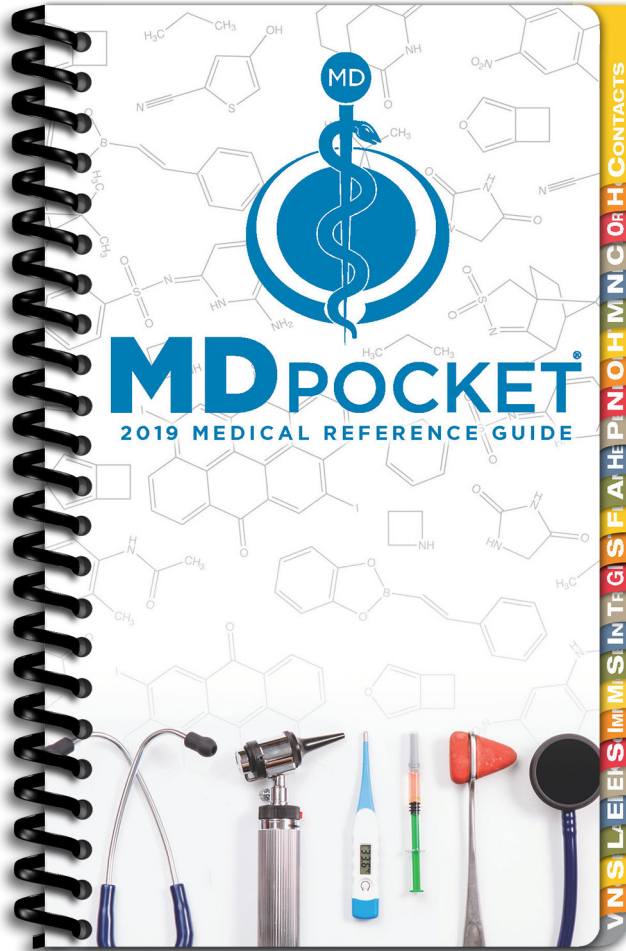
Contents:

- Complete history and physical exam guidance with descriptors to help you write a great H&P exam
- Mini mental status exam
- Dermatome map
- Glasgow Coma Scale
- How to write admission orders
- Examples of preoperative, operative, and postoperative notes
- Examples of general SOAP, peds, neurological, and procedure notes
- Chapman reflexes
- Commonly used replacement fluids
- Commonly used equations
- Rulers in centimeters and inches
- Eye chart
- Newborn reflexes and weights
- Insulin actions
- Acute renal failure
- Antibioqram
- USPSTF screening guidelines
- Autonomic reflexes
- ...and much more!

Spiral ISBN-13: 978-1-943991-90-7

Retail Spiral Price: \$23.95

Wholesale Spiral Price: \$15.57



Category	Test/Sign	Normal/Location	Abnormal/Location
Cranial Nerve Lesions	II	Visual acuity/fields	Loss of small
	III	Extracocular movements	Paras, rigidity, eyes turned down and out
	IV	Extracocular movements	Paras, rigidity, eyes turned down and out
	V	Facial sensation: forehead, cornea, reflex	Loss of corneal reflex
	V	Facial sensation: cheek	Loss of soft tactile, thermal, proprioceptive and painful sensation in face
	V	Facial sensation: jaw, pain opening, bite strength	Paras of mastication, deviation of mandible
	VI	Abduction of eye	Medial eye deviation
	VII	Facial movements (smile)	Paras of facial expression, wrinkling, drooping, loss of taste on the anterior 2/3 of tongue
	VIII	Hearing	Rinne test: ear vs. bone conduction
	VIII	Weber lateralization tests	Proximal unilateral hearing loss, tinnitus
Motor Strength Testing	Upper Arm	Flexion	Shoulder
	Upper Arm	Extension	Shoulder
	Wrist	Extension	Radial nerve
	Wrist	Flexion	Ulnar nerve
	Hand	Opposition	Median nerve
	Hand	Extension	Radial nerve
	Hand	Adduction	Ulnar nerve
	Hand	Abduction	Ulnar nerve
	Hand	Flexion	Ulnar nerve
	Hand	Extension	Radial nerve

Category	Test/Sign	Normal/Location	Abnormal/Location
Obstetric Definitions	Labors	Regular painful uterine contractions resulting in cervical dilation and effacement	
	Cervical insufficiency	Cervical dilation in the absence of uterine contractions	
	Stages of Labor	First Stage: From the onset of contractions until full cervical dilation (10 cm)	
	Second Stage	From complete cervical dilation until delivery of the fetus	
	Third Stage	From delivery of the fetus to delivery of the placenta and fetal membranes; considered prolonged after 30 minutes	
	Fetal Heart Rate Monitoring	Baseline heart rate: 110-160 bpm	
	Accelerations	Transient increase of at least 15 bpm for at least 15 seconds from onset to return to baseline	
	Decelerations	Transient decrease of at least 15 bpm for at least 15 seconds from onset to return to baseline	
	Variable Decelerations	Transient decrease in FHR (20 seconds from onset to nadir and 20 seconds to return to baseline)	
	Category III Intrauterine Fetal Heart Rate	Recurrent late decelerations with minimal or moderate variability, prolonged deceleration >20 minutes	

ADMISSION ORDERS (ADC VAANDISML)

Written in the physician orders for admissions, transfers and postop

A: Admit/Transfer **N:** Nursing
D: Dx **D:** Diet
C: Condition **I:** IV
V: Vitals **S:** Special instructions
A: Activity **M:** Medications
A: Allergies **L:** Labs and x-rays

Example of Postop or Admission Orders
Admit to Ward _____, **Dr.** _____, **Page** # _____
Dx: colon cancer s/p sigmoid colectomy
Condition: stable
V/S: q2hrs for 24hrs, then q4hrs: call HO if T >38.5°C, P >100 or <60, SBP >160 or <110, RR >30, urine output <60 mL over 2 hours
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Nursing: strict I/O, daily weight
DVT prophylaxis: pneumatic compression stockings until ambulatory
Incentive spirometer: 10 puffs q1hr while awake
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I/V: LR @ 125 mL/hr for first 24 hours; change to maintenance fluids of D5 ½ NS or ½ NS + 20 mEq/L KCL @ 80 mL/hr
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Gt: Zantac
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AM labs: A/P and lateral, check HCT, CBC, CHEM-7

Your signature and title:

PREOPERATIVE NOTE

Written in the progress notes before the operation

TITLE NOTE: Preop Note **Date/Time:** _____
Preop Dx: Colon cancer
Procedure: Descending colon resection
Labs: CBC, CHEM-7, PT/PTT
CXR: Normal
EKG: NSR, WNL
Blood: T&C x 3 Units (or not needed, T&S)
Anesthesia: GETA
Consent: Signed and on front of chart
Orders:
 1. Void OCTOR
 2. Cefoxitin 1g OCTOR
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OPERATIVE NOTE (PPP-SAAFFE-DSCC)

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Postop Dx: Ruptured appendix
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MDpocket Radiology and Imaging Edition

Pocket size medical reference that details what imaging studies to order based on body part, indications, and the use of contrast. Each section includes detailed charts to help you select the correct radiologic study for CT scans, MRIs, Interventional Radiology, Nuclear Medicine, Ultrasounds, and X-rays.

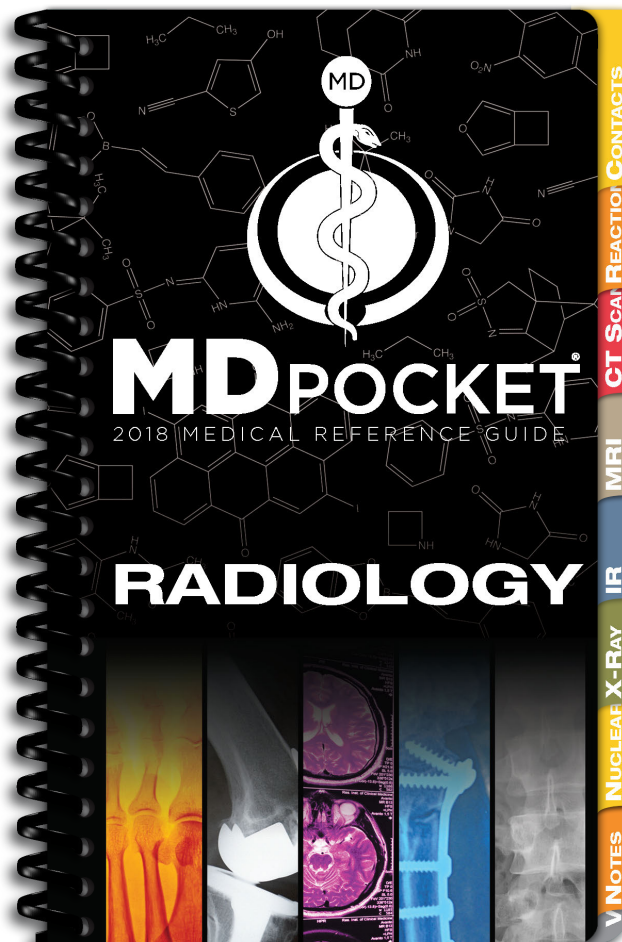
Contents:

- Area for your radiology phone numbers
- Notations guidelines for ordering radiology studies
- Detailed section on contrast media reactions
- Contrast allergy protocols
- Protocol in pediatric contrast allergies
- Extravasation of contrast categories
- Nephrogenic Systemic Fibrosis (NSF)
- Important considerations section for each type of study
- Patient preparation for each type of study
- Eye chart
- Ruler in centimeters and inches ...and much more!

Spiral ISBN-13: 978-1-943991-75-4

Retail Spiral Price: \$19.95

Wholesale Spiral Price: \$12.97



NOTATIONS

This pocket reference was compiled to guide and enhance the safe and effective ordering and use of radiological studies with and without contrast media for healthcare providers, radiologists, and technicians.

Use this reference to help select the proper study, screening, and premedication for common used studies.

Notation GUIDELINES

Commonly used order notations:

- **w/o** = without
- **w/w/o** = with and without
- **w** = with

All orders should be clearly written with the following:

- Image Study to be done
 - Specified body part to be scanned
 - With/without contrast (IV, oral)
- Review all institutional requirements for Cr monitoring, risk factors for NSF, and surveillance during contrast injections

Written Examples:

Study + Body Part +/- Contrast +/- NPO

- MRI of Brain with and without contrast = MRI of Brain w/w/o contrast
- US right upper quadrant NPO

Abbreviations:

IV – Intravenous, IM – Intramuscular, PO – by mouth
 CT – Computed Tomography, PET – Magnetic Resonance Imaging, US – Ultrasound, PET – Positron Emission Tomography, CTA – Computed Tomography Angiography
 IVC – Inferior Vena Cava, DVT – Deep Vein Thrombosis, HTN – Hypertension, Cr – Creatinine, TIA – Transient Ischemic Attack, RUQ – Right Upper Quadrant, RLQ – Right Lower Quadrant, LAT – Lateral, BE – Barium Enema
 PVD – Peripheral Vascular Disease, AV – Arteriovenous, AP – Anteroposterior, PA – Posteroanterior

IMPORTANT Radiology CONSIDERATIONS

Creatinine lab values should be done prior to a CT scan with IV contrast for the following patients:

- Diabetic
- Heart disease
- Renal disease
- Cancer
- Patients 70 years or older

CONTRAST MEDIA REACTIONS

The frequency of adverse reaction has decreased with the changes in usage from ionic high-osmolality contrast (HOCM) to nonionic low-osmolality contrast media (LOCM) (2).

Prior to the usage of LOCM, HOCM was responsible for 5-15% of acute adverse reactions. LOCM has a low incidence of acute adverse reactions with reported rates of 0.2-0.7% at multiple institutions (4,5,6).

Pathogenesis of acute adverse events to iodinated contrast media (ICM) is unclear, but appears identical to anaphylactic reactions to a drug or allergen. ICM has been shown to directly cause the release of histamine from basophils and eosinophils with the belief that a variety of vasoactive substances or mediators are involved (histamine, complement, and the kinin system) (3). The majority of side effect or reactions to iodinated contrast media are non-life-threatening and mild that only requires reassurance, observation, and support (3).

Mild Contrast Reactions

Mild reactions typically do not require medical treatment, but may evolve into more severe reactions and should be observed for 20-30 minutes with vital signs to ensure clinical stability. Antihistamines may be used, but not required.

Mild Reactions

(physiological response, non-allergic-like)

- Nausea
- Vomiting
- Flushing/Warmth
- Pain on injection

Mild Reaction (allergic-like)

- Mild angioedema (slight tongue/face swelling, scratchy throat)
- Urticarial

Moderate Contrast Reactions

Moderate reaction often require medical treatment. These reactions are both allergic-like and non-allergic like. Close patient monitoring for all moderate reactions should be done with vital signs, intravenous access, and oxygen until acute events have resolved completely.

Allergic-like

- Severe urticaria
- Bronchospasm
- Moderate tongue/face swelling
- Transient hypotension with tachycardia

Exam	Ultrasound		CAT Scan	
	Indications	Contraindications	Indications	Contraindications
Abdomen	Increased J-pts, hepatomegaly, cholelithiasis, pancreatic disease, splenomegaly, ascites, IVC with dilated upper pole, hepatic and splenic adenomas		Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
Acute with flex aortic			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
Brain without contrast	Stroke, multiple sclerosis, hydrocephalus, tumors, subarachnoid hemorrhage, epidermoid and craniopharyngeomas, pinealoma, HTN, meningitis, cerebellar atrophy, multiple sclerosis, neurocysticercosis		Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
Brain with contrast	Stroke, multiple sclerosis, hydrocephalus, tumors, subarachnoid hemorrhage, epidermoid and craniopharyngeomas, pinealoma, HTN, meningitis, cerebellar atrophy, multiple sclerosis, neurocysticercosis		Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated abdomen			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated pelvis			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated spine			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated head			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated neck			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated upper extremities			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated lower extremities			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and abdomen			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and pelvis			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and spine			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and head			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and neck			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and upper extremities			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
ECG gated chest and lower extremities			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	

Exam	X-RAY		NUCLEAR X-RAY	
	Indications	Contraindications	Indications	Contraindications
Abdomen	Obstructive bowel disease, perforated viscus, appendicitis, diverticulitis, cholelithiasis, splenomegaly, ascites, IVC with dilated upper pole, hepatic and splenic adenomas		Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
Acute with flex aortic			Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
Brain without contrast	Stroke, multiple sclerosis, hydrocephalus, tumors, subarachnoid hemorrhage, epidermoid and craniopharyngeomas, pinealoma, HTN, meningitis, cerebellar atrophy, multiple sclerosis, neurocysticercosis		Family history of AAA, previous aortic aneurysm, aortic dissection, HTN, aortic stenosis, aortic regurgitation, aortic insufficiency, aortic valve disease	
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DOpocket Osteopathic Edition - 2019

The Osteopathic Edition is packed full of specific material for the osteopathic student. Pocket-sized, comprehensive, and specifically designed to meet the demands of all DO students during their training.

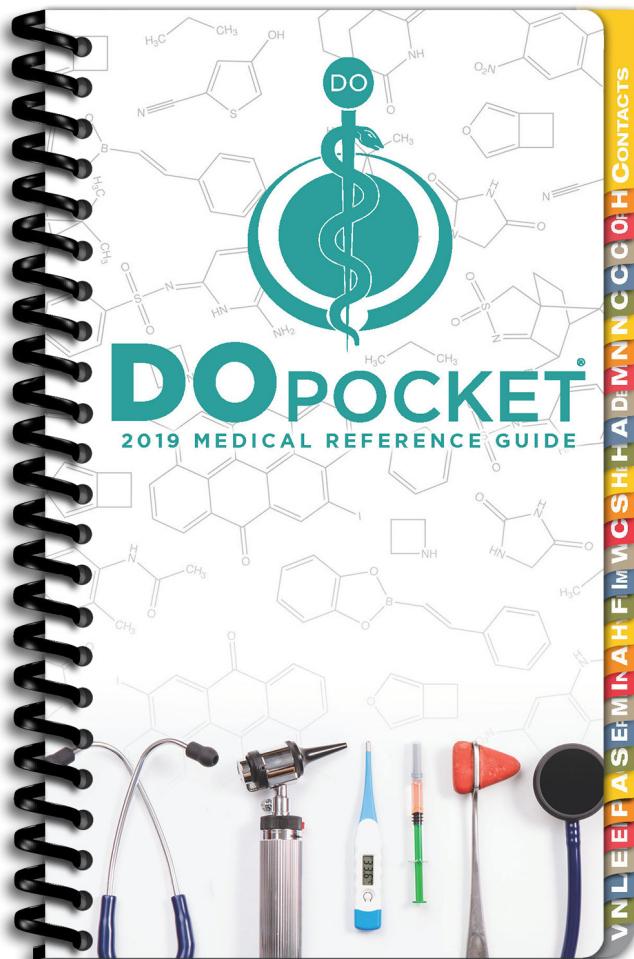
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- ...and much more!

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Vertical text on the right edge of the cover: VNLEEFAS EIM IN AH F Im W CSH H A D M N C C O H CONTACTS

CORE OSTEOPATHIC TECHNIQUES CONT.

COFFE EXAM

1. Have patient apply force to a position of ease 0-5 seconds while you palpate the tissue.
2. Have patient relax for 2 seconds.
3. Take up slack to a new barrier.
4. Repeat in a new resistance barrier.
5. Recheck.

Two types

- Osteopathic relaxation activities of the body
- Reflexive relaxation activities of the body
- Reflexive relaxation activities of the body
- Reflexive relaxation activities of the body

Myofascial Release

Direct, Indirect/Active, or Passive

1. Identify restricted tissue or part in all planes:
- Indirect: slow movement of a body part into a position of ease for 10 seconds.
- Direct: slow movement of a body part into restriction for 10 seconds while slowly force to achieve tissue length.
2. Recheck.

Strain/Counterstrain

Indirect/Passive

1. Identify the tender point.
2. Move the patient passively towards tissue (away until a position is found that relieves 70%+ of the pain. Hold for 90 seconds).
3. Passively return the body to a neutral position.
4. Recheck.

Both Techniques

Applied to Direct/Passive

1. Patient lifts their jaw and an assisting force to move the tissue into the biomechanism through the path of least resistance.
2. Recheck.

OSTEOPATHIC EXAM

Begin with observation and palpation noting of TART:

- Tissue texture abnormality
- Asymmetry
- Restriction of motion
- Tenderness

Cranial Nerve Lesions

CN	Motor Function	Sensory Function
I	Smell	Loss of smell
II	Visual acuity/reflex; ocular fundi	Blurred vision, no pupil constriction
III	Extrinsic eye muscles; eyelid opening, direct and consensual light reflex	Prose, mydriasis, eyes turned down and out
IV	Extrinsic eye muscles; specifically inferomedial	Inability to look down when eye abducted
V	Facial sensation; forehead; corneal reflex	Loss of corneal reflex; forehead numbness
VI	Facial sensation; cheek	Loss of soft tactile, thermal, proprioceptive and painful sensation in face
VII	Facial sensation (jaw, jaw opening, bite strength)	Paralysis of mastication; deviation of mandible towards lesion side
VIII	Abduction of eye	Medial eye deviation; failure to move laterally
IX	Facial movements (parasympathetic); salivary, lacrimal, sweat, taste on the anterior 2/3 of tongue	Paralysis of facial muscles; dryness of mouth; watering; loss of taste on the anterior 2/3 of tongue
X	Hearing; taste; air vs. taste conduction; Valsalva maneuver; gag reflex; gag strength	Progressive unilateral hearing loss, tinnitus and taste conduction
XI	Sag reflex; taste posterior tongue	Loss of taste on the posterior 1/3 of the tongue
XII	Shoulder swing, neck flexion; lateral head rotation; tongue symmetry, protrusion and strength on lateral deviation	Hoarseness, uvula deviated to normal side; drooping shoulders; drooped neck; protruded tongue; weakness and atrophy on lateral deviation

MOTOR STRENGTH TESTING

0/5: No muscle contraction detectable; flaccid

1/5: Barely discernible contraction by sight/palpation

2/5: Can move in horizontal plane

3/5: Active movement against gravity only

4/5: Normal strength

5/5: Active movement against full resistance without fatigue

ADMISSION ORDERS (ADC VAANDISML)

Written in the physician orders for admissions, transfers and postop

A: Admit/Transfer **N:** Nursing
D: Dx **D:** Diet
C: Condition **I:** IV
V: Vitals **S:** Special instructions
A: Activity **M:** Medications
A: Allergies **L:** Labs and x-rays

Example of Postop or Admission Orders

Admit to Ward _____, Dr. _____, Pager # _____.

Dx: colon cancer s/p sigmoid colectomy

Condition: stable

V/S: q2hrs for 24hrs, then q4hrs: call HO if T >38.5°C, P >100 or <60, SBP >160 or <110, RR >30, urine output <60 mL over 2 hours

Activity: OOB in the AM with assistance, ambulate tid, neurological checks q8hrs with pupils

Allergies: none

Nursing: strict I/O, daily weight

- **DVT prophylaxis:** pneumatic compression stockings until ambulatory
- **Incentive spirometer:** 10 puffs q1hr while awake
- **Drains/tubes:** Foley to gravity, NGT to low constant suction, JP drain to bulb suction

Diet: NPO

IV: LR @ 125 mL/hr for first 24 hours; change to maintenance fluids of D5 ½ NS or ½ NS + 20 mEq/L KCL @ 80 mL/hr

Special Instructions

Medications: "6 Ps": Postop meds, Pain, Pee (diuretics), Poop, Pus (antibiotics), Pillow (sleep, sedation)

Postop medication: (must be individually reordered)

- **Pain regimen:** patient-controlled analgesia as needed
- **Diuretics:**
 - Lasix: 40 mg IV qday
 - Antibiotics: cefotetan 1g IV q8hrs if attending wishes to continue preoperative dosing, etc.

G: Zantac

Labs and Xrays: CBC, CHEM-7, etc. in the AM

- **AM labs:** A/P and lateral, check HCT, CBC, CHEM-7

Your signature and title:

PREOPERATIVE NOTE

Written in the progress notes before the operation

TITLE NOTE: Preop Note Date/Time:

Preop Dx: Colon cancer

Procedure: Descending colon resection

Labs: CBC, CHEM-7, PT/PTT

CXR: Normal

EKG: NSR, WNL

Blood: T&C x 3 Units (or not needed, T&S)

Anesthesia: GETA

Consent: Signed and on front of chart

Orders:

1. Void OCTOR
2. Cefoxitin 1g OCTOR
3. Hibiclens scrub this PM
4. Bowel prep today
5. NPO after midnight

OPERATIVE NOTE (PPP-SAAFFE-DSCC)

Written in the progress notes of the chart and title note

TITLE NOTE: Op Note Date/Time:

Preop Dx: Acute appendicitis

Postop Dx: Ruptured appendix

Procedure: Appendectomy

Surgeon: Burry

Assistant: Davis Love III, Hank Aaron, Jeff Moore MS III

Anesthesia: GET, local, MAC, epidural, spinal, LMA

Findings: Perforated Appendix

Fluids: I/O: 1200 mL LR/UOP 450 mL
EBL: 150 mL

Drains: None

Specimens: Appendix to pathology, CSF to lab

Complications: None (ask before you write your own)

Condition: Stable, extubated, moved to PACU in stable condition

Abbreviations:

NSR: Normal sinus rhythm, WNL: Within normal limits, T&C: Type and Cross
T&S: Type and Screen, GETA: General endotracheal anesthesia, LMA: Laryngeal mask airway, MAC: Monitored anesthesia care, OCTOR: On-call to OR, UOP: Urine output, CSF: Cerebral spinal fluid, EBL: Estimated blood loss

NPpocket Nursing Edition - 2019

NPpocket contains pocket medical information used by today's nurses, nurse practitioners and other allied nursing fields.

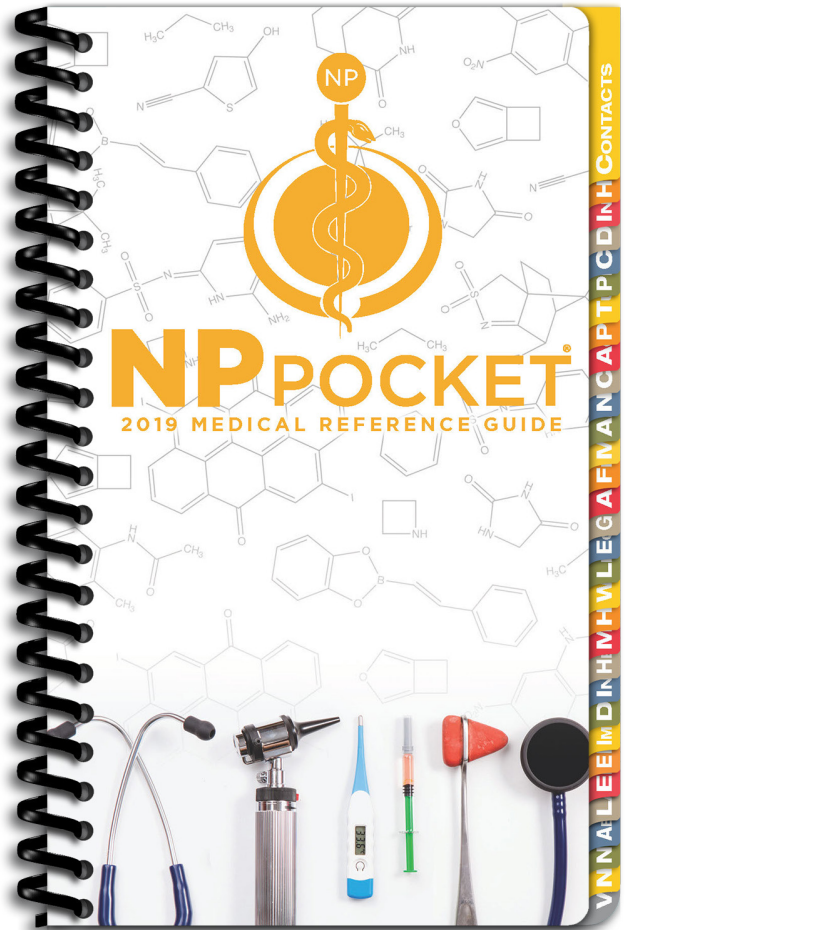
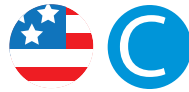
Contents:

- History and physical exam section
- Injection sites for intramuscular, subcutaneous and intradermal
- Specialized and modified diet sections
- Cardiac auscultation points
- EKG interpretation with QRS diagram, rate, rhythm, blocks, arrhythmias
- Dermatomes
- Mini mental status exam
- Guidelines for potassium replacement
- Electrolyte replacement for calcium, phosphate, magnesium
- Replacement fluids chart with maintenance fluid calculations
- Acute renal failure algorithm
- Hyponatremia algorithm
- Nausea, vomiting, and diarrhea medications with side effects
- Pain medications with onset, peak, duration and dose
- Steroid medications and equivalents
- Diagnosis and treatment of heart failure
- Diabetes checklist for management
- Immunizations schedule
- Blood-Plasma-Serum lab values
- Drugs that cannot be crushed section
- Blank notes pages
- ...and much more!

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H&P EXAM

Physical Exam Continued

- **Breast/Axillae/Epitrochlear Nodes:** Symmetry, masses, tenderness, discharge, dimpling, skin changes, lymph node enlargement, tenderness
- **Heart:** Rate, rhythm, murmurs, rubs, gallops, clicks
- **Lungs/Anthrax Thorax:** Chest symmetry, wheezes, rales, vocal fremitus, percussion, whispered pectoriloquy
- **Abdomen:** Bowel sounds, rebound, guarding, masses, liver span, CVA tenderness, spleen size, shifting dullness, tympany/dullness on percussion
- **Genitourinary:**
 - **Male:** Hernias, scars, rashes, ulcers, nodules, discharge
 - **Female:** Hernias, scars, discharge, ulcers, masses
- **Rectal:** Sphincter tone, masses, prostate size/consistency, occult stool blood
- **Musculoskeletal:** Weakness/atrophy, ROM, instability, gait, swelling, asymmetry, redness, tenderness
- **Vascular:** Carotid, radial, femoral, popliteal, dorsalis pedis, posterior tibialis, varicose veins, carotid bruits
- **Lymphatic:** Lymphadenitis, red streaks, edema with degree of pitting (0 - 4+ scale)
- **Neurological:** Cranial nerves, strength, sensations (pain and temp, position, vibration), reflexes (triceps, biceps, brachioradialis, knee, achilles, babinski), cerebellum, gait
- **Psychological:** Mood, perceptions, insight, judgment, memory, attention, vocabulary, abstract thinking

Labs/Tests/Studies

- Chem, Heme, UA, EKG, CT/MRI, etc.

Problem List

Generate a list of all the H&P problems you found and incorporate them into your assessment and plan. Rank them in order of importance.

Assessment

- An integration of the above problems into the most likely diagnosis with a differential diagnosis (DDX). Always start with "A...y.o. male/female with cough, fever, chest pain and infiltrate on CXR with likely CAP vs developing empyema.

Plan

- Rank order list of the **Problem List:** Not a differential; pertinent information of all the positive data from the history and exam, and lab studies. #1 Pneumonia, #2 Hyponatremia, etc. with plan for each problem.

QUICK HISTORY & PHYSICAL EXAM ORDER

Chief Complaint (CC):	Allergies:
History of Present Illness (HPI) - OPQRST:	Review of Systems (ROS):
Past Medical Hx (PMHx):	Physical Exam (PE):
Past Surgical Hx (PSHx):	Labs/Tests:
Family Hx (FHx):	Problem List:
Social Hx (SHx):	Assessment:
Medications:	Plan:

INJECTION METHODS

Deltoid Site

Ventreogluteal Site

Dorsogluteal Site

Vastus Lateralis Site

Z-Track Method for Giving IM Injections

1. Identify injection site.
2. Pull skin to one side.
3. Insert needle deep IM.
4. Inject medication.
5. Withdraw needle.
6. Release skin.

TUBE INVERSION

STEP	THEN
1. Turn the tube over so the top is facing down.	
2. Insert the tube 3-4 inches.	
3. Push the tube in and out 3-4 times.	
4. Remove the tube.	

LIPEDOMA

- **Diagnosis:** Painful, tender, red, swollen, often with fever.
- **Causes:** Trauma, infection, insect bites, foreign bodies.
- **Prevention:** Avoidance of trauma, insect bites, and foreign bodies.
- **Treatment:** Supportive care, antibiotics, surgery.

CONTRACT TIME

Contractility must occur within two hours of administration. Prolonged contraction time may indicate a problem with the drug or the patient.

CONTRAINDICATIONS

- Hypersensitivity to the drug or any of the components.
- Severe renal or hepatic impairment.
- Pregnancy and breastfeeding.
- Concurrent use of other drugs that may interact with the drug.

TUBE ORIENTATION AND TOP CLOSURE

STEP	THEN
1. Insert the tube into the container.	
2. Push the tube in and out 3-4 times.	
3. Remove the tube.	

SPECIAL HANDLING REQUIREMENTS

- Some require special handling.
- Some require refrigeration.
- Some require protection from light.
- Some require protection from moisture.
- Some require protection from heat.

CARABIAN NERVE LESIONS

NERVE	Location/Signs
I. Dorsal	Loss of motor function, no paresthesia.
II. Medial cutaneous	Loss of motor function, no paresthesia.
III. Extraneural	Loss of motor function, no paresthesia.
IV. Intraneural	Loss of motor function, paresthesia.
V. Facial sensation	Loss of motor function, paresthesia.
VI. Abduction of eye	Loss of motor function, paresthesia.
VII. Abduction of eye	Loss of motor function, paresthesia.
VIII. Abduction of eye	Loss of motor function, paresthesia.
IX. Gag reflex	Loss of motor function, paresthesia.
X. Gag reflex	Loss of motor function, paresthesia.
XI. Gag reflex	Loss of motor function, paresthesia.
XII. Gag reflex	Loss of motor function, paresthesia.

MOTOR STRENGTH TESTING

Muscle	Test	Location
Upper Arm	Flexion	CS, C5
Upper Arm	Extension	CS, C6
Upper Arm	Supination	C5, C6, T1
Upper Arm	Pronation	C5, C6, T1
Wrist	Extension	C5-C6
Wrist	Flexion	C5, T1
Hand	Extension	C6, T1
Hand	Flexion	C6, T1
Hand	Abduction	C6, T1
Hand	Adduction	C6, T1
Hand	Supination	C5, C6
Hand	Pronation	C5, C6
Hand	Extension	C5, C6
Hand	Flexion	C5, C6
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MDpocket Neurology Edition

The Neurology Edition is ideal for all neurology students and residents with its compact design and easy to use tabbed index.

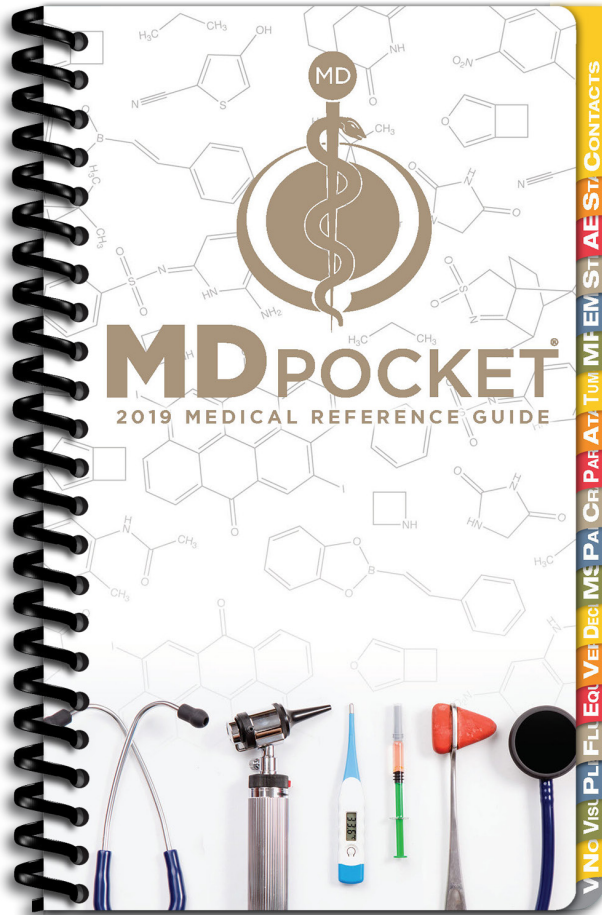
Contents:

- Status Epilepticus management and treatment
- Neurology drugs with dose, levels, and contraindications
- Anti-Epileptic drugs with target levels, doses and side effects
- Stroke mimics and clinical features
- NIH Stroke Scale
- EMG conduction
- IVIG dosing and side effects
- MRI modalities
- Lumbar puncture procedure
- Tumors that spread and where
- Meningitis CSF testing
- Ataxia management and testing
- Parkinson's symptoms and treatment
- Radiculopathies and small fiber neuropathies
- Cranial nerve components and lesions
- Cranial nerve palsies
- Vertigo
- Pain management with dosing
- Visual field pathways with lesions
- Plexus diagrams (Lumbosacral and Brachial)
- ...and much more!

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V No Visi P L FL Eq Vei Dec M E PA Cr PAF At 7 Um MF EM St AE St CoNtACtS

IVIG Dosing and Side Effects

Check IgA

IVIG Side Effects

Plasma Exchange (PLEX)

MRIs

Small Fiber Neuropathy

Channel Nerve Components

Radiculopathies

Small Fiber Neuropathy

Channel Nerve Components

Radiculopathies

GUIDE TO AED USE

Med/Target Dose (Pred dose)	Target Serum Level	Idiosyncratic Side Effects	Dose-Related Side Effects	Age-Specific/Other Side Effects
Oxcarbazepine, 600-1200 mg/day (15-45 mg/kg/day)	MHD 10-45 µg/mL	Rash (25% cross-reactivity with CBZ)	CNS, diplopia	Hyponatremia (3% of adults), behavior, weight gain
Phenytoin, 200-600 mg/day (4-8 mg/kg/day)	10-20 µg/mL	Rash (6-10%), hematologic, hepatic, lymphadenopathy others	Cosmetic, CNS ataxia, nystagmus	Elevated LFTs, induction, depression?, increased bone metabolism
Phenobarbital, 60-120 mg/day (2-5 mg/kg/day)	15-40 µg/mL	Rash, Stevens-Johnson syndrome, SLE	Somnolence, irritability	Possible irreversible cognitive effects, liver induction, increased bone metabolism
Primidone, 750-2,000 mg/day (5-20 mg/kg/day)	4-12 µg/mL	Rash	Sedation, irritability, GI upset	Similar to PB
Tiagabine, 32-56 mg/day (0.25-1.25 mg/kg/day)	5-70 µg/mL	Psychiatric	CNS tremor, weakness, GI reflux, gait difficulty	Language disturbance (especially polypharmacy), oligohydrosis, avoid ketogenic diet
Topiramate, 100-400 mg/day (1.5-25 mg/kg/day); (liberating side effects)	3-25 µg/mL	Rash (rare), acute glaucoma (rare)	Somnolence, language disturbances, renal stones, anorexia, paresthesia	

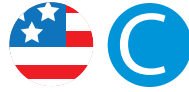
AED USE

GUIDE TO AED USE

Med/Target Dose (Pred dose)	Target Serum Level	Idiosyncratic Side Effects	Dose-Related Side Effects	Age-Specific/Other Side Effects
Valproic acid, 750-1,500 mg/day (20-60 mg/kg/day)	50-150 µg/mL	Hepatic failure, pancreatitis	Tremor, weight gain, alopecia, sedation and cognitive changes, thrombocytopenia, prolonged bleeding time	Hepatic failure (1500 age < 2 years on polypharmacy), elevated LFTs, GI upset with syrup; incidence of POCS unknown; liver enzyme inhibition
Vigabatrin, 3,000 mg/day (40-150 mg/kg/day)	-	Visual field constriction, sedation, CNS	Psychiatric symptoms, (rare), visual field constriction, tuberculous scleritis	Especially effective for infantile spasms and tuberculous scleritis
Zonisamide, 150-300 mg/day (2-10 mg/kg/day)	10-30 µg/mL	Rash, hematologic, hepatic	Renal stones, anorexia, somnolence	Oligohydrosis in children, cross-sensitivity with sulfa drugs
Lacosamide	-	Prolonged PR, DRESS, suicidal ideation	Dizziness, HA, nausea, diplopia, tremor, blurred vision	PO/IV dosing, may use in status, rec baseline EKG
Pregabalin	-	Angioedema, edema, dizziness, ataxia, prolonged PH, blurred vision	Peripheral edema, dizziness, HA, weight gain, tremor	Renal dosing, myalgia, neurotoxic postherpetic neuralgia

AED USE

MDpocket Skilled Nursing Facilities Edition - 2019



This pocket reference contains daily used medical information by physicians, nurse practitioners, and physician assistants on medical treatments seen in nursing facilities for patients with skilled needs.

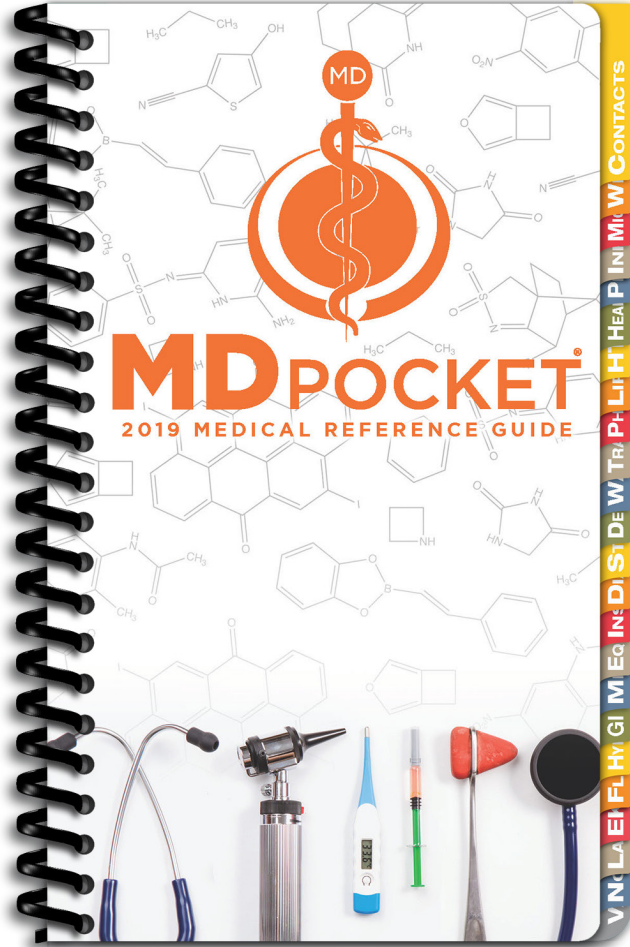
Contents:

- Microbiology algorithm and antibiogram
- Common infections seen in long term care
- Empiric coverage for UTI, *Clostridium difficile*
- Skin and soft tissue antibiotic coverage
- Aspiration pneumonia antibiotics
- Pneumonia treatment guidelines and risk factors
- Heart failure diagnosis and treatment
- Hypertension treatment with medications
- Statin therapy (ATP IV guidelines)
- Warfarin reversal based on INR
- Novel anticoagulants
- Dermatomes
- Mental status exam - SLUMS
- Stroke signs and mimics
- Hyponatremia workup algorithm
- Guidelines for potassium replacement
- Sepsis criteria and treatment
- EKG interpretation
- Labs
- Blood panels
- ...and much more!

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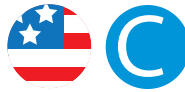


COMMON INFECTIONS IN LTC		INFECTIONS	
Infection Type	Diagnosis/Pearls	Common Bugs	Empiric Abx/Duration
Urinary Tract Infection (UTI) - CATHETER	For pts WITH a catheter: Catheter UA should only be sent in the appropriate clinical setting, recognizing that most catheterized urinary catheters should be removed and a culture acquired from a freshly inserted catheter prior to starting antibiotics. Remember you may have to consider <i>Candida</i> if no response	Similar to non-cath patients - <i>E. coli</i> - <i>Enterococcus spp.</i> - <i>Pseudomonas aeruginosa</i> - <i>Klebsiella spp.</i>	Catheterized Patients Urinary fluorquinolone - ciprofloxacin - levofloxacin - Bactrim - Ceftriaxone Duration - 7 days with prompt resolution of symptoms - 10-14 days if slow to resolve, or if symptoms remain - Catheterized or not - Can use 5 days of levofloxacin if not severely ill or 3 days if <65 without upper urinary tract symptoms
DIAGNOSIS OF UTI AND - Signs/symptoms - Positive urine culture	- Fever, rigors or hypotension without alternate source - Acute mental status change or functional decline without alternate dx - New onset CVA OR - Purulent discharge from catheter or acute pain/tenderness of testes, epididymis or prostate		

COMMON INFECTIONS IN LTC		INFECTIONS	
Infection Type	Diagnosis/Pearls	Common Bugs	Empiric Abx/Duration
<i>Clostridium difficile</i> (C. diff)	- May see profound leukocytosis - If your pretest probability is high, treat regardless of lab result - (eg, immunoid) if you suspect C. diff, may lead to toxic megacolon - Stop antibiotics, if possible, that you acquire C. diff. 57% of LTC residents carry C. diff. - Use of probiotics is controversial - Care, Clin Infect Dis 2011;53:2011-2019	Clostridium difficile: - Gram positive bacillus - Anaerobic - Spore forming	Treatment is based on severity of disease: - Typically 10 days - If you cannot stop the offending antibiotic, then treat during the antibiotic course and for one week following cessation of antibiotics Mild-to-Moderate Disease: Metronidazole Severe Disease or disease not responsive after 5,7 days of metronidazole: Oral Vancomycin Oral Vancomycin is NOT effective for C. diff) First Recurrence: Same as initial treatment Taper or pulse vancomycin

TREATMENT OF HEART FAILURE: ORAL DIURETICS		HTN MANAGEMENT - JNC 8	
Drug	Initial Daily Dosing	Target	Notes
Furosemide	40-80 mg daily or bid	150-200 mg	Best blood pressure goal based on Age, DM, CKD
Acetazolamide	125-250 mg daily	250 mg	Use with furosemide for volume management
Hydrochlorothiazide	12.5-25 mg daily	25 mg	
Chlorthalidone	12.5-25 mg daily	25 mg	
Spironolactone	12.5-25 mg daily	25 mg	
Acetazolamide	12.5-25 mg daily	25 mg	
Acetazolamide	12.5-25 mg daily	25 mg	
Acetazolamide	12.5-25 mg daily	25 mg	

ANTICOAGULANTS		RBC TRANSFUSION GUIDELINES	
Drug	Indication	Hgb (g/dL)	Transfusion Recommendation
Warfarin	Stroke prevention	<6	Transfusion recommended
Dabigatran	Stroke prevention	6-7	Transfusion generally indicated
Rivaroxaban	Stroke prevention	7-8	Transfusion considered for postoperative surgical patients
Apixiban	Stroke prevention	8-10	Transfusion generally not indicated, but considered on individual basis using clinical judgment (symptomatic anemia, hypotension, active bleeding, etc.)
Edoxaban	Stroke prevention	>10	Transfusion generally not indicated



MDpocket Pediatric Edition - 2019

Pediatric specific medical reference guide from MDpocket with pocket medical information on diagnosis and treatments used by today's healthcare students and residents.

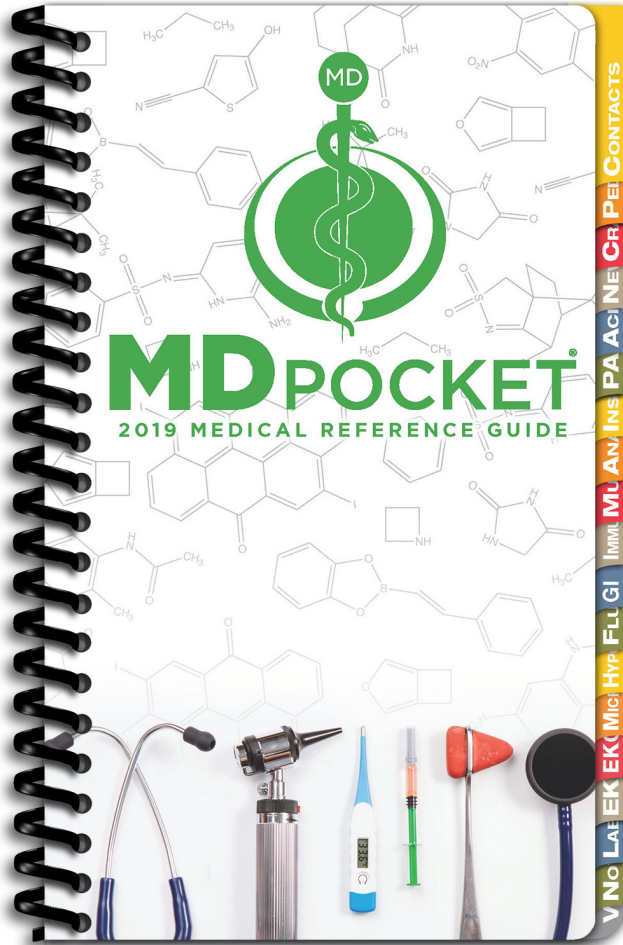
Contents:

- Conversions for weight, height, mass, volume
- Areas for clerkship phone and pager numbers
- Pediatric vital signs (heart rate, respiratory rate, hypotension ranges)
- Asthma management with acute management treatment
- Pediatric community acquired pneumonia
- Newborn resuscitation algorithm
- Cranial nerve components and lesions
- Motor strength and reflex testing
- Newborn reflexes, averages and APGARs
- Acid base analysis and differential diagnosis
- PALS guidelines (pediatric bradycardia, universal PALS algorithm, tachycardia, cardiac medications)
- Primary immunization schedule for peds and adults
- Guidelines for fluid replacement
- Electrolyte management
- Microbiology with antibiogram
- EKG interpretation
- Lab values
- ...and much more!

Spiral ISBN-13: 978-1-943991-99-0

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ABGs	Acid Base Analysis - SIMPLE
<p>Normal ABGs</p> <p>Normal arterial pH range: 7.35-7.45 (pH)</p> <p>Normal arterial PCO_2 range: 35-45 mmHg</p> <p>Normal arterial CO_2 range: 25-30 mEq/L</p> <p>Normal arterial HCO_3^- range: 22-28 mEq/L</p> <p>Normal arterial H_2O range: 1.0-1.2 mmol/L</p> <p>Normal arterial H_2O range: 1.0-1.2 mmol/L</p> <p>Normal arterial H_2O range: 1.0-1.2 mmol/L</p>	<p>1. Acidemia (pH < 7.35) or Alkalemia (pH > 7.45)</p> <p>2. Is the primary process metabolic (change HCO_3^-) or respiratory (change PCO_2)?</p> <p>3. If metabolic, is it anion gap or non-gap?</p> <p>4. Anion gap: $\text{AG} = [\text{Na}^+] - ([\text{Cl}^-] + [\text{HCO}_3^-])$ Normal 10-14 mEq/L</p> <p>5. Is compensation appropriate?</p> <p>6. If the anion gap is increased, is it also respiratory alkalosis?</p> <p>7. Calculate change from $\text{PCO}_2 = 40$ and $\text{HCO}_3^- = 24$</p>
<p>Acid/Basic Analysis Steps:</p> <p>1. Step approach</p> <p>2. Is PCO_2 in a respiratory acidosis?</p> <p>3. If PCO_2 is in a respiratory acidosis, is HCO_3^- also in a metabolic acidosis? $\text{AG} = 12 - (2.5 \times \text{albumin})$</p> <p>4. If metabolic acidosis is present, is it anion gap or non-anion gap? $\text{AG} = 12 - (2.5 \times \text{albumin})$</p> <p>5. Appropriate respiratory compensation of metabolic acidosis?</p> <p>6. If AG is elevated, is it a mixed disorder? $\text{AG} = 12 - (2.5 \times \text{albumin})$</p> <p>7. If AG is elevated, is it a mixed disorder? $\text{AG} = 12 - (2.5 \times \text{albumin})$</p>	<p>Primary Disorder</p> <p>J-PCO_2</p> <p>D-CO_2 change in HCO_3^-</p> <p>Expected Compensation</p> <p>J-PCO_2</p> <p>D-CO_2 change in HCO_3^-</p>
<p>Metabolic Acidosis</p> <p>Respiratory Acidosis</p> <p>Respiratory Alkalosis</p> <p>Respiratory Acidosis</p> <p>Respiratory Alkalosis</p>	<p>Metabolic Acidosis</p> <p>Respiratory Acidosis</p> <p>Respiratory Alkalosis</p> <p>Respiratory Acidosis</p> <p>Respiratory Alkalosis</p>

PALS	PEDIATRIC BRADYCARDIA	PEDIATRIC TACHYCARDIA
<p>Identify and treat underlying cause:</p> <p>1. Assess airway, breathing, circulation</p> <p>2. Consider cardiac causes: myocardial infarction, pulmonary embolism, aortic dissection</p> <p>3. Consider endocrine causes: hyperthyroidism, pheochromocytoma</p> <p>4. Consider drug causes: digoxin toxicity, beta-blocker overdose</p> <p>5. Consider electrolyte causes: hypokalemia, hypomagnesemia</p> <p>6. Consider structural heart disease: congenital heart disease, valvular disease</p> <p>7. Consider arrhythmias: sinus bradycardia, sinus tachycardia, atrial fibrillation, atrial flutter, ventricular tachycardia, ventricular fibrillation</p>	<p>Identify and treat underlying cause:</p> <p>1. Assess airway, breathing, circulation</p> <p>2. Consider cardiac causes: myocardial infarction, pulmonary embolism, aortic dissection</p> <p>3. Consider endocrine causes: hyperthyroidism, pheochromocytoma</p> <p>4. Consider drug causes: digoxin toxicity, beta-blocker overdose</p> <p>5. Consider electrolyte causes: hypokalemia, hypomagnesemia</p> <p>6. Consider structural heart disease: congenital heart disease, valvular disease</p> <p>7. Consider arrhythmias: sinus tachycardia, sinus bradycardia, atrial fibrillation, atrial flutter, ventricular tachycardia, ventricular fibrillation</p>	<p>Identify and treat underlying cause:</p> <p>1. Assess airway, breathing, circulation</p> <p>2. Consider cardiac causes: myocardial infarction, pulmonary embolism, aortic dissection</p> <p>3. Consider endocrine causes: hyperthyroidism, pheochromocytoma</p> <p>4. Consider drug causes: digoxin toxicity, beta-blocker overdose</p> <p>5. Consider electrolyte causes: hypokalemia, hypomagnesemia</p> <p>6. Consider structural heart disease: congenital heart disease, valvular disease</p> <p>7. Consider arrhythmias: sinus tachycardia, sinus bradycardia, atrial fibrillation, atrial flutter, ventricular tachycardia, ventricular fibrillation</p>
<p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p>	<p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p>	<p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p> <p>Start CPR if HR < 60/min</p>
<p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p>	<p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p>	<p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p> <p>Consider rapid revascularization:</p>

PEDIATRICS		PEDIATRICS	
EMPIRIC THERAPY FOR PEDIATRIC CAP: INPATIENT (ALL AGES)		EMPIRIC THERAPY FOR PEDIATRIC CAP: OUTPATIENT	
<p>Presumed Bacterial Pneumonia</p> <p>Ampicillin or penicillin G</p> <p>Amoxicillin</p> <p>Ceftriaxone or cefotaxime</p> <p>Clindamycin or clindamycin</p> <p>Vancomycin or vancomycin</p> <p>Linezolid</p> <p>Levofloxacin</p> <p>Moxifloxacin</p> <p>Trimethoprim-sulfamethoxazole</p>	<p>Presumed Atypical Pneumonia</p> <p>Azithromycin (in addition to presumed bacterial pneumonia is in doubt)</p> <p>Alternatives: clarithromycin or erythromycin; doxycycline or tetracycline for children who have reached growth maturity or who cannot tolerate macrolides</p>	<p>Presumed Bacterial Pneumonia</p> <p>Azithromycin oral (10 mg/kg on day 1, followed by 5 mg/kg/day once daily on days 2-5)</p> <p>Alternatives: oral clarithromycin (15 mg/kg on day 1, followed by 10 mg/kg on days 2-5)</p>	<p>Presumed Atypical Pneumonia</p> <p>Azithromycin oral (10 mg/kg on day 1, followed by 5 mg/kg/day once daily on days 2-5 to a maximum of 500 mg on day 1, followed by 250 mg on days 2-5)</p> <p>Alternatives: oral clarithromycin (15 mg/kg on day 1, followed by 10 mg/kg on days 2-5 to a maximum of 1 g/day); erythromycin, doxycycline for children >7 years old</p>
<p>Fully immunized with Hemophilus influenzae type b and streptococcus pneumoniae; local penicillin resistance in invasive strains of pneumococcus is minimal</p>	<p>Not fully immunized for H. influenzae type b and S. pneumoniae; local penicillin resistance in invasive strains of pneumococcus is significant</p>	<p>Age <5 years (preschool)</p> <p>Amoxicillin, oral (90 mg/kg/day in 2 doses)</p> <p>Alternative: oral amoxicillin-clavulanate (amoxicillin component, 90 mg/kg/day in 2 doses)</p>	<p>Age >5 years</p> <p>Oral amoxicillin (90 mg/kg/day in 2 doses to a maximum of 4 g/day) for children with presumed bacterial CAP who do not have clinical, laboratory, or radiographic evidence from atypical CAP; a macrolide can be added to a β-lactam antibiotic for empiric therapy</p> <p>Alternative: oral amoxicillin-clavulanate (amoxicillin component, 90 mg/kg/day in 2 doses to a maximum dose of 4000 mg/day, eg, one 2000 mg tablet twice daily)</p>

MDpocket Physician Assistant Clinical/ Outpatient Edition - 2019

The Clinical/Outpatient Physician Assistant guide from MDpocket contains detailed pocket medical information needed by PAs working in a clinical or outpatient setting.

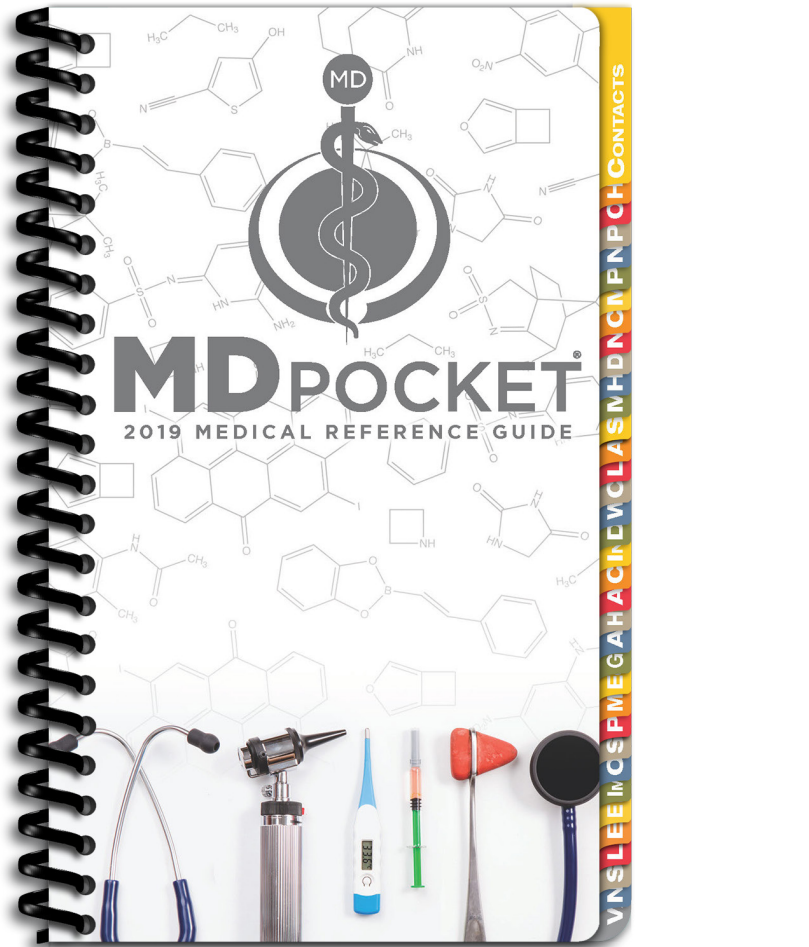
Contents:

- Conversion for weight, height, temperature
- Contacts page to keep your numbers organized
- History and Physical Exam write-up sections with descriptors
- Cardiac murmurs
- SLUMS - mental status exam
- Autonomic activity (Autonomic, Parasympathetic, Sympathetic)
- Cranial nerves components and testing
- Muscle strength testing and grading
- Dermatome locations
- Clinic coding guide
- Acute Coronary Syndrome
- EKG lead placement
- EKG interpretation
- Coronary artery and valve diagrams
- CXR interpretation
- Statin and lipid guidelines (ATP IV)
- Coumadin management
- Diabetes screening and management
- Diabetic medications
- HIV basics
- ...and much more!

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OBSTETRICS

OBSTETRIC DEFINITIONS

Labor:
Regular painful uterine contractions resulting in cervical dilation and effacement.

Cervical Insufficiency:
Cervical dilation in the absence of uterine contractions.

Stages of Labor:
First Stage: From time of onset of contractions until full cervical dilation (10 cm).
Second Stage: From complete cervical dilation until delivery of the fetus.
• **Prolongation**
• **Nulliparous:** 3 hours if regional anesthesia used or 2 hours without
• **Multiparous:** 2 hours if regional anesthesia used or 1 hour without
Third Stage: From delivery of fetus to delivery of the placenta and fetal membranes; considered prolonged after 30 minutes.

Fetal Heart Rate Monitoring:
• **Uterine contractions:** # of contractions (ctx) in a 10 minute period averaged over 30 minutes. Strength, duration, relaxation time are also important.
• Normal: ≤ 5 ctx in 10 minutes
• Tachysystole: >5 ctx per 10 minutes (look for associated fetal heart rate decels)
• **Baseline FHR:** 110-160 normal
• **Baseline FHR variability:**
• Minimal: Amplitude ≤ 5 bpm
• Moderate: Amplitude range 6-25 bpm
• Marked: Amplitude >25 bpm
• **Accelerations:** Peak 15 bpm above baseline and lasts 15 seconds from onset to return to baseline.
• ≥ 2 minute acceleration is prolonged
• ≥ 10 minute acceleration is baseline change
• **Reactivity:** Increase of at least 15 bpm for at least 15 seconds twice in a 20 minute period.
• **Early Decelerations:** Symmetric gradual decrease and return of FHR associated with uterine contraction (caused by head compression-vagal response).
• **Variable Decelerations:** Abrupt decrease in FHR (<30 seconds from onset to nadir) and return to baseline - often associated with umbilical cord compression

OBSTETRIC DEFINITIONS CONTINUED

• **Late Decelerations:** May be identical to early decels, but these are delayed, with nadir occurring after peak of contraction.
• Associated with uteroplacental insufficiency.
• **Prolonged Deceleration:** Deceleration duration ≥ 2 minutes (and less than 10, which would be change in baseline).

THREE-TIER FETAL HEART RATE INTERPRETATION SYSTEM

Category I: Normal
The fetal heart rate tracing shows all of the following:
• Baseline FHR 110-160 bpm, moderate FHR variability, accelerations may be present or absent, no late or variable decelerations, may have early decelerations.
• Strongly predictive of normal acid-base status at the time of observation. Routine care.

Category II: Indeterminate
The fetal heart rate tracing shows ANY of the following:
• Tachycardia, bradycardia without absent variability, minimal variability, absent variability without recurrent decelerations, marked variability, absence of accelerations after stimulation, recurrent variable decelerations with minimal or moderate variability, prolonged deceleration >2 minutes but less than 10 minutes, recurrent late decelerations with moderate variability, variable decelerations with other characteristics such as slow return to baseline, and "overshoot".
• Not predictive of abnormal fetal acid-base status, but requires continued surveillance and reevaluation.

Category III: Abnormal
The fetal heart rate tracing shows EITHER of the following:
• Sinusoidal pattern OR absent variability with recurrent late decelerations, recurrent variable decelerations, or bradycardia.
• Predictive of abnormal fetal-acid base status at the time of observation. Depending on the clinical situation, efforts to expeditiously resolve the underlying cause of the abnormal fetal heart rate pattern should be made.

PEDIATRIC ASTHMA SCORE (PAS)

Prognostic

0	0-20	0-20	0-20	0-20	0-20
1	21-30	21-30	21-30	21-30	21-30
2	31-40	31-40	31-40	31-40	31-40
3	41-50	41-50	41-50	41-50	41-50
4	51-60	51-60	51-60	51-60	51-60
5	61-70	61-70	61-70	61-70	61-70
6	71-80	71-80	71-80	71-80	71-80
7	81-90	81-90	81-90	81-90	81-90
8	91-100	91-100	91-100	91-100	91-100

PEDIATRIC ASTHMA SCORE (PAS) - Continued

Interpretation:

- Score 0-2: Mild asthma
- Score 3-4: Moderate asthma
- Score 5-6: Severe asthma
- Score 7-8: Very severe asthma
- Score 9-10: Critical asthma

Management:

- Score 0-2: Inhaled corticosteroids (ICS) 200-400 mcg daily
- Score 3-4: ICS 400-800 mcg daily
- Score 5-6: ICS 800-1600 mcg daily
- Score 7-8: ICS 1600-3200 mcg daily
- Score 9-10: ICS 3200-6400 mcg daily

SYMPATHETIC INNERVATIONS

Spinal Nerve	Motor Innervation	Sensory Innervation
C1-C8	Diaphragm, intercostal muscles, skeletal muscles of neck, head, and face	Skull, face, neck, and head
T1-T12	Intercostal muscles, skeletal muscles of trunk and upper limbs	Trunk and upper limbs
L1-L5	Skeletal muscles of lower limbs	Lower limbs

Cranial Nerve Components

Cranial Nerve	Components
I Olfactory	Sensory: smell
II Optic	Sensory: vision
III Oculomotor	Motor: extraocular muscles of eye, ciliary muscles of iris, and ciliary ganglion; Sensory: taste anterior 2/3 of tongue, sensation from skin of anterior forehead
IV Trochlear	Motor: superior oblique muscle
V Trigeminal	Sensory: pain, touch, temperature, and vibration from face; Motor:咀嚼肌 (chewing muscles), jaw-closing muscles
VI Abducens	Motor: lateral rectus muscle
VII Facial	Motor: muscles of facial expression, lacrimation, and salivation; Sensory: taste anterior 2/3 of tongue, sensation from skin of anterior forehead
VIII Vestibulocochlear	Sensory: hearing and equilibrium
IX Glossopharyngeal	Sensory: taste posterior 1/3 of tongue, sensation from carotid sinus and carotid body; Motor: parotid gland
X Vagus	Motor: larynx, trachea, bronchi, heart, stomach, and intestines; Sensory: taste from the epiglottis and palate
XI Accessory	Motor: trapezius muscle (except postganglionic)
XII Hypoglossal	Motor: tongue muscles

1 Medical Student Mini Edition

MDpocket mini provides a more compact version of our Medical Student Reference Guide for those who only want the essentials. This guide provides students with all the basics and a little extra at a great price. This reference is packed with the most daily used medical information used by today's students and includes quick and easy ways to take care of patients.

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Model 8756

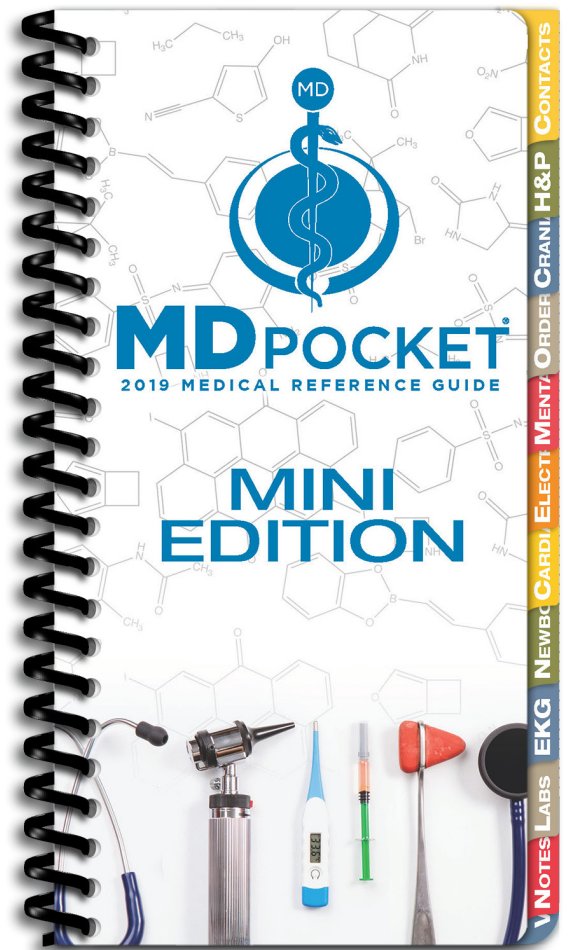
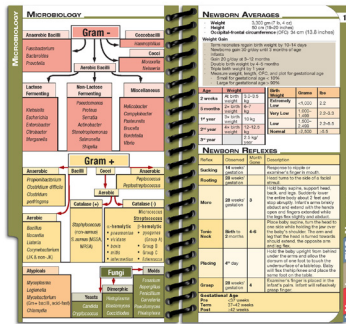
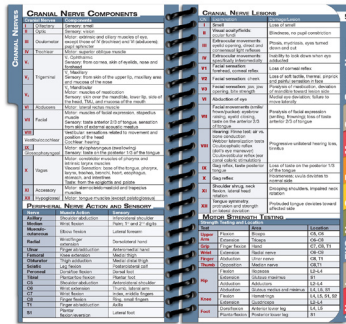
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1 Pocket Penguin EKG Calipers

Compact durable pocket size EKG calipers with a distinctive look and feel. Get one of the best pocket calipers made. Small enough to fit in any pocket, these EKG calipers are easy-to-use, fully adjustable, and guaranteed to last with their powder coated, nickel plated light weight aluminum.

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Green 6007	Wine 6019
Teal 6013	Lime Green 6000
Yellow 6008	

MSRP	10-49	50-99	100+
\$21.95	\$18.66	\$17.56	\$16.47

2 Basic EKG Calipers

These basic pocket EKG calipers feature chrome-plated tips and hardened steel handles to enable easy manipulation.

4.75" L / 0.8 oz.

Model **6004**

MSRP	10-49	50-99	100+
\$9.95	\$8.45	\$7.95	\$7.45

3 512 cps Tuning Forks

These forks boast high accuracy (+/-0.05%) and are great for performing Rinne & Weber hearing tests and screening patients for diabetic neuropathy and other sensory conditions.

- Constructed from a single piece of hardened steel
- Weldless design to maximize structural integrity for a lifetime of use

Model **6052**

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20



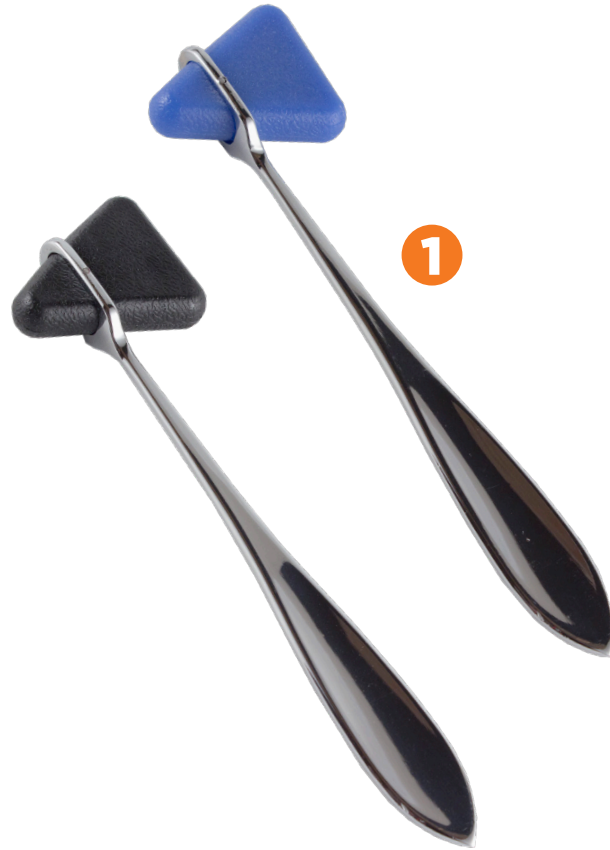
1 Taylor Reflex Hammer

This classic Taylor pocket-size reflex hammer features:

- Triangular shaped and flat rubber head for reflex testing
- Dimensions of 7 1/2" long and 3/8" thick with a 2" wide hammer head
- Pointed chrome shaft for testing Babinski responses

Blue Model **6050-BLU**
Black Model **6050-BLK**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95



2 Buck Reflex Hammer

Test all reflexes and sensations with this hammer and combined attachments featuring:

- Two heads to test even the most subtle reflexes
- Removable brush for testing sensation loss or neuropathy
- Sharp pin prick testing with removable needle point
- Entire hammer is 7.25" long

Model **6058**

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

3 Babinski Reflex Hammer

Test patient reflexes with this compact pocket hammer. Head is removable and attaches in two orientations to suit your preference.

- Removable pointed end piece for pinprick and other sensation testing
- Tough round rubber head

Model **6061**

MSRP	10-49	50-99	100+
\$9.95	\$8.45	\$7.95	\$7.45





1

1 6" Nurse Bandage and Utility Scissors

Pocket size 6" bandage and utility scissors are great for any healthcare professional (nurses, CNAs, EMTs) with a small compact design. Contoured handles make them one of the best pocket or pouch scissors available.

Black **6079**
 Blue **6089**
 Lime **6090**
 Red **6091**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95



2

2 7" Nurse Bandage and Utility Scissors

Pocket size 7.5" bandage and utility scissors are great for any healthcare professional (nurses, CNAs, EMTs). Contoured handles make them one of the best pocket or pouch scissors available.

Black **6063-BLK** Purple **6063-PUR**
 Sky Blue **6063-BLU** Pink **6063-PINK**
 Red **6063-RED** Navy **6063-NAVY**
 White **6063-WHI** Teal **6063-TEAL**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

3



3 Nurse Pocket

Organize all of your pocket equipment in this simple nurse pocket. Carry your equipment or small paperwork, notes, or writing utensils in the 4 pockets. Clip a key to the chain and securely store coins or other important small items in the Velcro pocket. Easy clean nylon construction.

Model **6066**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

4



4 Standard Nursing Pack

Our Nursing Packs combine our Nurse Pocket with our other popular nursing products! Includes a pen, paper tape and 7" nurse scissors - choose your scissor color from any 7" nurse scissors!

Model **6327**

MSRP	10-49	50-99	100+
\$9.95	\$8.45	\$7.96	\$7.46

1 Stethoscope Watch and Timer

Use this timer and watch to keep track of all your medication administrations, intervals, and patient rechecks. Ideal for all healthcare professionals.

- Locks to rubber stethoscope tubing
- Date and time display
- Alarm clock & timer functions

Model **6067**

MSRP	10-49	50-99	100+
\$3.99	\$3.39	\$3.19	\$3.00

2 Stethoscope ID Tags

These high-quality stethoscope ID tags are both durable and attractive; write your name on either side. Both tag types clip on to your stethoscope tubing.

Black Model **6064-BLK**

Blue Model **6064-BLU**

Purple Model **6064-PUR**

MSRP	10-49	50-99	100+
\$1.75	\$1.49	\$1.40	\$1.32

Red Heart Model **6065**

\$1.95	\$1.65	\$1.55	\$1.45
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3 Stethoscope Bridge ID Tag

Snaps over the bridge of your stethoscope, with a nameplate to personalize it.

Model **6069**

MSRP	10-49	50-99	100+
\$2.75	\$1.49	\$1.40	\$1.32

4 Stethoscope Light

Add this light to most standard stethoscopes by simply snapping it around the head or bell to provide a bright white light for all your clinical situations. A simple squeeze of the side buttons will turn on its bright white light to illuminate the area you're looking at.

Blue **6087-BLU**

Red **6087-RED**

MSRP	10-49	50-99	100+
\$7.99	\$6.80	\$6.40	\$6.00

5 Stethoscope Hip Clip

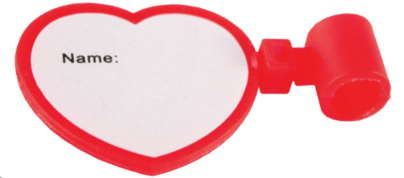
Carry your most important patient care accessory with this stethoscope holder. Sturdy clip allows it to clip to your scrubs, belt or slacks with the ability to slide your stethoscope bell into the holder to carry on your side.

Blue **6088-BLU**

White **6088-WHI**

MSRP	10-49	50-99	100+
\$3.49	\$2.97	\$2.80	\$2.62

Stethoscope not included with any products on this page



BLUE



WHITE





1

1 Cell Phone Display & Stylus

Desktop display for your cell phone with a non-slip grip and folding easel design for easy storage and carrying. Made from high-impact polystyrene plastic to hold smartphones or portable media devices. Comes with a soft felt screen cleaner and touch stylus.

Model **6077**

MSRP	10-49	50-99	100+
\$3.50	\$2.98	\$2.80	\$2.62



2

2 Highlighter Pen

Retractable pen with highlighter for underlining, taking notes, or simply writing. Made from lightweight plastic with a soft rubber fingertip grip.

Model **6333**

MSRP	10-49	50-99	100+
\$3.99	\$3.39	\$3.19	\$2.99

3 Metallic Penlights

The focused beam of light provided by this lightweight and pocket-size aluminum penlight offers the most robust illumination possible. Includes replaceable AA batteries. Available with an optional ruler or pupil gauge engraving.

Standard Models:

Black 6323-BLK	Purple 6323-PUR
Blue 6323-BLU	Red 6323-RED
Green 6323-GRN	Silver 6323-SIL
	Yellow 6323-YLW

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

Ruler Engraved Models:

Black 6323R-BLK	Purple 6323R-PUR
Blue 6323R-BLU	Red 6323R-RED
Green 6323R-GRN	Yellow 6323R-YLW

Pupil Gauge Engraved Models:

Black 6323P-BLK	Purple 6323P-PUR
Blue 6323P-BLU	Red 6323P-RED
Green 6323P-GRN	Yellow 6323P-YLW

MSRP	10-49	50-99	100+
\$7.95	\$6.76	\$6.36	\$5.97

3  



Ruler Engraving



Pupil Gauge Engraving

1 Penlight with Stylus

Compact, lightweight pocket-size penlight with a stylus. Ideal for anyone that wants to minimize all the pocket accessories (penlight, stylus, pen).

- Concentrated high-intensity beam
- Replaceable batteries

Black Model **6325-BLK**
Silver Model **6325-SLVR**

MSRP	10-49	50-99	100+
\$15.99	\$13.59	\$12.80	\$11.99

2 Twist Penlight with Stylus

Similar to the *Penlight with Stylus*, this pen, stylus and penlight combo does not have a cap and twists to reveal the ballpoint. Black and blue models are engravable.

Black Model **6335-BLK**
Silver Model **6335-SIL**
Blue Model **6335-BLU**

MSRP	10-49	50-99	100+
\$15.99	\$13.59	\$12.80	\$11.99

3 Pin-Back Buttons

Want some bling to pin on your white coat, lanyard, hat, backpack, or jacket to brighten your day? Our custom-made buttons are small enough to place anywhere and have some fun day-to-day. Each button measures 1.25 inches (32 mm) across, and features a pin backing that fastens to any fabric.

See photos on page 21 for model numbers

MSRP	10-49	50-99	100+
\$.89	\$.76	\$.72	\$.67



SILVER BLACK



BLUE BLACK SILVER



6102



1 



6128-R

1 Button Badge Reels

Want some flair to your white coat, scrubs or ID? Our added button badge reels are small enough to place anywhere and add some fun to your day. Each button measures 1.25 inches (32 mm) across, and features a spring clip to attach to coats, shirts, scrubs or jackets!

See photos for model numbers
[MODEL NUMBER]-R

MSRP	10-49	50-99	100+
\$3.99	\$3.39	\$3.19	\$3.00

2 Stethoscope Button

Looking for a great way to personalize your stethoscope? Our stethoscope buttons will add fun and flare to any stethoscope to make it uniquely yours! Available to fit either small or standard tubing this button will help add personality to your stethoscope in no time. This stethoscope button comes covered with Mylar making it easy to clean!

This button will not fit tubes larger than 10mm in diameter

See photos for model numbers
[MODEL NUMBER]-S

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

2 



6106-S



1 ID Badge Holder

Durable vinyl clear view ID badge holders feature:

- Horizontal or vertical orientation with slot for chain or clasp
- ID badge dimensions (max): 3" x 4" (76 mm x 102 mm)
- Holds all major ID cards

A. Vertical Model **6068V**

B. Horizontal Model **6069H**

MSRP	10-49	50-99	100+
\$1.50	\$1.28	\$1.20	\$1.12

2 ID Badge Reel with Clip

High-quality metal reel that can extend to 34" to allow badge scanning. Comes with spring clip to attach to coats, shirts, or jackets, as well as a rear clip to attach to pockets and belts.

Black Model **6071-BLK**

Blue Model **6071-BLU**

Red Model **6071-RED**

MSRP	10-49	50-99	100+
\$4.75	\$4.03	\$3.80	\$3.56

3 Rhinestone Lanyards

Coordinate your look with our rhinestone studded lanyards that include a cell phone holder attachment loop, trigger hook for your ID badge or our Rapid ID cards, and a key ring. This lanyard is 16 inches in length with a soft felt inner lining to prevent neck irritation.

Peacock Model **6075-P**

Onyx Model **6075-O**

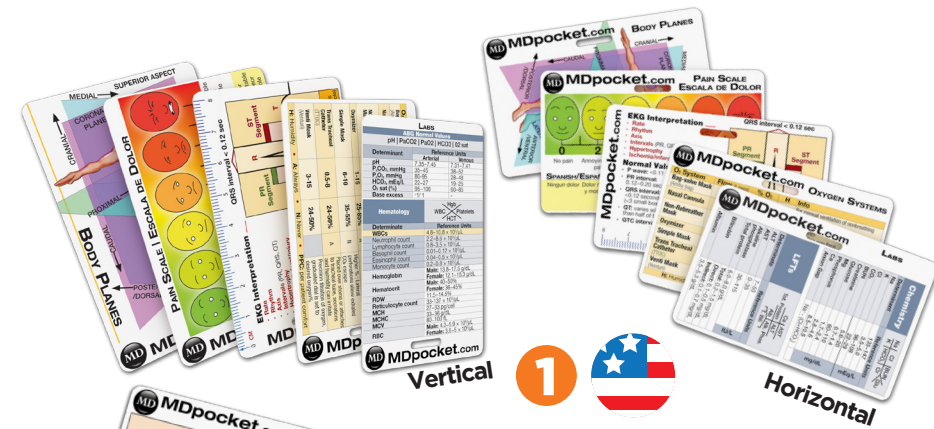
Eggplant Model **6075-E**

Crystal Model **6075-C**

Carnation Model **6075-A**

MSRP	10-49	50-99	100+
\$3.99	\$3.40	\$3.20	\$3.00





MDpocket Rapid ID's

MDpocket rapid ID's are a great way to carry your quick reference information with you at all times! These standard-size ID's fit on any lanyard for the fastest reference possible. All cards are available in horizontal and vertical formats to match your current ID style for easy storage.

1 Rapid ID - Nurse Pack

Cards in Nurse Pack:

- Body Planes and Sepsis
- Pain and Conversions
- EKG and RASS
- Tubes and Oxygen Systems
- Labs

Vertical Model **8810**

Horizontal Model **8810-H**

MSRP	10-49	50-99	100+
\$13.99	\$11.90	\$11.20	\$10.50

2 Rapid ID - Respiratory Pack

Cards in Respiratory Pack:

- RASS & Oxygen Systems
- ABG & Obstructive/Restrictive Lung Disease
- Lung Volumes & Spirometry

Vertical Model **8818**

Horizontal Model **8818-H**

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

3 Rapid ID - Medical Student Pack

Cards in Medical Student Pack:

- ABG & Sepsis
- EKG & Myocardial Infarction
- Hypertension & Adult BMI
- Dermatomes

Vertical Model **8824**

Horizontal Model **8824-H**

MSRP	10-49	50-99	100+
\$11.99	\$10.20	\$9.60	\$9.00

4 Rapid ID - ABG and Sepsis

Double-sided rapid ID referencing ABG interpretation with SIRS and Sepsis definitions.

Vertical Model **8811**

Horizontal Model **8811-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

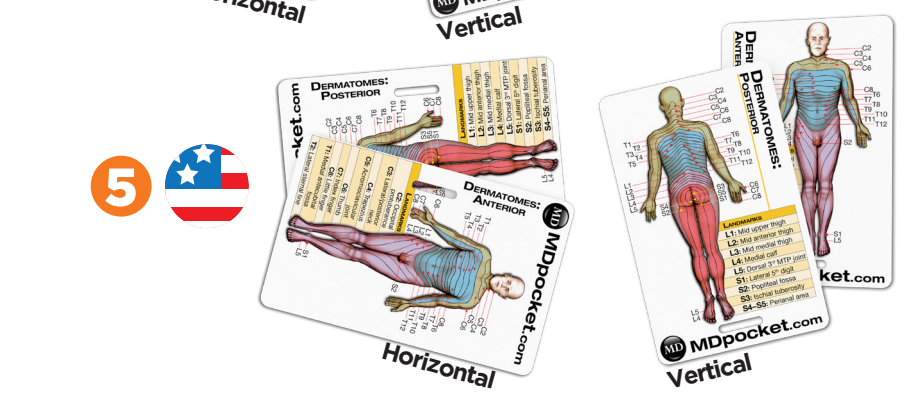
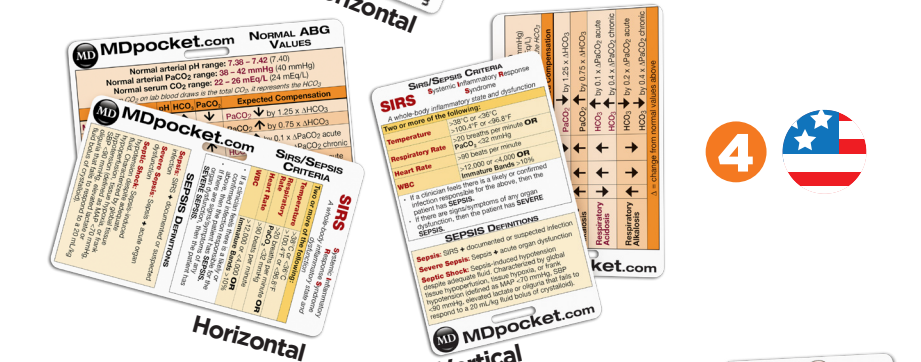
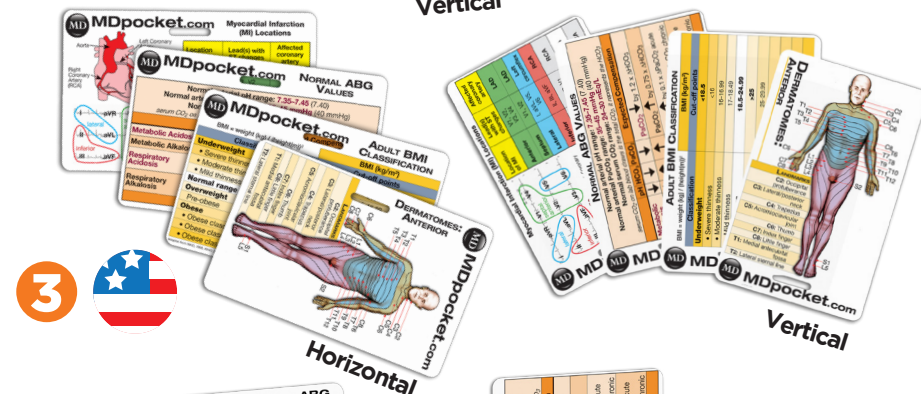
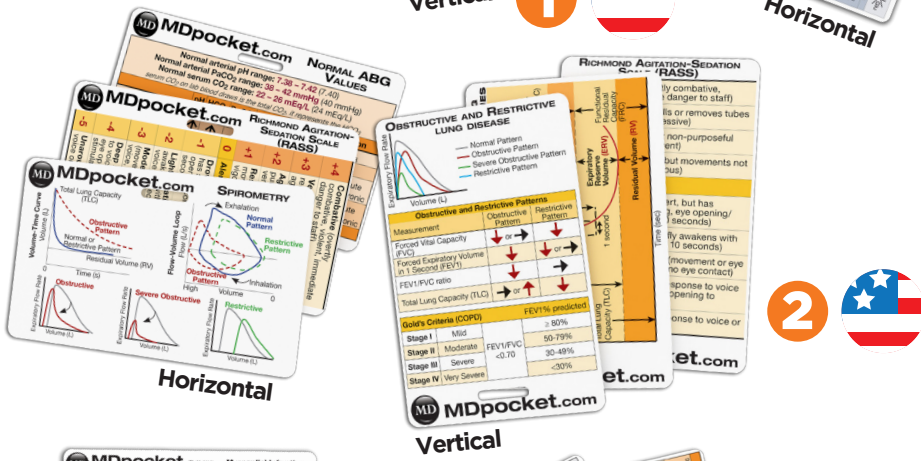
5 Rapid ID - Dermatomes

Double-sided rapid ID card medical reference on Dermatome locations.

Vertical Model **8801**

Horizontal Model **8801-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62



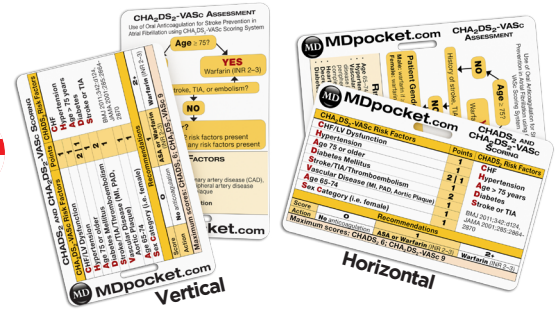
1 Rapid ID - CHADS

Double-sided rapid ID card medical reference on CHADS and CHADS-VASc. Great for scoring your patients with atrial fibrillation and gives recommendations on whether or not to use anticoagulation.

Vertical Model **8809**
Horizontal Model **8809-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

1



2 Rapid ID - EKG and RASS

Double-sided rapid ID reference with EKG interpretation on the QRS complex and Richmond Agitation-Sedation Scale.

Vertical Model **8808**
Horizontal Model **8808-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

2



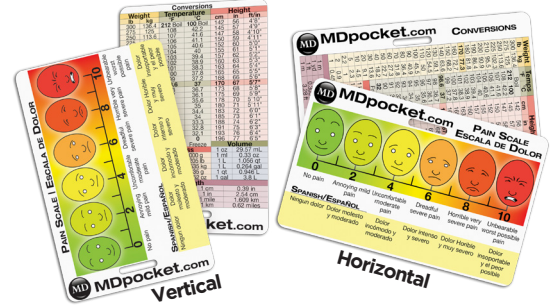
3 Rapid ID - Pain and Conversions

Double-sided rapid ID reference includes a bilingual pain scale as well as a comprehensive list of metric and imperial unit conversions.

Vertical Model **8807**
Horizontal Model **8807-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

3



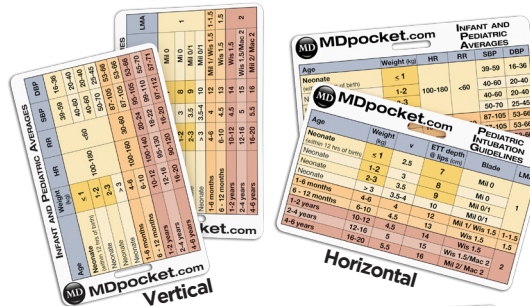
4 Rapid ID - Pediatric Guidelines

Double-sided rapid ID card to reference infant/pediatric vital signs based on age. Flip the card over to see endotracheal tube guidelines from neonates to 6 years of age with recommended blade sizes.

Vertical Model **8806**
Horizontal Model **8806-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

4



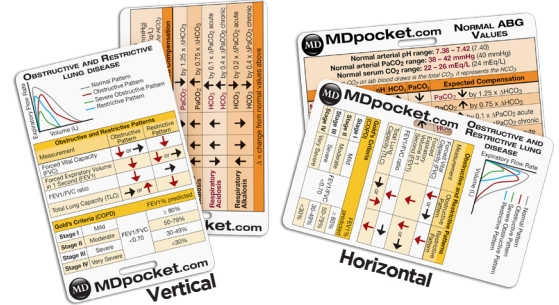
5 Rapid ID - ABG & Obstructive/Restrictive Lung Disease

Double-sided rapid ID referencing guidelines for obstructive and restrictive lung disease as well as reading ABG values.

Vertical Model **8812**
Horizontal Model **8812-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

5



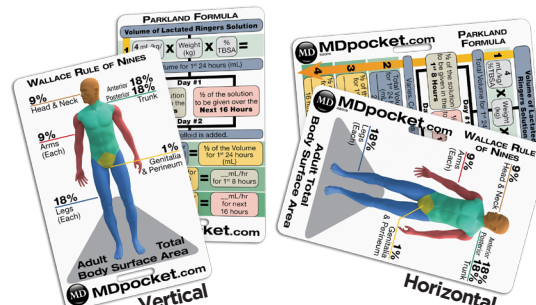
6 Rapid ID - Adult TBSA & Parkland Formula

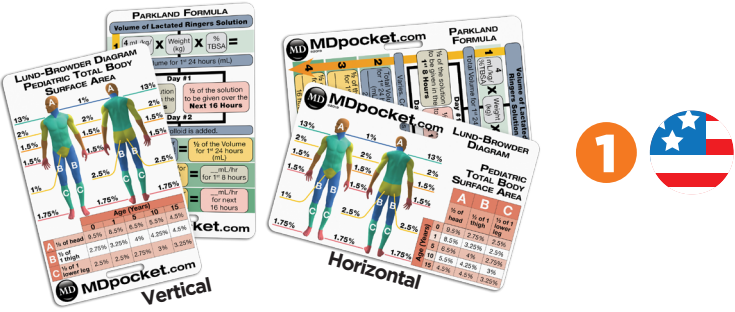
Double-sided rapid ID referencing adult total body surface area (TBSA) for burn treatment and the Parkland Formula for burn resuscitation.

Vertical Model **8826**
Horizontal Model **8826-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

6



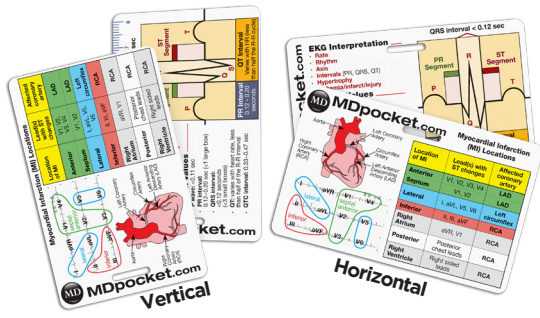


1 Rapid ID - Pediatric TBSA & Parkland Formula

Double-sided rapid ID referencing pediatric total body surface area (TBSA) for burn treatment and the Parkland Formula for burn resuscitation.

Vertical Model **8827**
Horizontal Model **8827-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

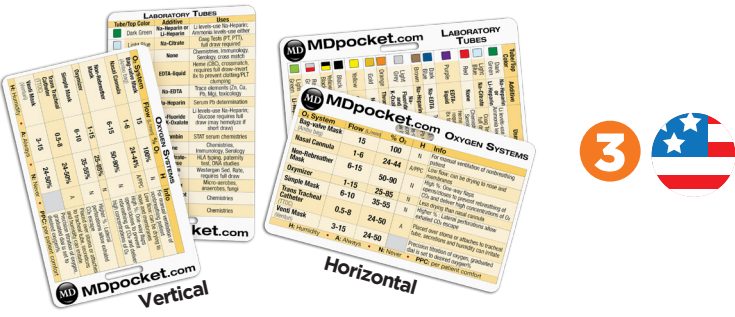


2 Rapid ID - EKG & Myocardial Infarction

Double-sided rapid ID card medical reference on Myocardial Infarction locations and EKG interpretations.

Vertical Model **8819**
Horizontal Model **8819-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

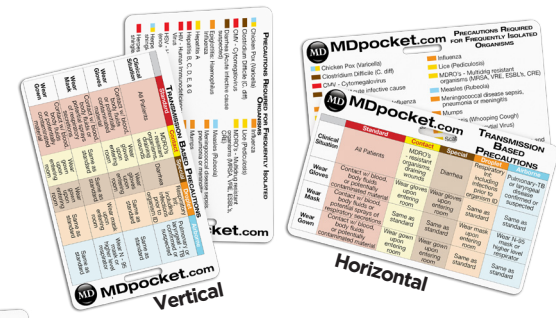


3 Rapid ID - Tubes and Oxygen Systems

Double-sided rapid ID medical reference on blood draw tubes and oxygen systems.

Vertical Model **8802**
Horizontal Model **8802-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

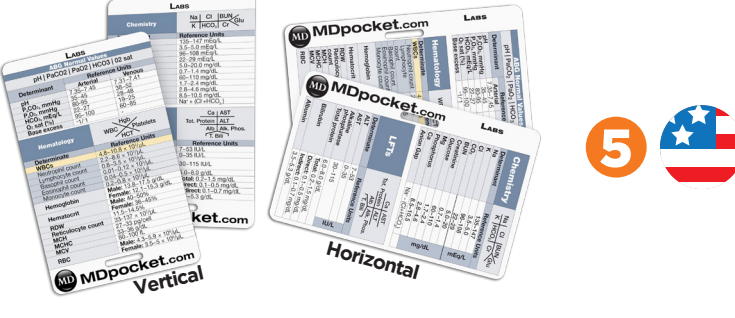


4 Rapid ID - Healthcare Provider Precautions

Double-sided rapid ID reference for healthcare provider glove, gown, and mask precautions.

Vertical Model **8803**
Horizontal Model **8803-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62



5 Rapid ID - Labs

Double-sided rapid ID card to reference all basic lab values such as basic metabolic panel, liver function tests and complete blood count.

Vertical Model **8804**
Horizontal Model **8804-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62



6 Rapid ID - RASS & Oxygen Systems

Double-sided rapid ID referencing the Richmond Agitation-Sedation Scale (RASS) as well as a quick reference on oxygen flow rates, humidification needs and oxygen percentages to use with different types of systems.

Vertical Model **8817**
Horizontal Model **8817-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

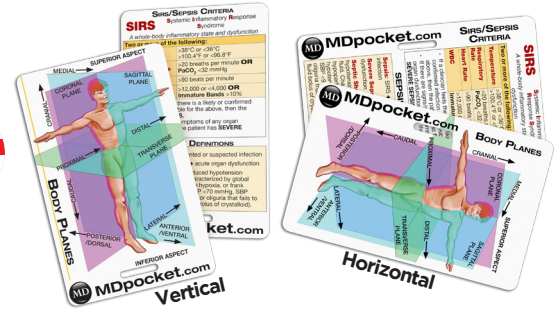
1 Rapid ID - Body Planes & Sepsis

Double-sided rapid ID referencing all body planes with SIRS and Sepsis definitions.

Vertical Model **8805**
Horizontal Model **8805-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

1



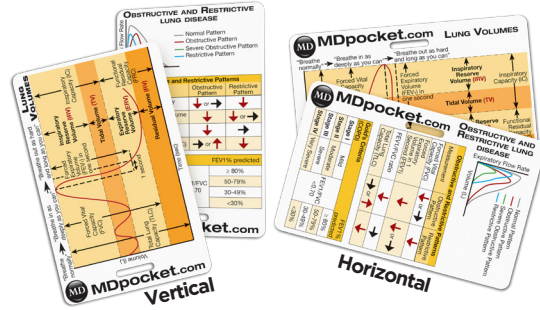
2 Rapid ID - Lung Volumes & Obstructive/Restrictive Lung Disease

Double-sided rapid ID referencing guidelines for obstructive and restrictive lung disease, as well as a lung volume diagram.

Vertical Model **8814**
Horizontal Model **8814-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

2



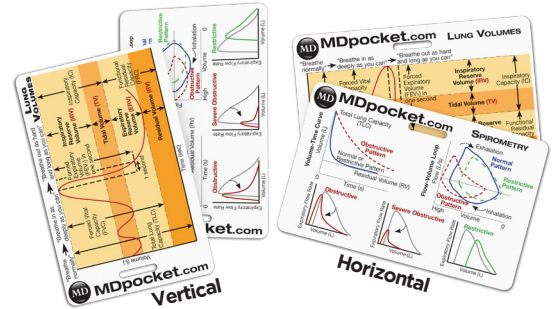
3 Rapid ID - Spirometry & Lung Volumes

Double-sided rapid ID referencing spirometry flow loops in obstructive and restrictive lung disease, as well as a lung volume diagram.

Vertical Model **8816**
Horizontal Model **8816-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

3



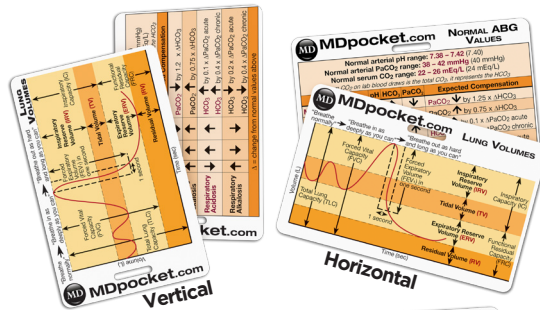
4 Rapid ID - ABG & Lung Volumes

Double-sided rapid ID referencing ABG values, as well as a lung volume diagram.

Vertical Model **8813**
Horizontal Model **8813-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

4



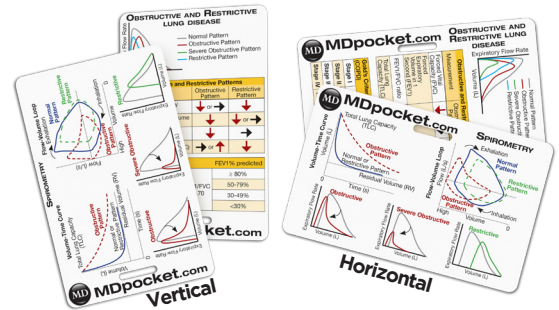
5 Rapid ID - Spirometry & Obstructive/Restrictive Lung Disease

Double-sided rapid ID referencing spirometry flow loops in obstructive and restrictive lung disease, as well as guidelines for obstructive and restrictive lung disease.

Vertical Model **8815**
Horizontal Model **8815-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

5



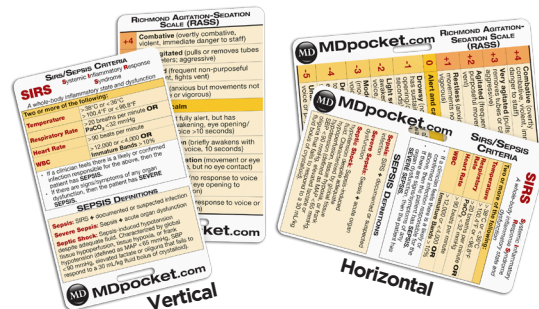
6 Rapid ID - RASS & Sepsis

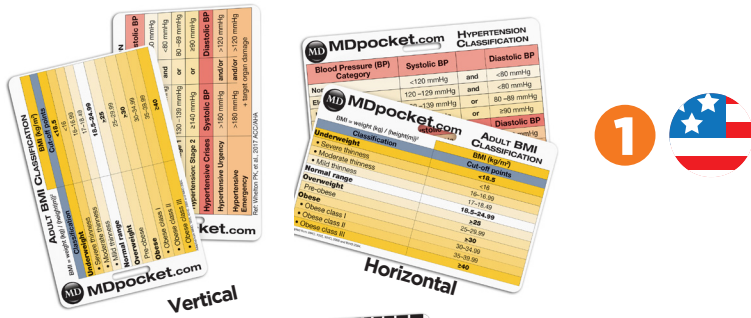
Double-sided rapid ID referencing RASS interpretation with SIRS and Sepsis definitions.

Vertical Model **8821**
Horizontal Model **8821-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

6





1 Rapid ID - Hypertension & Adult BMI

Double-sided rapid ID card medical reference for Hypertension classification and Adult BMI classification.

Vertical Model **8823**
Horizontal Model **8823-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

2 Rapid ID - EKG Intervals & Measures

Double-sided rapid ID card medical reference for measuring EKG intervals, heart rates and QRS complex segments.

Vertical Model **8820**
Horizontal Model **8820-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

3 Rapid ID - Glasgow Coma Scale & Pain

Double-sided rapid ID card medical reference for the Glasgow coma scale and a bilingual pain scale.

Vertical Model **8825**
Horizontal Model **8825-H**

MSRP	10-49	50-99	100+
\$3.39	\$2.89	\$2.72	\$2.62

4 EKG Pocket Ruler

Laminated ruler simplifies EKG reading and interpretation and features:

- EKG-specific calculators for heart rate as well as PR, QRS, and QT intervals
- EKG axis determination diagram
- Normal EKG values for P wave, PR interval, QRS duration, QT interval, QTC interval

Model **6057**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

5 Rapid ID - EKG & Ruler Combo Pack

This combo pack includes the EKG Pocket Ruler and EKG Intervals and Measures Rapid ID.

Model **4305**

MSRP	10-49	50-99	100+
\$6.49	\$5.52	\$5.19	\$4.87

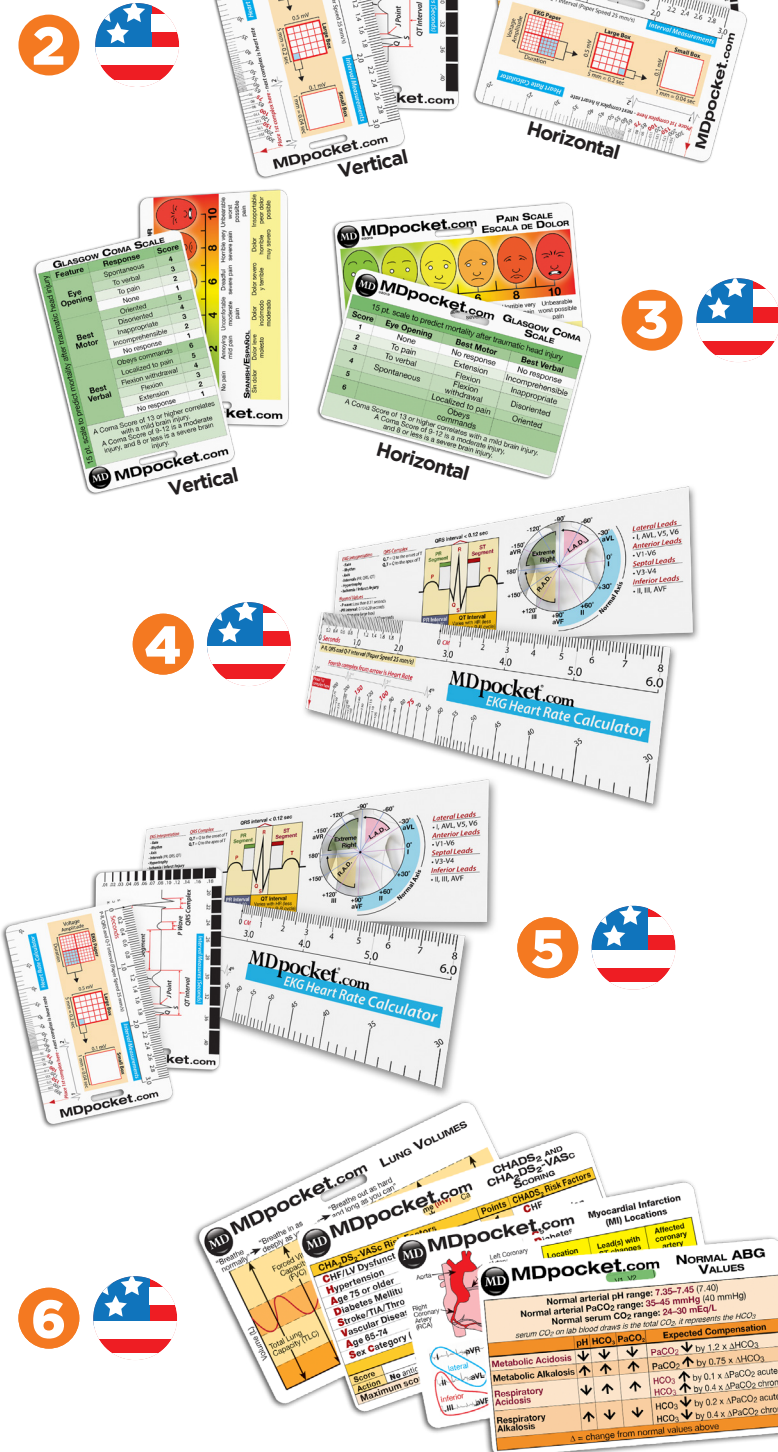
6 Rapid ID - Medical Pack

Cards in Medical Pack:

- ABG & Sepsis
- EKG & Myocardial Infarction
- Lung Volumes & Spirometry
- CHADS

Vertical Model **8822**
Horizontal Model **8822-H**

MSRP	10-49	50-99	100+
\$11.99	\$10.20	\$9.60	\$9.00



1 Cyanotic Congenital Heart Disease Wheel

Includes commonly seen cyanotic congenital heart diseases and allows you to apply the American Academy of Pediatrics recommended Pulse Oximetry Test and the Oxygen Challenge Test in your assessments. This wheel shows all the necessary steps to evaluate CCHD clinical features including chest X-rays and EKGs in making a diagnosis prior to Cardiology consultation and Echocardiography.

Model 4212

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

2 Neonatal Pulse Oximetry Wheel

This wheel is an educational tool to help assess for Critical Congenital Heart Disease (CCHD) in neonates. Pulse Oximetry has been recommended by the American Academy of Pediatrics and the American Heart Association to identify hypoxemia that might not otherwise produce visible cyanosis, especially among darkly pigmented newborns.

Model 4211

MSRP	10-49	50-99	100+
\$5.95	\$5.05	\$4.75	\$4.45

3 Neonatal Hypoglycemia Wheel

This wheel provides a practical guide and algorithm for screening and subsequent management of neonatal hypoglycemia with a goal target glucose screen ≥ 45 mg/dL prior to routine feedings.

Model 4213

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

4 Neonatal Bili Wheel

Use this wheel to guide therapy for neonates with hyperbilirubinemia. There are 6 circles for providers to categorize neonates of a certain gestational age in the treatment of hyperbilirubinemia including those infants who have hemolytic disease of the newborn such as RH disease, ABO or other blood group incompatibility with coombs positive status, presence of sepsis, hypoxemia, acidosis, or low albumin level of ≤ 2.5 mg/dL.

Model 4214

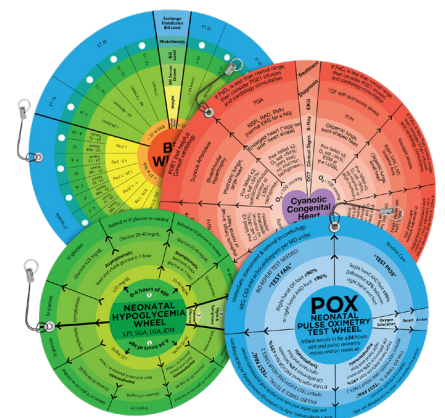
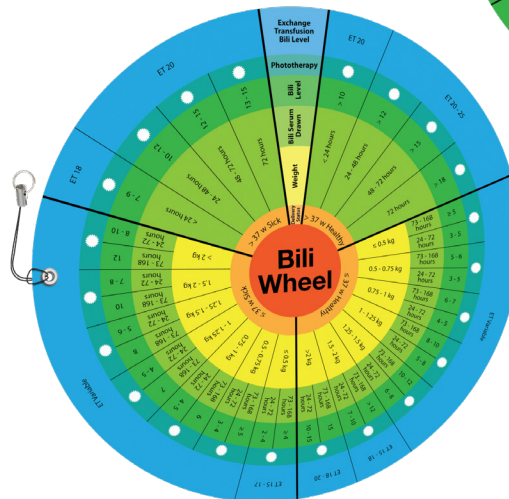
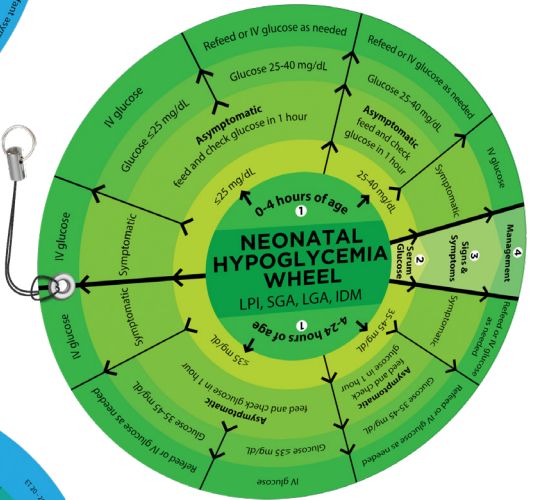
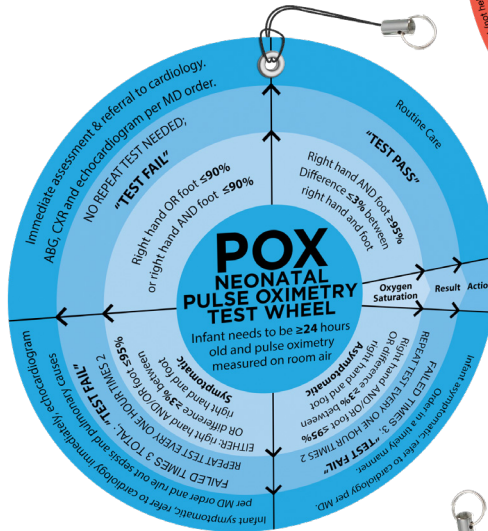
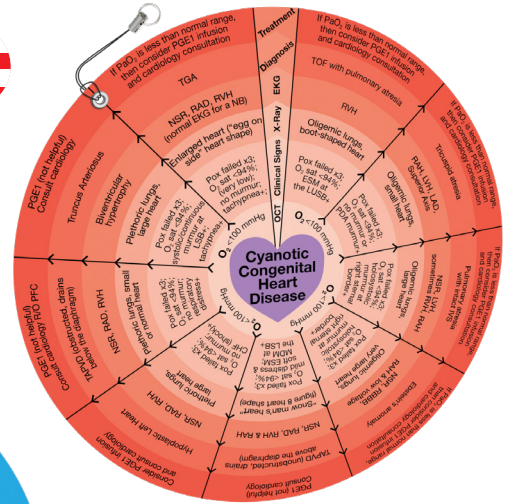
MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

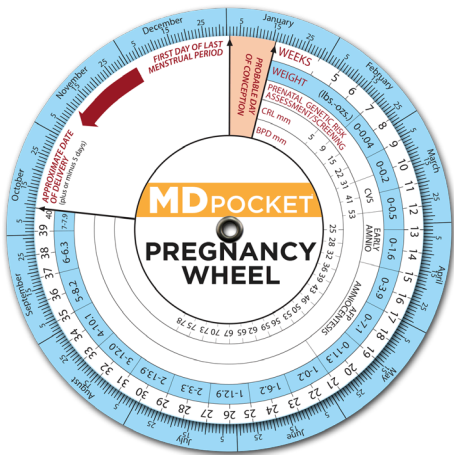
5 Neonatal Wheel Combo Pack

A wheel combo pack with all four neonatal wheels.

Model 4301

MSRP	10-49	50-99	100+
\$15.99	\$13.59	\$12.79	\$11.99





1 Pregnancy Wheel

Get all the important pregnancy dates in a small pocket wheel that features:

- Dates to help determine the estimated due date using the first day of the last menstrual period or the probable date of conception
- Fetus crown rump length measurements
- Biparietal diameter (BPD) measurements

Model 4203

Metric Model 4219

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

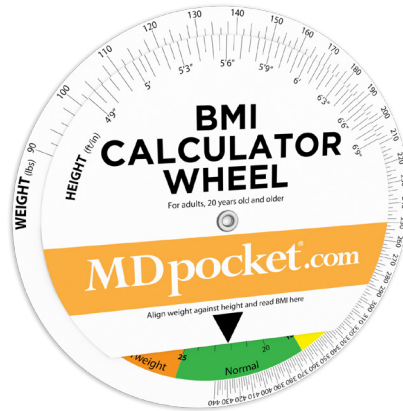
2 BMI Calculator Wheel

Calculate the body mass index (BMI) of patients with this BMI wheel calculator that will fit in your pocket.

Model 4210

Metric Model 4218

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

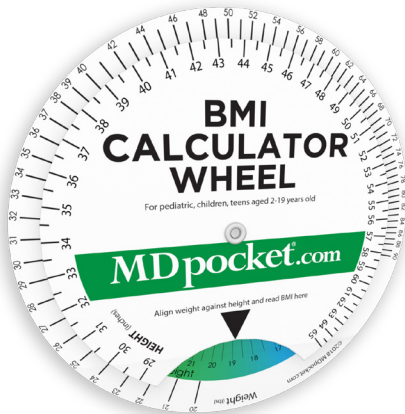


3 Pediatric BMI Calculator Wheel

Calculate the body mass index (BMI) of pediatric patients with this BMI calculator wheel that will fit in your pocket. Measure the height and weight of patients under 90 lbs. and determine the corresponding BMI-for-age percentile (%ile) that they fit in to.

Model 4206

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

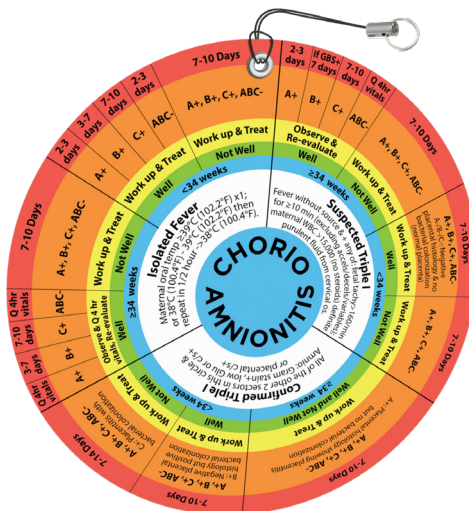


4 Chorioamnionitis Wheel

This pocket wheel is used to help diagnose patients with Intrauterine Inflammation or Infection or both, abbreviated as "Triple I".

Model 4209

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70



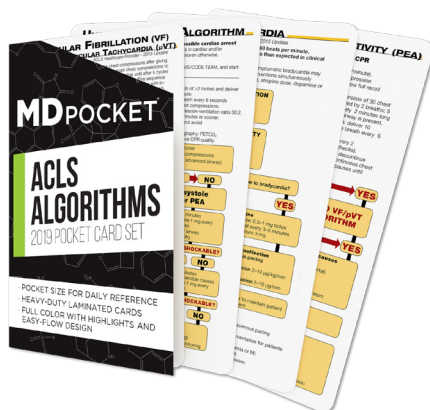
5 ACLS Card Set

ACLS pocket reference cards are ideal for quick reviews of the diagnosis and treatment of the latest 5 major ACLS algorithms:

- Universal ACLS Algorithm
- Pulseless Electrical Activity
- Bradycardia
- Ventricular Tachycardia and Fibrillation
- Unstable Tachycardia
- Asystole
- ACLS medications

Model 4201

MSRP	10-49	50-99	100+
\$12.99	\$11.05	\$10.40	\$9.75



1 PALS Card Set

Laminated pocket card set with latest acute care pediatric algorithms. This 3 card set has easy-flow algorithms to guide you through the most daily used pediatric life support measures. Included within the set of cards: Universal PALS Algorithm, Pediatric Bradycardia Algorithm, Pediatric Tachycardia Algorithm, and more!

Model 4205

MSRP	10-49	50-99	100+
\$8.95	\$7.60	\$7.16	\$6.71

2 Adult Basic Life Support Card (BLS)

Laminated pocket card provides the latest Basic Life Support (BLS) guidelines for Adults. The front of this card provides the BLS algorithm for unresponsive victims. Flip the card over to review all the CPR components for providers, such as compression ratios/depths, hand placement, and 1 or 2 rescuer guidelines for infants, children, adolescents, and adults.

Model 4215

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

3 Newborn Resuscitation Algorithm Card

Laminated pocket card provides the latest Newborn Resuscitation Algorithm and Cardiopulmonary Resuscitation (CPR) guidelines. The front of this card features the Newborn Resuscitation Algorithm and on the back are all the CPR components for providers (compression ratios/depths, hand placement, and 1 or 2 rescuer guidelines for infants, children, adolescents, and adults).

Model 4216

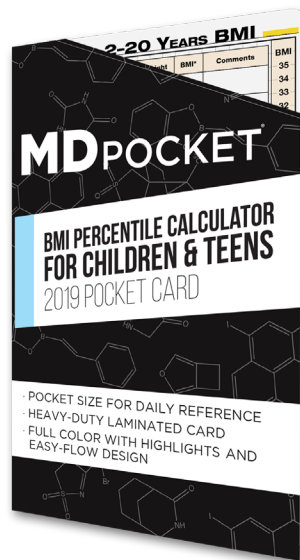
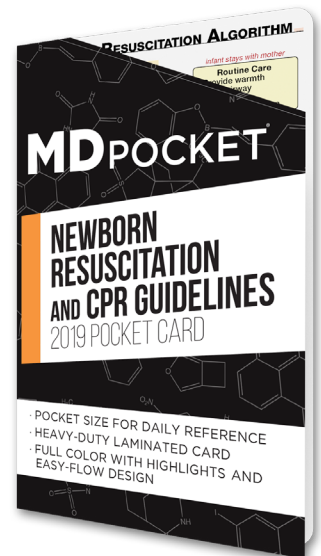
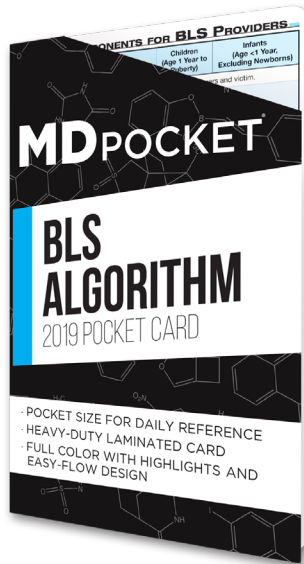
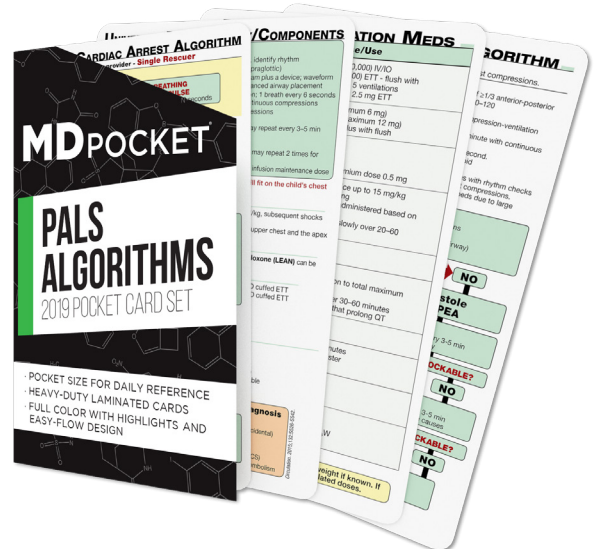
MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

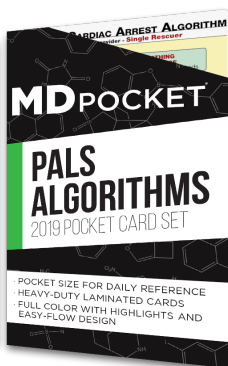
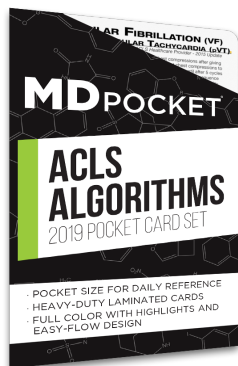
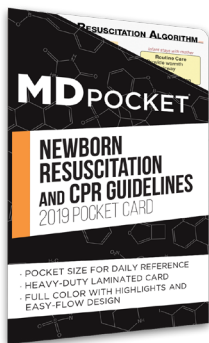
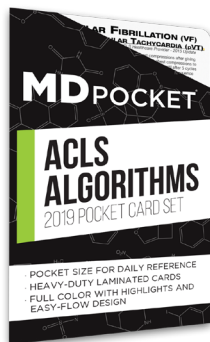
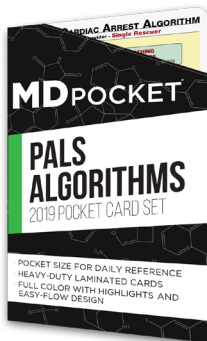
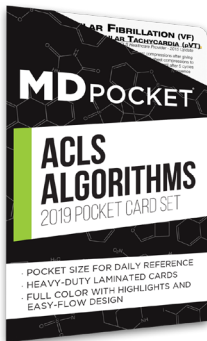
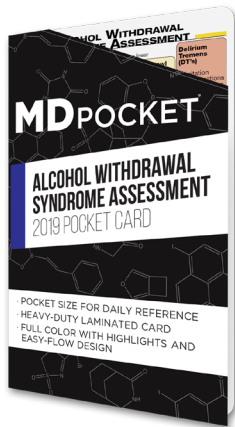
4 BMI Card Set

Laminated pocket card provides the latest pediatric body mass index (BMI) percentile algorithm chart for both girls and boys from 2 to 20 years. Our BMI card can be directly written on with a wet- or dry-erase marker to calculate the BMI and then use the weight categories to classify your patient.

Model 4220

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20





1 Alcohol Withdrawal Assessment Card

Laminated pocket card allows you to quickly and accurately score patients in alcohol withdrawal. Based on the Clinical Institute Withdrawal Assessment (CIWA or CIWA-Ar) protocol and is one of the most used methods of scoring and treating alcohol withdrawal patients. You can even write directly on this card with a wet or dry erase marker for real-time scoring.

Model 4221

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

2 Burn Resuscitation Card

Laminated pocket card allows you to quickly calculate Total Body Surface Area (TBSA) for all 2nd degree and greater patient burns using the Parkland Formula. On one side you'll find the Wallace rule of Nine (adults) and the Lund & Browder method (pediatrics) for determining the TBSA. The other side demonstrates how to use the TBSA for fluid resuscitation guidelines in the 1st 24 hours.

Model 4222

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

3 ACLS & PALS Combo

A card combo pack that includes all cards from the ACLS and PALS sets.

Model 4300

MSRP	10-49	50-99	100+
\$17.99	\$15.30	\$14.40	\$13.50

4 ACLS & BLS Combo

A card combo pack that includes all cards from the ACLS set and the BLS card.

Model 4302

MSRP	10-49	50-99	100+
\$15.25	\$12.97	\$12.20	\$11.45

5 Newborn Resuscitation & PALS Combo

A card combo pack that includes all cards from the PALS set and the Newborn Resuscitation Card.

Model 4303

MSRP	10-49	50-99	100+
\$15.25	\$12.97	\$12.20	\$11.45

6 ACLS, PALS & BLS Combo

A card combo pack that includes all cards from the ACLS and PALS sets, as well as the BLS Card.

Model 4304

MSRP	10-49	50-99	100+
\$24.25	\$20.62	\$19.40	\$18.19

1 Acute Care Card Set

Use these pocket card references for resuscitation guidelines, intubation medications, endotracheal tube sizes, and much more. These cards have been tried and tested by the University of Michigan and used by hospitalists, pediatricians, anesthesiology residents, fellows in critical care, and emergency medicine physicians.

Model 4207

MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50

2 Sepsis Card

This pocket-sized laminated card provides detailed information on the Surviving Sepsis Campaign guidelines to help you diagnose and treat patients with SIRS and SEPSIS. This card includes definitions for SIRS, SEPSIS, severe SEPSIS, and organ dysfunction.

Model 4204

MSRP	10-49	50-99	100+
\$6.95	\$5.90	\$5.55	\$5.20

3 H&P Card and Sheet

Useful for organizing a History and Physical Exam with Subjective and Objective data; includes all sections for conducting a patient history and performing all areas of the Exam.

3-hole 8.5 x 11" Sheet Model 4107

Card Model 4106

MSRP	10-49	50-99	100+
\$4.99	\$4.25	\$4.00	\$3.75

4 Immunization Card Set

Laminated pocket card set with current recommendations for routine vaccines for all age groups in the US. The recommended immunization schedules have been approved by the Advisory Committee on Immunization Practices and are a quick, easy pocket reference.

Model 4202

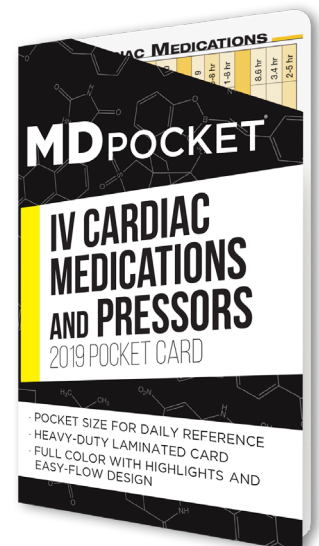
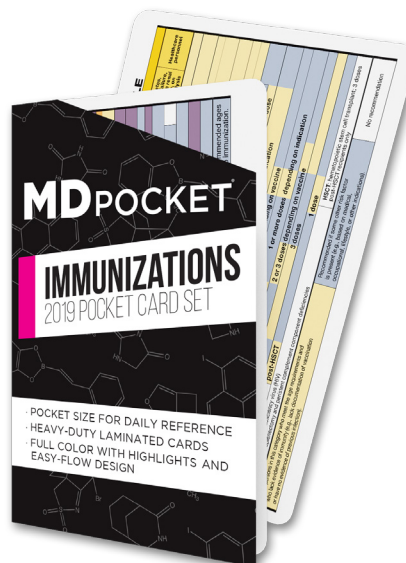
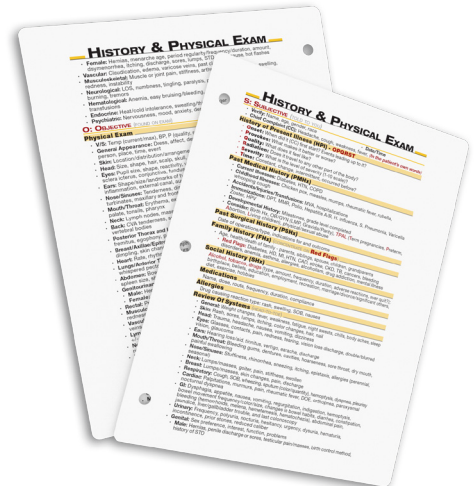
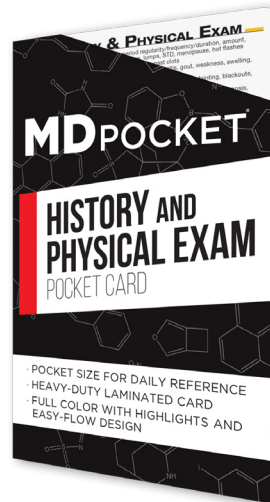
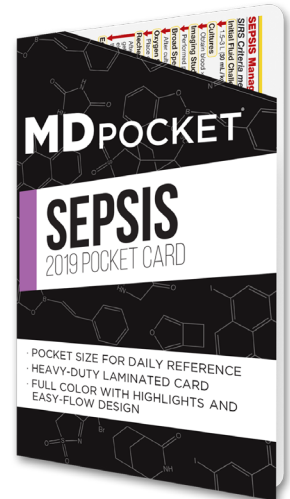
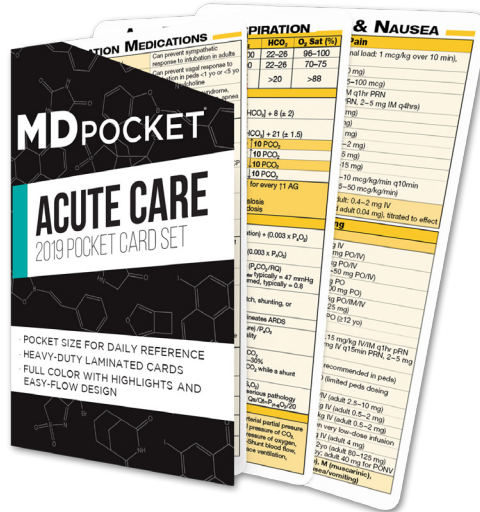
MSRP	10-49	50-99	100+
\$8.95	\$7.60	\$7.15	\$6.70

5 Cardiac Medications and Pressors Card

The Cardiac Medications card is a double-sided reference with detailed information on cardiac pressors, beta blockers, calcium channel blockers, and vasodilators. Reference each cardiac medication's action within the body and on which receptors it interacts.

Model 4208

MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50





1 WhiteCoat Clips

The WhiteCoat Clip is designed specifically for use with any full size WhiteCoat Clipboard and is a great way to store your writing instrument.

Clip features:

- Flexible plastic construction that holds standard size writing instruments
- Will not obscure engravings

Black **9034-BLK**
 Blue **9034-BLUE**
 White **9034-WHI**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95
	Black 2 Pack 9034-2BLK		
	Blue 2 Pack 9034-2BLUE		
	White 2 Pack 9034-2WHI		
MSRP	10-49	50-99	100+
\$5.45	\$4.64	\$4.36	\$4.09

2 WhiteCoat Bands

The exclusive elastic rubber WhiteCoat Band is designed for use with any of our full size WhiteCoat Clipboards to help secure and protect your notes, documents and other papers

Fits only standard size clipboards.

Purple **9042-PUR**
 Pink **9042-PINK**
 Green **9042-GRN**
 Clear **9042-CLR**
 Black **9042-BLK**
 Red **9042-RED**
 Blue **9042-BLU**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

3 WhiteCoat Clipboards

Patented folding WhiteCoat Clipboards with glossy labels to reference the most daily used medical information. Carry patient notes, medication lists, and nursing assessments without worry of losing your data. Our best-selling clipboards for all healthcare professionals including nurses, pharmacists, pediatric specialists, and general practitioners.

WhiteCoat Clipboards feature:

- A full size design that folds to 1/2" thickness
- Lightweight aluminum construction
- The ability to hold 15-30 pieces of paper without creasing

See available colors and models on the next pages!



Medical WhiteCoat Clipboards

Standard Version

Vertical Version

WhiteCoat Clipboards

EKG Axis

Leads

- Lateral Leads: I, aVL, V5, V6
- Anterior Leads: V2, V4
- Septal Leads: V1, V2
- Inferior Leads: II, III, aVF

Normal Values

- P wave: <0.11 seconds
- PR Interval: 0.12-0.20 seconds (less than one large box)
- QRS Interval: <0.12 seconds (less than three small boxes)
- QT Interval: Varies with heart rate, less than half of the R-R interval
- QTc Interval: 0.35-0.47 seconds

QRS Interval

Less than 0.12 seconds

EKG Paper

Large Box: 5 mm = 0.2 sec

Small Box: 1 mm = 0.04 sec

Limb Leads

I Lateral	aVR	V1 Septal	V4 Anterior
II Inferior	aVL Lateral	V2 Antero-Septal	V5 Lateral
III Inferior	aVF Inferior	V3 Anterior	V6 Lateral

Grading of Cardiac Murmurs

Grade	Description
I	Faintest murmur that can be heard (with difficulty)
II	Faint, but easily audible
III	Moderately loud
IV	Loud with palpable thrill
V	Very loud with thrill. May be heard when stethoscope is partly off the chest
VI	Very loud with thrill. May be heard with stethoscope entirely off the chest

AV Blocks

- 1* Prolonged PR interval >0.2 seconds
- 2* Type I (Wenckebach): Progressive increase in PR interval until impulse is not conducted and no QRS
- 3* Type II (Mobitz): Intermittent dropped QRS
- 3* Complete block: No P waves produce a QRS response

Strength Testing Scale

Grade	Response	Glasgow Coma Scale
5/5	Movement against gravity with full resistance (normal strength)	4 = Open spontaneously
4/5	Movement against gravity with some resistance	3 = Open to verbal command
3/5	Movement against gravity only	2 = Open to pain
2/5	Movement with gravity eliminated	1 = No response
1/5	Variable/palpable muscle contraction but no movement	Verbal Response
0/5	No contraction	5 = Oriented, converses
		4 = Disoriented, converses
		3 = Incomprehensible sounds
		2 = No response
		Motor Response
		6 = Obeys verbal command
		5 = Localizes to pain
		4 = Withdrawal from pain
		3 = Decorticate (flex) to pain
		2 = Decerebrate (extend) to pain
		1 = No response to pain

Glasgow Coma Scale (Brain Injury Classification)

Severe: <8 | Moderate: 9-12 | Minor: >13

Normal Lab Values

Parameter	Normal Values
Stroke Volume (SV)	60-120 mL/contraction
Cardiac Output (CO)	4-8 L/min
Cardiac Index (CI)	2.6-4.2 L/min/m ²
Systemic Vascular Resistance (SVR)	900-1300 dyne/cm ²
Mean Arterial Pressure (MAP)	70-100 mmHg
A-a Gradient	5-15 mmHg
Central Venous Pressure (CVP)	3-8 mmHg
Pulmonary Artery Pressure (PAP)	Systolic: 15-30 mmHg Diastolic: 8-12 mmHg Mean: 9-16 mmHg

Normal Lab Values

Parameter	Normal Values
WBC	4.5-11 x 10 ⁹ /L
Hgb	Male: 13.5-17.5 g/dL Female: 12-16 g/dL
Hct	Male: 41-50% Female: 36-47%
Platelets	150-400 x 10 ⁹ /L
Na	135-145 mEq/L
Cl	95-105 mEq/L
HCO ₃	22-29 mEq/L
BUN	7-18 mg/dL
Cr	0.6-1.2 mg/dL
Glucose	70-110 mg/dL
T Protein	6.5-10.5 g/dL
Alb	3.5-5.0 g/dL
AST/ALT	0-35 IU/L
Alk Phos	30-120 IU/L
T Bil	0-1 mg/dL

Conversions

Temperature	Mass/Weight	Volume	Length
F = (C x 9/5) + 32	1 kg = 1000 g	1 oz = 29.57 ml	1 in = 2.54 cm
C = (F - 32) x 5/9	1 kg = 2.2 lbs	8 oz = 1 cup	1 cm = 0.39 in
98.6°F = 37°C	1 oz = 28.35 g	16 oz = 1 lb	1 ft = 0.305 m
32°F = 0°C	1 g = 0.035 oz	1 gal = 3.78 L	1 m = 3.28 ft

ABG Normal Values

pH	P _O	P _O	HCO ₃
7.37-7.45	35-45 mmHg	80-100 mmHg	24-30 mEq/L

Acid-Base

1. Is the patient acedemic (pH <7.4), or alkalemic (pH >7.4)?
2. Is the primary process metabolic (HCO₃) or respiratory (pCO₂)?
3. If metabolic acidosis: Gap or non-gap? Anion gap [AG = (Cl + HCO₃)] Normal 10-14 mEq/L
4. Is compensation appropriate? If yes, simple disorder. If no, mixed disorder.

Disorder

Disorder	pH	pCO ₂	pO ₂	HCO ₃	Compensation
Metabolic Acidosis	↓	↓ HCO ₃	↓	↓ pCO ₂ = 1.25 x ΔHCO ₃	
Metabolic Acidosis	↓	↑ HCO ₃	↓	↑ pCO ₂ = 0.75 x ΔHCO ₃	
Respiratory Acidosis (Acute)	↓	↑ pCO ₂	↓	↑ HCO ₃ = 0.1 x ΔpCO ₂	
Respiratory Acidosis (Chronic)	↓	↑ pCO ₂	↓	↑ HCO ₃ = 0.4 x ΔpCO ₂	
Respiratory Alkalosis (Acute)	↑	↓ pCO ₂	↓	↓ HCO ₃ = 0.2 x ΔpCO ₂	
Respiratory Alkalosis (Chronic)	↑	↓ pCO ₂	↓	↓ HCO ₃ = 0.4 x ΔpCO ₂	

Helpful Equations

- Anion Gap = Na - (Cl + HCO₃) (Normal 10-14 mEq/L) - Corrected Na = Na + [glucose - 100] x 0.016
- Fractional Excretion of Creatinine = (urine creatinine / serum creatinine) x (serum Na / urine creatinine) x 100
- Osmolality = 2 x Na + (glucose / 18) + (BUN / 2.8) (Normal 275-295 mOsm/kg)
- Osmolar Gap = measured osmoles - calculated osmoles (Normal <10 mOsm/kg)
- Body Water Deficient (liters) = 0.6 x weight (kg) x (serum Na / 140)
- Calculated CR Clearance = urine creatinine x urine volume (mL) / serum creatinine x time (minutes)
- Estimated CR Clearance = (140 - age) x weight (kg) / (72 x serum creatinine (mg/dL))
- Estimated Total Ca = [0.8 x (4 - patient albumin)] + patient Ca
- A-a Gradient = (713 x PO₂) - (P_O x 0.8) - P_O OR (age/4) + 4
- Mean Arterial Pressure (MAP) = Diastolic BP + 1/3 systolic BP - diastolic BP/3
- Cardiac Index (CI) = CO/body Surface Area (BSA) x Cardiac Output (CO) = 100 x SV
- Stroke Volume (SV) = CO/BSA
- Systemic Vascular Resistance (SVR) = 80 x (MAP - CVP) / CO (Units: mmHg/L/CO (L/min))
- Peripheral Vascular Resistance (PVR) = 80 x (Mean PA pressure (mmHg) - Mean CVP (mmHg)) / CO (L/min)

iPad Mini Version



Standard Color Models:

Specialty Color Models:



This clipboard is now available in a Metric Units edition!

Make your clipboard a quick medical reference guide with detailed day-to-day information perfect for all healthcare professionals. This label provides general medical information for medical residents, students, physicians or any healthcare professional.

Features:

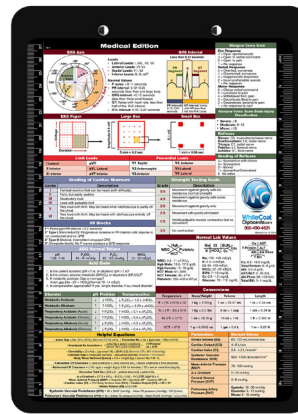
- EKG interpretations
- Acid-base values and interpretations
- Useful equations
- Conversions
- Cardiac parameters
- Cardiac murmurs
- AV block assessment
- Glasgow Coma Scale
- Strength testing scale

Product Codes and Pricing

Standard Model [Color Model]-MBLK	iPad Mini 1-3 Model [Color Model]-ISOM-BLK
Metric Standard Model [Color Model]-MMLBK	iPad Mini 4 & 5 Model [Color Model]-ISOM4-BLK
Vertical Model [Color Model]-VMBLK	Metric iPad Mini 1-3 Model [Color Model]-ISOM-MMBLK
Metric Vertical Model [Color Model]-VMMBLK	Metric iPad Mini 4 & 5 Model [Color Model]-ISOM4-MMBLK
MSRP	MSRP
\$26.95	\$39.99
\$22.91	\$34.00
\$21.56	\$32.00
\$20.22	\$30.00
\$19.68	
Blackout Model 70240-MBLK	iPad Mini Blackout 1-3 Model 70240-ISOM-BLK
Metric Blackout Model 70240-MMLBK	iPad Mini 4 & 5 Blackout Model 70240-ISOM4-BLK
Mint Model 7039-MBLK	Metric iPad Mini 1-3 Blackout Model 70240-ISOM-MMBLK
Metric Mint Model 7039-MMBLK	Metric iPad Mini 4 & 5 Blackout Model 70240-ISOM4-MMBLK
Coral Model 7040-MBLK	
Metric Coral Model 7040-MMBLK	
Vertical Blackout Model 80240-VMBLK	
Metric Vertical Blackout Model 80240-VMMBLK	
MSRP	MSRP
\$27.95	\$40.99
\$23.76	\$34.85
\$22.36	\$32.80
\$20.97	\$30.75
\$20.41	

Medical WhiteCoat Clipboards Cont.

Flat Aluminum Version



Flat Plastic Version

Available Color Models:



Available Color Models:



Storage Version

Product Codes and Pricing

Standard Flat Aluminum Black Model **7062-MBLK**

Standard Flat Aluminum Model **7062-MBLK + Color Choice***

MSRP	10-49	50-99	100-249	250-500+
	\$26.95	\$22.91	\$21.56	\$20.22
				\$19.68

Standard Flat Plastic Black Model **7023-MBLK**

Standard Flat Plastic Model **7023-MBLK + Color Choice***

MSRP	10-49	50-99	100+
	\$23.95	\$20.36	\$19.16
			\$17.97

Standard Flat Storage Black Model **7023-MBLK**

Standard Flat Storage Pink Model **702127-MBLK**

MSRP	10-49	50-99	100+
	\$25.95	\$22.06	\$20.76
			\$19.47

*If ordering online, search for **Standard Black Model Number**. You will be able to select color in the product options.



Choose which side you want the label on!

Nursing WhiteCoat Clipboards

Standard Version



SEPSIS / SIRS

Systemic Inflammatory Response Syndrome
A whole-body inflammatory state and dysfunction.

Two or more of the following:

- Temperature >100.4°F or <96.8°F (>38°C or <36°C)
- Respiratory Rate >20 breaths per minute OR P_aCO_2 <32 mmHg
- Heart Rate >90 beats per minute
- WBC >12,000 or <4,000 OR Immature Bands >10%

If there is a likely or confirmed infection responsible for the above, then the patient has SEPSIS.
If there are signs/symptoms of any organ dysfunction, then the patient has SEVERE SEPSIS.

TEMPERATURE	Height	Weight
212 °F	142 cm	142 lb
210 °F	140 cm	140 lb
108 °C	142.2 cm	142.2 lb
107 °C	141.1 cm	141.1 lb
105 °C	140.6 cm	140.6 lb
104 °C	140.0 cm	140.0 lb
103 °C	139.4 cm	139.4 lb
102 °C	138.9 cm	138.9 lb
101 °C	138.3 cm	138.3 lb
100 °C	137.8 cm	137.8 lb
99.6 °C	137.2 cm	137.2 lb
98 °C	136.7 cm	136.7 lb
97 °C	136.1 cm	136.1 lb
96 °C	135.6 cm	135.6 lb
95 °C	135.0 cm	135.0 lb
94 °C	134.4 cm	134.4 lb
93 °C	133.8 cm	133.8 lb
92 °C	133.3 cm	133.3 lb
91 °C	132.8 cm	132.8 lb
90 °C	132.2 cm	132.2 lb
32 °F	193.76 cm	193.76 lb
Freeze	196.77 cm	196.77 lb

CONVERSIONS	VOLUME
1 cm	10 mm
1 cc	1 mL
1 cup	8 oz
1 gallon	4 qt
1 glass	8 oz
1 inch	2.54 cm
1 fl oz	2.957 mL
1 pt	16 oz
1 lb	16 oz
1 qt	0.946 L
1 tbsp	3 tsp
1 tsp	4.93 mL

MASS	
1 kg	1000 g
1 lb	2.2 lb
1 g	0.001 kg
1 lb	0.45 kg
1 oz	28.35 g
1 g	0.035 oz

QRS COMPLEX

P wave <0.11 sec
PR Interval - 0.12-0.20 sec (<1 large box)
QRS Interval - <0.12 sec (<3 small boxes)
QT - varies with HR, <1/2 of the R-Q interval
QTc Interval - 0.33-0.47 sec
QRS interval <0.12 sec

ST Elevation
Elevated ST segment signifies an acute process.
Usually associated with reciprocal ST depression in other leads.

ST Elevation 'Infarction'
Abnormal Q must be one small square (0.04 sec) wide.
Also abnormal if Q wave depth is greater than one-third of the QRS height.

T Wave Changes
Inverted T waves, ST segment depression.
ST segment depression can be the first sign of injury and/or infarction.

Nursing Edition

CHEM-7	CBC	LFTs
Na: 135-145 mEq/L Cl: 95-105 mEq/L HCO ₃ : 22-29 mEq/L BUN: 7-18 mg/dL Cr: 0.6-1.2 mg/dL Glucose: 70-110 mg/dL	WBC: 4.5-11 x 10 ⁹ /L Hgb Male: 13.5-17.5 g/dL Hgb Female: 12-16 g/dL HCT Male: 41-49% HCT Female: 35-47% Platelets: 150-400 x 10 ⁹ /L	Ca: 8.5-10.5 mg/dL Total Protein: 6-8 g/dL Albumin (Alb): 3.5-6 g/dL AST: 0-35 I.U./L ALT: 0-35 I.U./L Alkaline Phosphatase (ALP): 30-120 I.U./L Total Bilirubin: 0-1 mg/dL

INJECTION SITES

Ventrogluteal Site
A. Iliac Crest
B. Gluteus Medius
C. Anterior Superior Iliac Spine
D. Greater Trochanter of Femur

Deltoid Site
A. Acromial Process
B. Deltoid Muscle
C. Scapula
D. Humerus
E. Radial Nerve
F. Deep Brachial Artery

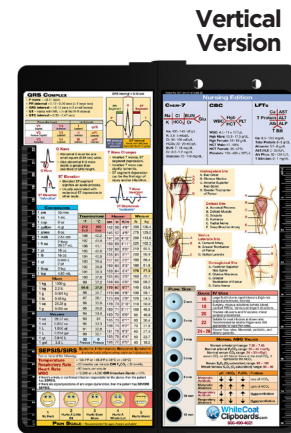
Vastus
A. Femoral Artery
B. Greater Trochanter of Femur
C. Vastus Lateralis

Dorsogluteal Site
A. Posterior Superior Iliac Spine
B. Gluteus Maximus
C. Greater Trochanter of Femur
D. Sacral Nerve

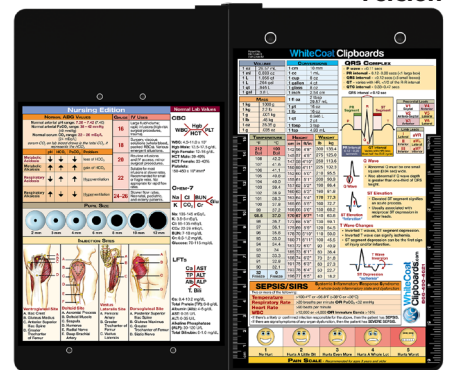
PUPIL SIZE

GAUGE	IV Uses
16	Large fluid/volume; rapid infusions (high-risk surgical procedures, trauma).
18	Surgery, viscous solutions (whole blood, packed RBCs). Various emergent situations.
20	Routine infusions and IV access; minor surgical procedures.
22	Suitable for most infusions at slower rates. Recommended for small or fragile veins. Not appropriate for rapid flow rates.
24-26	Slower flow rates. Neonatal, pediatric, and elderly patients.

Metabolic Acidosis	Metabolic Alkalosis	Respiratory Acidosis	Respiratory Alkalosis	pH	HCO ₃	P _{CO2}	Problem
↓	↑	↑	↓	↓	↓	↑	loss of HCO ₃
↑	↓	↓	↑	↑	↑	↓	gain of HCO ₃
↑	↑	↑	↓	↓	↓	↑	Hypoventilation
↓	↓	↓	↑	↑	↑	↓	Hyperventilation



Vertical Version



iPad Mini Version

Standard Color Models:

Specialty Color Models:



This clipboard is now available in a Metric Units edition!

Make your clipboard a quick medical reference guide with detailed day-to-day information specifically designed for nurses, certified nursing assistants, and all healthcare professionals caring for patients.

Features:

- Pain scale
- Normal lab values
- Acid-base assessment
- Pupil size
- EKG interpretation with ST changes
- Location of injection sites
- Sepsis criteria and definitions
- Conversions of weight, height, temperature

Product Codes and Pricing

Standard Model [Color Model]-NUR	Metric Standard Model [Color Model]-MNUR	Vertical Model [Color Model]-VNUR	Vertical Metric Model [Color Model]-VMNUR
MSRP	10-49	50-99	100-249
	250-500+		
\$26.95	\$22.91	\$21.56	\$20.22
			\$19.68

Blackout Model 70240-NUR	Metric Blackout Model 70240-MNUR	Mint Model 7039-NUR	Metric Mint Model 7039-MNUR	Coral Model 7040-NUR	Metric Coral Model 7040-MNUR	Vertical Blackout Model 80240-VNUR	Vertical Metric Blackout Model 80240-VMNUR
MSRP	10-49	50-99	100-249	250-500+			
\$27.95	\$23.76	\$22.36	\$20.97	\$20.41			

iPad Mini 1-3 Model [Color Model]-ISOM-NUR	iPad Mini 4 & 5 Model [Color Model]-ISOM4-NUR	Metric iPad Mini 1-3 Model [Color Model]-ISOM-MNUR	Metric iPad Mini 4 & 5 Model [Color Model]-ISOM4-MNUR
MSRP	10-49	50-99	100+
\$39.99	\$34.00	\$32.00	\$30.00

iPad Mini Blackout 1-3 Model 70240-ISOM-NUR	iPad Mini 4 & 5 Blackout Model 70240-ISOM4-NUR	Metric iPad Blackout Mini 1-3 Model 70240-ISOM-MNUR	Metric iPad Mini 4 & 5 Blackout Model 70240-ISOM4-MNUR
MSRP	10-49	50-99	100+
\$40.99	\$34.85	\$32.80	\$30.75

Primary Care WhiteCoat Clipboards



WhiteCoat Clipboards Primary Care

Limb Leads
I Lateral aVR **V1 Septal** **V4 Anterior**
II Inferior aVL **Lateral** **V2 Anteroseptal** **V5 Lateral**
III Inferior aVF **Inferior** **V3 Anterior** **V6 Lateral**

AV Blocks
 1^o Prolonged PR interval >0.2 seconds
 2^o Type I (Wenckebach): Progressive increase in PR interval until impulse is not conducted and no QRS
 3^o Type II (Mobitz): Intermittent dropped QRS
 3^o (Complete block): No P waves produce a QRS response

QRS interval < 0.12 sec

Q Wave
 • Abnormal Q must be ≥ one small square (0.04 sec) wide.
 • Also abnormal if Q wave depth is greater than one-third of QRS height.

ST Elevation
 • Elevated ST segment.
 • Signifies an acute process.
 • Usually associated with reciprocal ST depression in other leads.

ST Elevation "Infarction"

T Wave Inversion
 • Inverted T waves, ST segment depression.
 • Inverted T waves can signify ischemia.
 • ST segment depression can be the first sign of injury and infarction.

T Wave Changes

ST Depression
 • Inverted T waves with R-R interval less than half the R-R cycle

Blood Pressure (BP) Category

Category	Systolic BP	Diastolic BP
Normal	<120 mmHg	and <80 mmHg
Elevated	120-129 mmHg	and <80 mmHg
Hypertension: Stage 1	130-139 mmHg	or 80-89 mmHg
Hypertension: Stage 2	≥140 mmHg	or ≥90 mmHg
Hypertensive Crises	Systolic BP >180 mmHg	and/or Diastolic BP >120 mmHg
Hypertensive Urgency	>180 mmHg	and/or >120 mmHg
Hypertensive Emergency	>180 mmHg	and/or >120 mmHg

Grading of Cardiac Murmurs

Grade	Description
I	Faintest murmur that can be heard (with difficulty)
II	Faint, but easily audible
III	Moderately loud
IV	Very loud with thrill. May be heard when stethoscope is partially off the chest.
V	Very loud with thrill. May be heard with stethoscope entirely off the chest.

Cerebellar
 • Coordination and balance deficits
 • Eye movement deficits (nystagmus, ocular dysmetria, poor pursuit)
 • Abnormal head and torso
 • Dysarthria
 • Inappropriate comments, talks excessively

Strength Testing Scales

Scale	Grading of Reflexes
5/5: Movement against gravity with full resistance (normal strength)	4+ Hyperactive with clonus
4/5: Movement against gravity with some resistance	3+ Hyperactive
3/5: Movement against gravity only	2+ Normal
2/5: Movement with gravity eliminated	1+ Hypoactive/Normal
1/5: Visible/palpable muscle contraction but no movement	0 No reflex
0/5: No contraction	0 No reflex

Reflexes
 Biceps: C5, musculocutaneous nerve
 Brachioradialis: C6, radial nerve
 Triceps: C7, radial nerve
 Patellar: L4, femoral nerve
 Achilles: S1, tibial nerve

Grading of Reflexes
 4+ Hyperactive with clonus
 3+ Hyperactive
 2+ Normal
 1+ Hypoactive/Normal
 0 No reflex

WhiteCoat Clipboards
 866-490-4621

Antibiogram

	MSA	MRSA	Strep	Enterococci	GNR	Pseudomonas	Anaerobe	Atypical
Glycopeptide	+	++	+	+/- (-VRE)	-	-	+/-	-
Aminoglycoside	Gentamicin +	+/-	+/-	+/-	+/-	-	-	-
Beta-Lactam	PCN +	+/-	+	+/-	+/-	-	+/-	-
	1 ^o -Cefazolin +	-	+	-	-	-	-	+/-
	2 ^o -Cefuroxime +	-	+	-	-	-	-	-
	3 ^o -Ceftriaxone +	-	+	+/- (-VRE)	+/-	-	-	-
Cephalosporin	4 ^o -Cefepime +	-	+	+/-	+/-	-	-	-
Anaerobic	Clindamycin +	+/-	-	-	-	-	++ +/-	-
	Flagyl +	-	-	-	-	-	++ +/-	-
Tetracycline	Doxycycline +	+	+/-	+/-	+/-	-	++ +/-	++
	Tigecycline +	+	+	+/-	+/-	-	+/-	+/-
Quinolones	Ciprofloxacin +	-	+/-	+/- (-VRE)	+/-	-	+/-	+/-
	Levofloxacin +	-	+/-	+/- (-VRE)	+/-	-	+/-	+/-
	Moxifloxacin +	-	+/-	+/- (-VRE)	+/-	-	+/-	++
Suifa	Bactrim +	+	+	+/-	+/-	-	-	-
Macrolide	Azithromycin +	-	+/-	-	-	-	++ +/-	++

Notes: These are general guidelines for basic antibiotic coverage. Always use your facility guidelines and/or antibiogram. Recommended (+/-): Agent is first line; Active (+): Agent is an alternative; Variable (+/-): Agent has variable activity (better against some bacteria and worse with others); Agent has wide variability (++ - +/-): Agent selection important to improve coverage; Not Recommended (-): Agent is a poor alternative

Diabetes Diagnosis

HbA1C	DM diagnosis based on glucose level:
<5.7%	Normal
5.7-6.4%	Prediabetes
6.5% or higher	Diabetes

BMI Classification

BMI	Classification
<18.50	Underweight
18.50-24.99	Normal
25.00-29.99	Overweight
≥30.00	Obese

Pulse Scale

BMI = weight (kg)/height(m) ²	Pulse Scale
1+ barely detectable	1+ barely detectable
2+ 2 mm indentation, rebounds in a few seconds	2+ 2 mm indentation, 10-12 sec rebound
3+ 6 mm indentation, 10-12 sec rebound	3+ 6 mm indentation, 10-12 sec rebound
4+ 8 mm pitting, >20 secs for rebound	4+ 8 mm pitting, >20 secs for rebound

Lipid Values

TC <200 mg/dL	LDL <100 mg/dL	HDL >40 mg/dL	TC <150 mg/dL
0 absent, unable to palpate	0 absent, unable to palpate	1+ difficult to palpate, thready, weak, diminished. Easily obliterated with minimal pressure	1+ difficult to palpate, thready, weak, diminished. Easily obliterated with minimal pressure
1+ normal pulse, not easily obliterated	2+ normal pulse, not easily obliterated	3+ full, increased pulse, requires moderate pressure to obliterate	4+ bounding pulse, cannot be obliterated

Normal Urinalysis

Specific Gravity	pH	RBCs	WBCs	Protein	Ketone bodies	Glucose	Bilirubin
1.01-1.03	4.5-8	≤2	≤1	0-trace	0	0	0

Ca AST
 T Protein ALT
 Alb ALP
 T Bil

Na: 135-145 mEq/L
 K: 3.5-5 mEq/L
 Cl: 95-105 mEq/L
 HCO₃: 22-29 mEq/L
 BUN: 7-18 mg/dL
 Cr: 0.6-1.2 mg/dL
 Glucose: 70-110 mg/dL

WBC: 4.5-11 x 10³/uL
 Hgb Male: 13.5-17.5 g/dL
 Hgb Female: 12-16 g/dL
 HCT Male: 41-49%
 HCT Female: 36-47%
 Platelets: 150-400 x 10³/uL

Neutrophils (Segs): 54-62%
 Bands: 0-5%
 Lymphocytes: 25-33%
 Monocytes: 4-8%
 Eosinophils: 0-3%
 Basophils: 0-3%
 ANC (Segs + Bands): 1500-8000 cells/mm³

Ca: 8.5-10.5 mg/dL
 Total Protein: 6-8 g/dL
 Albumin (Alb): 3.5-6 g/dL
 AST: 0-35 IU/L
 ALT: 0-35 IU/L
 Alk Phos (ALP): 30-120 IU/L
 Total Bilirubin: <1 mg/dL

Standard Color Models:

Specialty Color Models:



Make your clipboard a quick medical reference guide with detailed day-to-day information specifically designed for daily use by clinicians, nurses, CNAs, and other allied medical fields.

Features:

- Strength Testing
- CVA Effects
- Blood Pressure Guidelines
- AIC Averages
- EKG interpretation with ST changes
- Pupil size and much more!

Product Codes and Pricing

Standard Model [Color Model]-PRCR

MSRP	10-49	50-99	100-249	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68

Blackout Model 70240-PRCR

Mint Model 7039-PRCR

Coral Model 7040-PRCR

MSRP	10-49	50-99	100-249	250-500+
\$27.95	\$23.76	\$22.36	\$20.97	\$20.41

Respiratory WhiteCoat Clipboards

Standard Version

WhiteCoat Clipboards

O₂ SYSTEM

O ₂ System	Flow (L/min)	% O ₂ /FIO ₂	H	Moist
Bag-valve Mask (Ambu bag)	15	100% with reservoir	N	N
Nasal Cannula	1-6	24-44	A/PPC	N
Non-Rebreather Mask	6-15	50-90	N	N
Oxygenizer	1-15	25-85	N	N
Simple Mask	6-10	35-55	N	N
Trans Tracheal Catheter (TTC)	0.5-8	24-50	A	N
Venti Mask (Venturi)	3-15	24-50	S	N

H: Humidity • A: Always • N: Never • PPC: Per Patient Comfort • S: Separately

Five Rules for Oxygen Systems

- No humidity (bubbles) with masks except mist masks
- Nasal cannula: 6 L/min at the most
- Oxygenizer: 15 L/min at the most (big bore tubing)
- Nasal cannula: require humidity per patient comfort
- TTC: must always have humidity

NORMAL ABG VALUES

Normal arterial pH range: 7.38 - 7.42 (7.40)
 Normal arterial PaCO₂ range: 38 - 42 mmHg (40 mmHg)
 Normal serum CO₂ range: 22 - 26 mEq/L (24 mEq/L)
 serum CO₂ on lab blood draws is the total CO₂; it represents the HCO₃

	pH	HCO ₃	PaCO ₂	Problem	Expected Compensation
Metabolic Acidosis	↓	↓	↓	loss of HCO ₃	PaCO ₂ ↓ by 1.25 x ΔHCO ₃
Metabolic Alkalosis	↑	↑	↑	gain of HCO ₃	PaCO ₂ ↑ by 0.75 x ΔHCO ₃
Respiratory Acidosis	↓	↑	↑	hypoventilation	HCO ₃ ↑ by 0.1 x ΔPaCO ₂ acute HCO ₃ ↑ by 0.2 x ΔPaCO ₂ chronic
Respiratory Alkalosis	↑	↓	↓	hyperventilation	HCO ₃ ↓ by 0.4 x ΔPaCO ₂ acute HCO ₃ ↓ by 0.5 x ΔPaCO ₂ chronic

Δ = change from normal values above

SPIROMETRY

"Breathe normally" "Breathe in as deeply as you can" "Breathe out as hard and as long as you can"

LUNG VOLUMES AND CAPACITIES		NORMAL SPIROMETRY	
IRV	1.2 L	FVC	>70%
RV	1.2 L	FRC	120% predicted
TV	0.5 L	TLC	80-120% predicted (reflects small airways disease)
IC	2.7 L	FEF 25-75	>75% predicted (reflects small airways disease)
FVC	1.2 L	FEV ₁	>70%
RV	1.2 L	FEV ₁ /FVC	>70%
TV	0.5 L	IC	>70%

Respiratory

PATTERNS OF FLOW-VOLUME CURVES SHOWING VENTILATORY ABNORMALITIES

OBSTRUCTIVE AND RESTRICTIVE PATTERNS

Measurement	Obstructive Pattern	Restrictive Pattern
Forced Vital Capacity (FVC)	Decreased or Normal	Decreased
Forced Expiratory Volume in 1 Second (FEV ₁)	Decreased	Decreased or Normal
FEV ₁ /FVC ratio	Decreased	Normal
Total Lung Capacity (TLC)	Normal or increased	Decreased

CLASSIFICATION OF SEVERITY OF AIRFLOW LIMITATION IN COPD
(based on post-bronchodilator FEV₁)

Stage	Severity	FEV ₁ /FVC	FEV ₁ % predicted
Stage I	Mild COPD	>0.70	≥80% predicted
Stage II	Moderate COPD	>0.70	50-79% predicted
Stage III	Severe COPD	>0.70	30-49% predicted
Stage IV	Very Severe COPD	>0.70	<30% predicted

Lateral Lung Anatomy and **Front Lung Anatomy**

WEANING PROTOCOL FOR INTUBATED PATIENTS

All patients receiving mechanical ventilation are assessed by using Screen 1 every day

Screen 1

- Hemodynamics stable?
- Off vasopressors?
- PaO₂/FIO₂ ratio >50? (if ABGs not available: SaO₂ ≥95% on FIO₂ of 0.50 or less)
- PEEP set at 8 cmH₂O or less?
- RASS of -2 or higher?

YES TO ALL → If NO to any question, STOP! Otherwise, ALWAYS proceed to Screen 2

Screen 2

Rapid Shallow Breathing Index (RSBI)

A 1 minute test through ventilator with "flow trigger" mode rate set to 0, PSV set to 0, PEEP allowed up to 5 cmH₂O. Measure after 1 minute respiratory rate and tidal volume

RSBI calculation = RR / VT (respiratory rate (f), tidal volume (Vt))

RSBI < 105

- RSBI < 105 predicts a successful SBT and ventilator weaning
- RSBI > 105 predicts a higher probability of failing a weaning trial
- 105 remains the most widely accepted cutoff value for intubated patients

Spontaneous Breathing Trial (SBT)

Spontaneous breathing for 120 minutes through ventilator with "flow trigger" mode rate set to 0, PSV set to 0, PEEP allowed up to 5 cmH₂O & 2-hour continuous trial without termination indicates a successful spontaneous breathing trial.

Successful spontaneous breathing trial?

Yes - discuss with Pulmonary Physician for extubation
 No - restart from Screen 1 after period of rest (usually 24 hours)

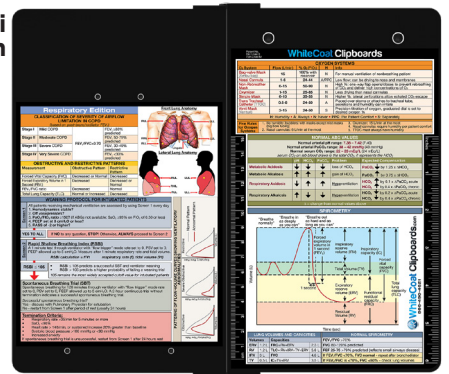
Termination Criteria:

- Respiratory rate >35/min for 5 minutes or more
- SaO₂ <90%
- Heart rate > 140/min, or sustained increase 20% greater than baseline
- Systolic blood pressure >180 mmHg or <90 mmHg
- Increased anxiety

If spontaneous breathing trial is unsuccessful, restart from Screen 1 after 24 hours rest



iPad Mini Version



Standard Color Models:

Specialty Color Models:



Carry patient respiratory assessment forms, ventilator logs, medication lists, and all your documentation in a HIPAA secure clipboard.

Features:

- Spirometry assessment with COPD criteria
- Acid-base assessment
- Rapid Shallow Breathing Index
- Oxygen systems and flow rates
- Ventilator weaning
- Classification of severity of lung disease

Product Codes and Pricing

Standard Model [Color Model]-RESP

MSRP	10-49	50-99	100-249	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68

Blackout Model 7024O-RESP

Mint Model 7039-RESP

Coral Model 7040-RESP

MSRP	10-49	50-99	100-249	250-500+
\$27.95	\$23.76	\$22.36	\$20.97	\$20.41

iPad Mini 1-3 Model [Color Model]-ISOM-RESP

iPad Mini 4 & 5 Model [Color Model]-ISOM4-RESP

MSRP	10-49	50-99	100+
\$39.99	\$34.00	\$32.00	\$30.00

iPad Mini 1-3 Blackout Model 7024O-ISOM-RESP

iPad Mini 4 & 5 Blackout Model 7024O-ISOM4-RESP

MSRP	10-49	50-99	100+
\$40.99	\$34.85	\$32.80	\$30.75

Pediatric-Infant WhiteCoat Clipboards

Standard Version

Peds - Infant Edition

APGAR SCORE

Modified Glasgow Coma Scale for Infants and Children

Intravenous Fluids (IVF)

Determine Glucose Infusion Rate (GIR):

GIR (mg/kg/min):

Daily Maintenance Fluids (4:2:1 Rule)

Water Loss on Day 1

Daily Fluid Requirements (first week of life)

Fluid requirement (mL/kg/day) for first day of life

Recommended ETT Length (to the nearest 0.5 cm)

Guidelines for Starting Phototherapy

Vertical Version

iPad Mini Version

Standard Color Models:

Specialty Color Models:



Make your clipboard a quick medical reference guide with detailed day-to-day information specific for pediatric and infant healthcare professionals.

Features:

- APGAR scores
- Modified Glasgow Coma Scales for infants and children
- Age-specific averages for respiratory rate and blood pressure
- Daily fluid requirements
- Glucose infusion rate
- Phototherapy guidelines
- Umbilical artery and venous catheter distances

Product Codes and Pricing

Standard Model [Color Model]-PEDI	iPad Mini 1-3 Model [Color Model]-ISOM-PEDI			
Vertical Model [Color Model]-VPEDI	iPad Mini 4 & 5 Model [Color Model]-ISOM4-PEDI			
MSRP	10-49	50-99	100-249	250-500+
	\$26.95	\$22.91	\$21.56	\$20.22
				\$19.68
Blackout Model 70240-PEDI	iPad Mini 1-3 Blackout Model 70240-ISOM-PEDI			
Mint Model 7039-PEDI	iPad Mini 4 & 5 Blackout Model 70240-ISOM4-PEDI			
Coral Model 7040-PEDI	MSRP	10-49	50-99	100+
Vertical Blackout Model 80240-VPEDI		\$40.99	\$34.85	\$32.80
MSRP	10-49	50-99	100-249	250-500+
	\$27.95	\$23.76	\$22.36	\$20.97
				\$20.41

MSRP	10-49	50-99	100+
	\$39.99	\$34.00	\$32.00
			\$30.00
MSRP	10-49	50-99	100+
	\$40.99	\$34.85	\$32.80
			\$30.75

Pharmacy WhiteCoat Clipboards

Standard Version

Vertical Version

WhiteCoat Clipboards

Pharmacy Edition

Normal Lab Values

Na ⁺	Cl ⁻	BUN	Cr	Glu	WBC	Hgb	Hct	Platelets
135-145 mEq/L	95-105 mEq/L	7-18 mg/dL	0.6-1.2 mg/dL	70-110 mg/dL	4.5-11 x 10 ³ /µL	13.5-17.5 g/dL	38-47%	150-400 x 10 ³ /µL

Normal CSF

Pressure	60-180 mm H ₂ O
Glucose	2/3 serum glucose
Protein	10-45 mg/dL
WBCs	<10 cells/µL

Normal Arterial Blood Gas

pH	7.35-7.45
PaCO ₂	35-45 mm Hg
PaO ₂	80-100 mm Hg
HCO ₃ ⁻	24-30 mEq/L

Other Equations

$$V(\text{Any Dose}) = \frac{R_p}{k} \times \frac{(1-e^{-kt})}{k} + \frac{C_{\text{res}}}{k}$$

$$V(\text{1st dose}) = \frac{R_p}{k} \times \frac{(1-e^{-kt})}{k} + \frac{C_{\text{res}}}{k}$$

Pharmacy Edition

Normal Lab Values

Ca	AST	ALT	Phos
8.5-10.5 mg/dL	10-40 U/L	10-40 U/L	2.5-4.5 mg/dL

Target Serum Concentrations

Drug	Target Range	Drug	Target Range
Carbamazepine	4-12 µg/mL	Phenobarbital	15-40 µg/mL
Cyclosporine	100-400 ng/mL (blood)	Phenytoin (total)	10-20 µg/mL
Digoxin	0.5-2 ng/mL	Theophylline	10-20 µg/mL
Lithium	0.5-1.4 mEq/L	Valproic Acid	50-100 µg/mL

Antibiotics

Drug Class	Pharmacodynamic Index	Target Concentration
Beta-Lactam	% Time > MIC	Target 40-50% time > MIC at the site of infection
Fluoroquinolones	AUC/MIC	Target > 125 GM/pos; > 33.7

Vancomycin Dosing

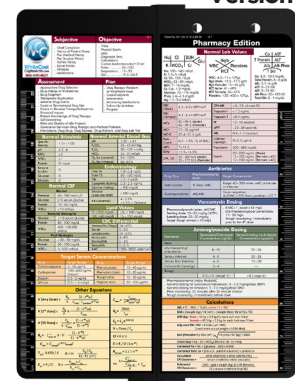
Pharmacodynamic index: AUC/MIC
 Starting dose: 15-20 mg/kg (ADW)
 Loading dose: 25-30 mg/kg
 Target trough: > 10 mg/L

Aminoglycoside Dosing

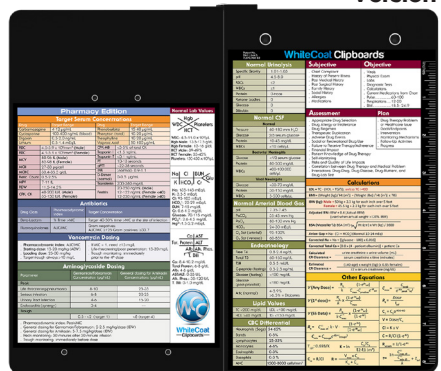
Parameter	Gentamicin/Tobramycin Concentration (µg/mL)	General dosing for Amikacin Concentrations (µg/mL)
Life threatening/pneumonia	8-10	25-35
Serious infection	6-10	20-25
Urinary tract infection	4-6	15-20
Endocarditis (synergy)	3-4	---

Other Equations

$$R_p = \frac{C_{\text{max}} \cdot k \cdot V}{1 - e^{-kt}}$$

$$C_{\text{min}} = \frac{C_{\text{max}} \cdot e^{-kt}}{1 - e^{-kt}}$$


iPad Mini Version



Standard Color Models:

Specialty Color Models:



The WhiteCoat Clipboard Pharmacy Edition features the most daily used information by today's pharmacists.

- Features:**
- Normal lab values
 - Target serum drug concentrations
 - Vancomycin dosing
 - Aminoglycoside dosing
 - Daily progress note format
 - Calculations
 - Helpful equations

Product Codes and Pricing

Standard Model [Color Model]-PHARM	MSRP				iPad Mini 1-3 Model [Color Model]-ISOM-PHARM	MSRP			
Vertical Model [Color Model]-VPHARM	10-49	50-99	100-249	250-500+	iPad Mini 4 & 5 Model [Color Model]-ISOM4-PHARM	10-49	50-99	100+	
	\$26.95	\$22.91	\$21.56	\$20.22	\$19.68	\$39.99	\$34.00	\$32.00	\$30.00
Blackout Model 7024O-PHARM					iPad Mini 1-3 Blackout Model 7024O-ISOM-PHARM				
Mint Model 7039-PHARM					iPad Mini 4 & 5 Blackout Model 7024O-ISOM4-PHARM				
Coral Model 7040-PHARM						MSRP	10-49	50-99	100+
Vertical Blackout Model 8024O-VPHARM	10-49	50-99	100-250	250-500+		\$40.99	\$34.85	\$32.80	\$30.75
	\$27.95	\$23.76	\$22.36	\$20.97	\$20.41				

Anesthesia WhiteCoat Clipboards

WhiteCoat Clipboards®
Pediatrics and General Anesthesia

Pediatric Guidelines

Age	Weight (kg)	ETT size (mm)	ETT depth (cm)	Blade	LMA	HR	RR	SBP	DBP
Neonate* (less than 12 hrs of birth)	< 1'	2.5	7"	Mil 0				39-59	16-36
Neonate	1-2'	3	8"	Mil 0	1	100-180	<60	40-60	20-40
Neonate	2-3'	3.5	9"	Mil 0/1				40-60	20-40
Neonate	> 3'	3.5-4	10	Mil 0/1				50-70	25-45
1-6 months	4-6	4	12	Mil 1/ Wis 1.5	1.5	100-160	30-60	87-105	53-66
6-12 months	6-10	4.5	13	Wis 1.5	1.5	100-160	30-60	87-105	53-66
1-2 years	10-12	4.5	14	Wis 1.5		100-140	20-24	95-105	53-66
2-4 years	12-16	5	15	Wis 1.5/Mac 2	2	95-130	18-22	99-110	55-70
4-6 years	16-20	5.5	16	Mil 2/ Mac 2		90-120	16-20	97-112	57-71
6-8 years	20-30	6	17	Mil 2/ Mac 2	2.5	90-110	16-20	97-112	57-71
8-12 years	30-45	6.5-7	18	Mil/Mac 2-3	3	12-18		12-18	
>14 years	>50	7	20-22		4	60-90		12-16	112-128

ETT size (uncuffed) = (age/4) + 4 ETT size (cuffed) = (age/4) + 3 ETT depth = ETT size x 3

Pediatric Induction Drugs

Drug	IV Dose	Estimated Blood Volume (mL/kg)
Ketamine	0.5-5 mg/kg, 3-5 mg/kg IM	Premie 85 Term Neonate 85 1-4 yr 75 ≥5 yr 65
Propofol	2-3 mg/kg	
Rocuronium	0.6-1.2 mg/kg, dilute to 1 mg/mL for children < 1 yr	

Daily Fluid Requirements

Weight	Hourly Rate	Daily Rate (24 hrs)
1-10 kg	4 mL/kg/hr	100 mL/kg/day
11-20 kg	2 mL/kg/hr	50 mL/kg/day
>20 kg	1 mL/kg/hr	20 mL/kg/day

ASA Physical Status Classification System

ASA PS 1	ASA PS 2	ASA PS 3	ASA PS 4	ASA PS 5	ASA PS 6
Normal healthy	Mild systemic disease	Severe systemic disease	Severe systemic disease that is a constant threat to life	Patients that are not expected to survive without the operation	A declared brain-dead patient; organs are being removed for donor purposes

NORMAL ABG VALUES

Normal arterial pH range: 7.38 - 7.42 (7.40)
 Normal arterial PaCO₂ range: 38 - 42 mmHg (40 mmHg)
 Normal serum CO₂ range: 22 - 28 mEq/L (24 mEq/L)
 serum CO₂ on lab blood draws is the total CO₂; it represents the HCO₃

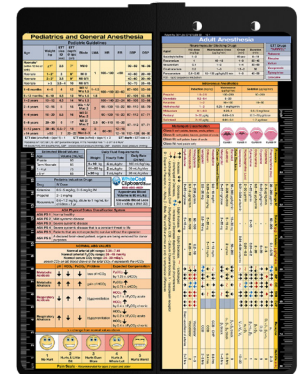
Metabolic Acidosis: ↓ pH, ↓ HCO₃, ↓ PaCO₂ (respiratory compensation)
Metabolic Alkalosis: ↑ pH, ↑ HCO₃, ↑ PaCO₂ (respiratory compensation)
Respiratory Acidosis: ↓ pH, ↑ PaCO₂, ↓ HCO₃ (renal compensation)
Respiratory Alkalosis: ↑ pH, ↓ PaCO₂, ↑ HCO₃ (renal compensation)

Pain Scale - Recommended for ages 3 years and older

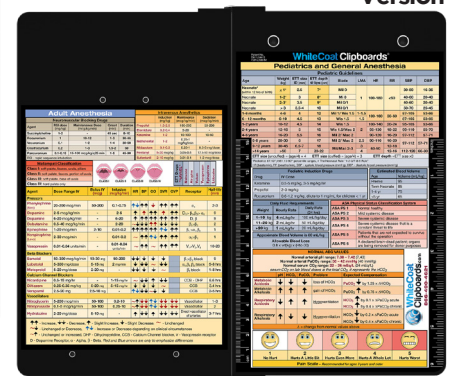
1	2	3	4	5
No Hurt	Hurts A Little Bit	Hurts Even More	Hurts A Whole Lot	Hurts Worst

Standard Version

Vertical Version



iPad Mini Version



Standard Color Models:

Specialty Color Models:



Make your clipboard a quick medical reference guide with detailed day-to-day information specific for Anesthesia healthcare professionals.

- Features:**
- Pediatric induction drugs
 - Daily fluid requirements
 - ETT size and guidelines
 - Intravenous anesthetics
 - Neuromuscular blocking agents
 - Pressors doses and receptors
 - Acid base guidelines
 - ASA physical classification
 - Mallampati classifications

Product Codes and Pricing

Model	MSRP	10-49	50-99	100-249	250-500+
Standard Model [Color Model]-ANT	\$26.95	\$22.91	\$21.56	\$20.22	\$19.68
Vertical Model [Color Model]-VANT	\$39.99	\$34.00	\$32.00	\$30.00	
Blackout Model 70240-ANT	\$40.99	\$34.85	\$32.80	\$30.75	
Mint Model 7039-ANT					
Coral Model 7040-ANT					
Vertical Blackout Model 80240-VANT					

iPad Mini 1-3 Model [Color Model]-ISOM-ANT

Model	MSRP	10-49	50-99	100+
iPad Mini 1-3 Model [Color Model]-ISOM-ANT	\$39.99	\$34.00	\$32.00	\$30.00

iPad Mini 1-3 Blackout Model 70240-ISOM-ANT

Model	MSRP	10-49	50-99	100+
iPad Mini 1-3 Blackout Model 70240-ISOM-ANT	\$40.99	\$34.85	\$32.80	\$30.75

Anesthesia WhiteCoat Clipboards Cont.

Anesthesia Edition

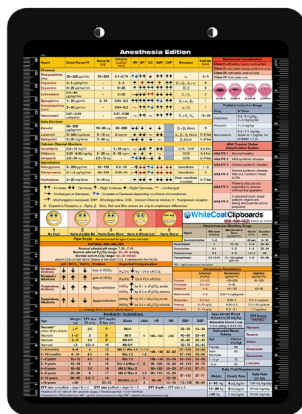
Agent	Dose Range IV	Infusion Rate (µg/kg/min)	HR	BP	CO	SVR	CVP	Heart Rate (min)	Multiagent Classification
Pressors									
Phenylephrine (nasal)	50-200 µg/min	0.1-0.75	↑↑↑	↑↑↑	↑↑↑	↑↑↑	↑↑↑	2-3	Class II: mild pain, tissue, vaso, alpha
Dopamine	2-5 µg/kg/min	2-5	↑↑	↑↑	↑↑	↑↑	↑↑	2	Class II: mild pain, tissue, vaso, alpha
Dobutamine	6-20 µg/kg/min	2-20	↑↑	↑↑	↑↑	↑↑	↑↑	2	Class II: mild pain, tissue, vaso, alpha
Dobutamine	0.5-40 µg/kg/min	2-20	↑↑	↑↑	↑↑	↑↑	↑↑	2	Class II: mild pain, tissue, vaso, alpha
Ephedrine	1-20 µg/min	2-10	↑↑	↑↑	↑↑	↑↑	↑↑	1	Class II: mild pain, tissue, vaso, alpha
Norepinephrine (nasal)	2-30 µg/min	0.01-0.2	↑↑	↑↑	↑↑	↑↑	↑↑	1	Class II: mild pain, tissue, vaso, alpha
Vasopressin	0.01-0.04 units/min	0.01-0.2	↑↑	↑↑	↑↑	↑↑	↑↑	1	Class II: mild pain, tissue, vaso, alpha
Beta Blockers									
Esmolol	50-300 µg/kg/min	10-30 mg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Labetalol	5-300 mg/10 min	5-15 mg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Metoprolol	5-30 mg/dose	2-20 mg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Calcium Channel Blockers									
Verapamil	0.5-15 mg/kg	1-15 mg/kg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Diltiazem	0.25-0.35 mg/kg	5-20 mg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Verapamil	2.5-20 mg	2.5-10 mg	↓	↓	↓	↓	↓	5	Class II: mild pain, tissue, vaso, alpha
Vasodilators									
Nitroglycerin	5-200 µg/min	50-100	↓	↓	↓	↓	↓	1-3	Class II: mild pain, tissue, vaso, alpha
Nitroprusside	0.1-5 µg/kg/min	50-100	↓	↓	↓	↓	↓	2	Class II: mild pain, tissue, vaso, alpha
Hydralazine	2-30 mg/dose	5-10 mg	↓	↓	↓	↓	↓	3-7	Class II: mild pain, tissue, vaso, alpha

ASA Physical Status Classification System

ASA PS 1	Normal healthy
ASA PS 2	Mild systemic disease
ASA PS 3	Severe systemic disease
ASA PS 4	Severe systemic disease that is a constant threat to life
ASA PS 5	Patients that are not expected to survive without the operation
ASA PS 6	A declared brain-dead patient whose organs are being removed for donor purposes

WhiteCoat Clipboards
866-490-4621

Flat Aluminum Version



Flat Plastic Version



Storage Version



Available Color Models:



Product Codes and Pricing

Standard Flat Aluminum Black Model **7062-ANT**
 Standard Flat Aluminum Model **7062-ANT + Color Choice***

MSRP	10-49	50-99	100-249	250-500+
	\$26.95	\$22.91	\$21.56	\$20.22
				\$19.68

Standard Flat Plastic Black Model **7023-ANT**
 Standard Flat Plastic Model **7023-ANT + Color Choice***

MSRP	10-49	50-99	100+
	\$23.95	\$20.36	\$19.16
			\$17.97

Standard Flat Storage Black Model **7021-ANT**
 Standard Flat Storage Pink Model **702127-ANT**

MSRP	10-49	50-99	100+
	\$25.95	\$22.06	\$20.76
			\$19.47

*If ordering online, search for **Standard Black Model Number**. You will be able to select color in the product options.

Choose which side you want the label on!

EMT WhiteCoat Clipboards

WhiteCoat Clipboards

Patient Assessments - OPQRST

- O** Onset: When did it first start? Events leading up to it?
- P** Provokes: What makes it better or worse?
- Q** Quality: What does it feel like?
- R** Radiation: Does it travel to any other part of the body?
- S** Severity: What is the level of severity (1-10 scale)?
- T** Time: Constant, change, intermittent, occurred before?

AMS or ALOC Assessments - AEIOU-TIPS

- A** Alcohol
- E** Epilepsy
- I** Insulin
- O** Overdose
- U** Underdose
- T** Trauma
- I** Infection
- P** Psychosis
- S** Stroke

HYPOTENSION DEFINITION BY AGE AND SBP

Age	Systolic Blood Pressure
Term neonates (0-28 days)	<60 mmHg
Infants (1-2 months)	<70 mmHg
Children 1-10 years (5 th BP percentile)	<70 mmHg + (age in years x 2) mmHg
Children >10 years	<90 mmHg

HEART RATE (RATE/MIN)

Age	Awake Rate	Sleeping Rate
Newborn	85-205	60-160
Infant	70-160	50-100
Toddler	90-150	80-140
Preschooler	80-140	70-130
School-age child	60-140	60-90
Adolescent	60-100	50-90

RESPIRATORY RATE

Age	Rate
Infant	30-60
Toddler	24-40
Preschooler	22-34
School-age child	18-30
Adolescent	12-16

APGAR SCORE

SIRS Systemic Inflammatory Response Syndrome

TEMPERATURE CONVERSIONS

ADULT % BSA

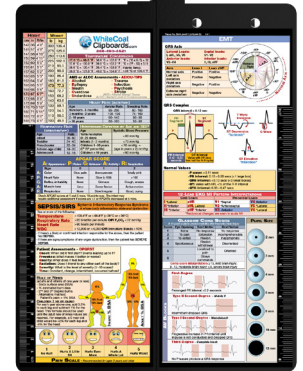
INFANT % BSA

GLASGOW COMA SCORE

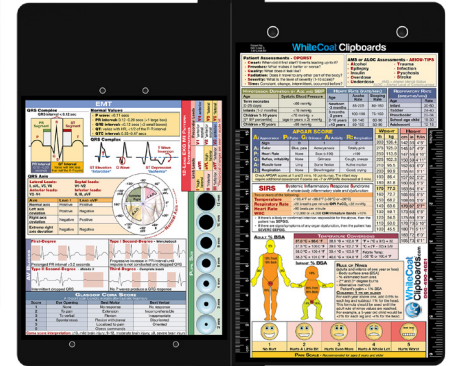
PUPIL SIZE

Standard Version

Vertical Version



iPad Mini Version



Standard Color Models:

Specialty Color Models:



Make your clipboard a quick medical reference guide with detailed day-to-day information specific for EMT professionals.

Features:

- Medical information on burns (rule of nines, body surface area)
- Pain scale
- Sepsis definitions
- Common labs and conversions
- Vital signs for infant to adults
- AV blocks
- ST elevation
- Pupil size

Product Codes and Pricing

Standard Model [Color Model]-EMT	MSRP	10-49	50-99	100-249	250-500+
Vertical Model [Color Model]-VEMT	\$26.95	\$22.91	\$21.56	\$20.22	\$19.68
Blackout Model 70240-EMT	\$27.95	\$23.76	\$22.36	\$20.97	\$20.41

iPad Mini 1-3 Model [Color Model]-ISOM-EMT	MSRP	10-49	50-99	100+
iPad Mini 4 & 5 Model [Color Model]-ISOM4-EMT	\$39.99	\$34.00	\$32.00	\$30.00
iPad Mini 1-3 Blackout Model 70240-ISOM-EMT	MSRP	10-49	50-99	100+
iPad Mini 4 & 5 Blackout Model 70240-ISOM4-EMT	\$40.99	\$34.85	\$32.80	\$30.75

Physical Therapy WhiteCoat Clipboards



WhiteCoat Clipboards

NORMAL RANGE OF MOTION (ROM)

Shoulder Flexion	0-180	Digit 2-5 MCP Flexion	0-90
Shoulder Extension (hyper)	0-60	PIP Flexion	0-90
Shoulder Abduction	0-180	DIP Flexion	0-90
Shoulder Medial rotation	0-70	PIP Flexion	0-90
Shoulder Lateral rotation	0-90	PIP Flexion	0-90
Elbow Flexion	0-150	PIP Flexion	0-90
Elbow Extension	0-30	PIP Flexion	0-90
Wrist Flexion	0-70	PIP Flexion	0-90
Wrist Extension	0-60	PIP Flexion	0-90
Wrist Radial deviation	0-20	PIP Flexion	0-90
Wrist Ulnar deviation	0-30	PIP Flexion	0-90
Thumb CMC Abduction	0-10	PIP Flexion	0-90
Thumb CMC Flexion	0-20	PIP Flexion	0-90
Thumb MCP Flexion	0-50	PIP Flexion	0-90
Thumb IP Flexion	0-90	PIP Flexion	0-90

Edema Scale - measured over tibia, note indentation (pitting), distance up leg

BORG RATE OF PERCEIVED EXERTION SCALE

VITAL SIGN AVERAGES

LANDMARKS

MYOTOMES

Normal Lab Values

Documentation

Manual Muscle Test Grading Scale

Spinal Cord Injury Function

Glasgow Coma Scale (GCS)

Pulse Scale

Berg Balance Scale

BMI Weight Status

Tinetti Balance Test

Pain Scale

Includes Interior Label

a language deficits
ting w information
ems
ly frustrated, unmotivated
tual deficits
red speech
rking
i, makes inappropriate
vely

a deficits
ystagmus, ocular
reflexes

na, headache



Make your clipboard a quick medical reference guide with detailed day-to-day information specifically designed for physical therapists and all healthcare professionals with physical therapy patients.

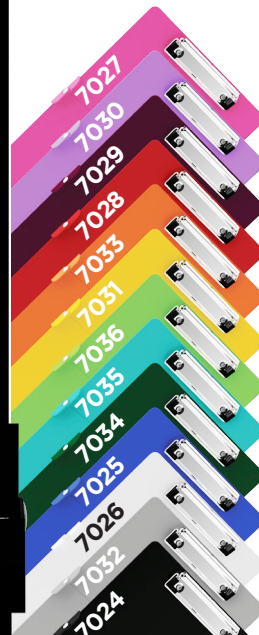
- Features:**
- Pain scale
 - Normal lab values
 - Acid-base assessment
 - Rancho Los Amigos Scale
 - Dermatotomes
 - Modified Ashworth Scale
 - Edema Scale
 - Glasgow Coma Scale

Product Codes and Pricing				
Standard Model [Color Model]-PT				
MSRP	10-49	50-99	100-249	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68
Blackout Model 70240-PT				
Mint Model 7039-PT				
Coral Model 7040-PT				
MSRP	10-49	50-99	100-249	250-500+
\$27.95	\$23.76	\$22.36	\$20.97	\$20.41
iPad Mini 1-3 Model [Color Model]-ISOM-PT				
iPad Mini 4 & 5 Model [Color Model]-ISOM4-PT				
MSRP	10-49	50-99	100+	
\$39.99	\$34.00	\$32.00	\$30.00	
iPad Mini 1-3 Blackout Model 70240-ISOM-PT				
iPad Mini 4 & 5 Blackout Model 70240-ISOM4-PT				
MSRP	10-49	50-99	100+	
\$40.99	\$34.85	\$32.80	\$30.75	

Occupational Therapy WhiteCoat Clipboards



Standard Color Models:



Specialty Color Models:



RANCHO LOS AMIGOS SCALE

AKA - Level of Cognitive Functioning Scale (LCFS)

Level I - No Response
Patient does not respond to external stimuli and appears asleep.

Level II - Generalized Response
Patient reacts to external stimuli in nonspecific, inconsistent, and non-purposeful manner with stereotypic and limited responses.

Level III - Localized Response
Patient responds specifically and inconsistently with delays to stimuli, but may follow simple commands for motor action.

Level IV - Confused, Agitated Response
Patient exhibits bizarre, non-purposeful, incoherent or inappropriate behaviors, has no short-term recall, attention is short and nonselective.

Level V - Confused, Inappropriate, Non-agitated Response
Patient gives random, fragmented, and non-purposeful responses to complex or unstructured stimuli. Simple commands are followed consistently, memory and selective attention are impaired, and new information is not retained.

Level VI - Confused, Appropriate Response
Patient gives context appropriate, goal-directed responses dependent upon external input for direction. There is carry-over for retained, but not for new tasks, and recent memory problems persist.

Level VII - Automatic, Appropriate Response
Patient behaves appropriately in familiar settings, performs daily routines automatically and shows carry-over for new learning at lower than normal rates. Patient initiates social interactions, but judgment remains impaired.

Level VIII - Purposeful, Appropriate Response
Patient is oriented and responds to the environment, but abstract reasoning abilities are decreased relative to preinjury levels.

MYOTOMES

Deltoid	C5	Shoulder abduction
Biceps	C5-C6	Elbow flexion
Triceps	C7	Elbow extension
Flexor carpi ulnaris	C7-T1	Ulnar deviation
Ext. carpi ulnaris	C6-C8	Ulnar deviation
Interossei	T1	Digit ab/adduction
llicapsoas	L2-L3	Hip flexion
Quadriceps	L3-L4	Knee extension
Anterior tibialis	L5	Ankle dorsiflexion
Ext. hallucis longus	L5	Great toe extension
Gastrocnemius	S1	Plantar flexion

VITAL SIGN ABRIDGES

Average Heart Rate 60-100 bpm (normal)
<60 = bradycardia
>100 = tachycardia

Respiratory Rate 12-20 breaths/min

Blood Pressure 110/75 - 130/85

CVA EFFECTS

Left Hemisphere

- Receptive and expressive language deficits
- Difficulty reading and writing
- Difficulty with learning new information
- Apathy
- Difficulty with math problems
- Acts slowly, cautious, easily frustrated, unmotivated

Right Hemisphere

- Visual-spatial and perceptual deficits
- Left sided neglect
- Difficulty swallowing, slurred speech
- Difficulty with abstract thinking
- Short attention span
- Impulsive, denies deficits, inappropriate comments, takes excessively

Cerebellar

- Coordination and balance deficits
- Eye movement deficits (nystagmus, ocular dysmetria, poor pursuit)
- Abnormal head and torso reflexes
- Dysmetria
- Ataxia
- Dizziness, vomiting, nausea, headache

LEVELS OF ASSIST

- Independent:** Requires no assistance of any kind
- Modified Independent:** No assist, needs equipment or increased time to complete
- Contact Guard:** Contact with patient to provide safety
- Stand by Assist:** Requires cues to complete, stand by assist for safety or set up
- Minimal Assist:** Performs 75-99% of task without assist
- Moderate Assist:** Performs 50-75% of task without assist, therapist performs 50%
- Maximum Assist:** Performs 25-50% of task without assist, therapist performs 75%
- Dependent:** Performs less than 25% of task without assist or assist of 2 people

GOAL DOCUMENTATION (COAST/SMART)

C: Client will perform
O: What occupation?
A: With what level of assistance/independence?
S: Under what specific conditions?
T: By when?
Example: Client will feed self 50% of meal with Min A to scoop using built-up spoon within 3 tx sessions.

S: Specific/significant
M: Measurable/Meaningful
A: Achievable/Action-Oriented
R: Realistic/Relevant
T: Timely/Trackable
Example: In 7 days, client will transfer to toilet with Mod A using DME as needed.

OT APPROACHES TO INTERVENTION

DESCRIPTION	DESCRIPTION
Creates, promote (health promotion)	Designed to provide enriched contextual and activity experiences that will enhance performance for all people in the natural contexts of life.
Establish, restore (remediation, restoration)	Designed to change client variables to establish a skill or ability that has not yet developed or to restore a skill or ability that has been impaired.
Maintain	Designed to provide the supports that will allow clients to preserve the performance capabilities they have regained, that continue to meet their occupational needs, or both.
Modify (compensation or adaptation)	Directed at "finding ways to revise the current context or activity demands to support performance in the natural setting, [including] compensatory techniques".
Prevent (disability prevention)	This approach is designed to prevent the occurrence or evolution of barriers to performance in context; interventions may be directed at client, context, or activity variables (above adapted from Dunn et al., 1998).

SPINAL CORD INJURY FUNCTION

C1-C3	Talking, chewing, sipping, blowing	C8-T1	Full upper extremity use
C4	Shoulder shrug, respiration	T2-T6	Increased trunk control and respiration
C5	Head and neck control, elbow flexion, palmar supination	T9-T12	Increased abdominal function and endurance
C6	Palmar pronation, wrist extension, tenodesis grasp	L2-L4	Hip flexion, hip adduction, knee extension
C7	Elbow extension, wrist flexion, finger extension	L4-L5	Strong hip and knee flexion
		S1-S5	Varying degrees of bladder, bowel, and sexual function

BERG BALANCE SCALE

41-56: Low fall risk
24-40: Medium fall risk
0-20: High fall risk

TINETTI BALANCE TEST

19-23: Moderate fall risk
≤18: High fall risk

GLASGOW COMA SCALE (GCS)

15 point scale to predict mortality after traumatic head injury

Score	Eye Opening	Best Motor	Best Verbal
1	None	No response	No response
2	To pain	Extension to pain	Incomprehensible
3	To verbal	Flexion to pain	Inappropriate
4	Spontaneous	Flexion withdrawal	Oriented
5		Localizes to pain	Oriented
6		Obeys commands	Obeys commands

A GCS Score of 13 or higher correlates with a mild brain injury.
A GCS Score of 9-12 is a moderate injury, and 8 or less is a severe brain injury.

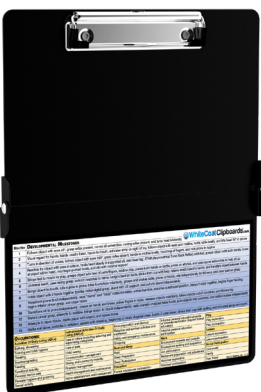
PAIN SCALE

DERMATOME MAP

LANDMARKS

- C2: Occipital protuberance
- C3: Lateral/posterior neck
- C4: Trapezius
- C5: Acromioclavicular joint
- C6: Thumb
- C7: Index finger
- C8: Little finger
- T1: Medial antecubital fossa
- T2: Lateral sternal line
- L1: Mid upper thigh
- L2: Mid anterior thigh
- L3: Mid medial thigh
- L4: Medial calf
- L5: Dorsal 5th MTP joint
- S1: Lateral 5th digit
- S2: Popliteal fossa
- S3: Ischial tuberosity
- S4-S5: Perianal area

Includes Interior Label



Make your clipboard a quick medical reference guide with detailed day-to-day information specifically designed for occupational therapists and all healthcare professionals with occupational therapy patients.

Features:

- Pain scale
- Rancho Los Amigos Scale
- Myotomes
- Manual muscle test grading scale
- CVA effects

- Berg balance scale
- Tinetti balance test
- Glasgow coma scale
- Dermatomes
- Normal range of motion (ROM)
- Spinal cord injury function

Product Codes and Pricing

Standard Model [Color Model]-OT

MSRP	10-49	50-99	100-249	250-500+
	\$26.95	\$22.91	\$21.56	\$20.22 \$19.68

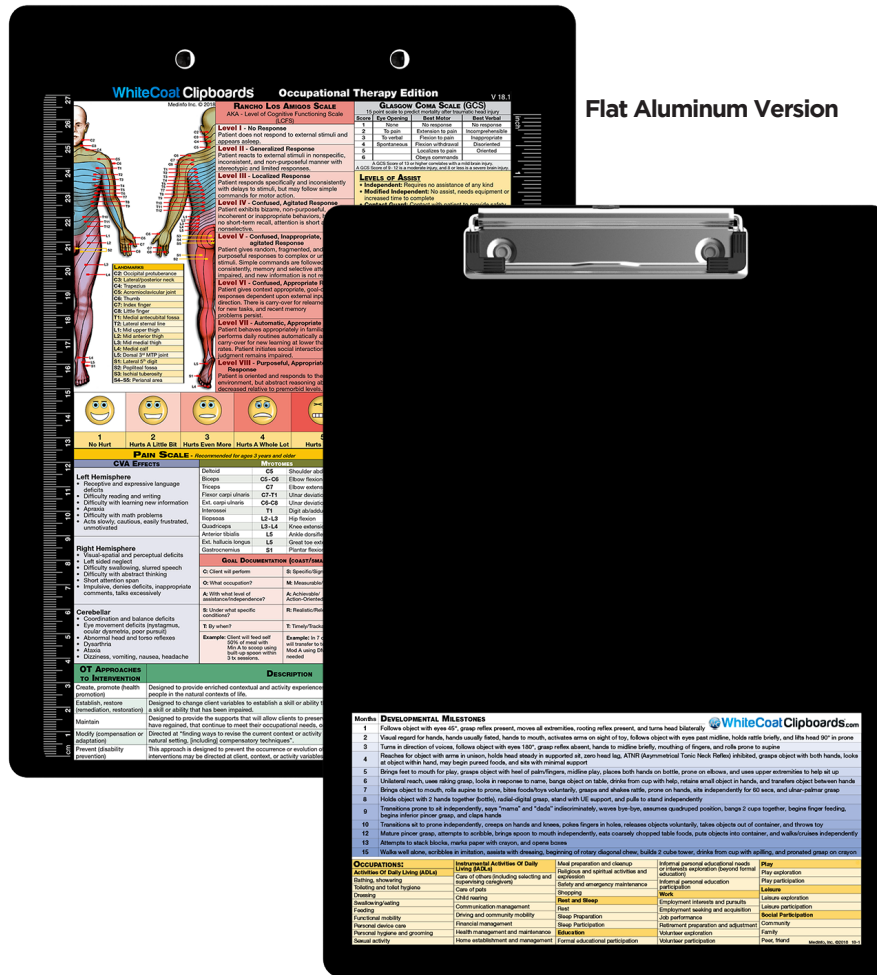
Blackout Model 70240-OT

Mint Model 7039-OT

Coral Model 7040-OT

MSRP	10-49	50-99	100-250	250-500+
	\$27.95	\$23.76	\$22.36	\$20.97 \$20.41

Occupational Therapy WhiteCoat Clipboards Cont.



Flat Aluminum Version

Standard Color Models:

Specialty Color Models:



Make your clipboard a quick medical reference guide with detailed day-to-day information specifically designed for occupational therapists and all healthcare professionals with occupational therapy patients.

Features:

- Pain scale
- Rancho Los Amigos Scale
- Myotomes
- Manual muscle test grading scale

- CVA effects
- Berg balance scale
- Tinetti balance test
- Glasgow coma scale
- Dermatomes

Product Codes and Pricing

Standard Flat Aluminum Black Model **7062-OT**
 Standard Flat Aluminum Model **7062-OT + Color Choice**

MSRP	10-49	50-99	100-249	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68

Mint Model **70639-OT**

Coral Model **70640-OT**

Blackout Model **70620-OT**

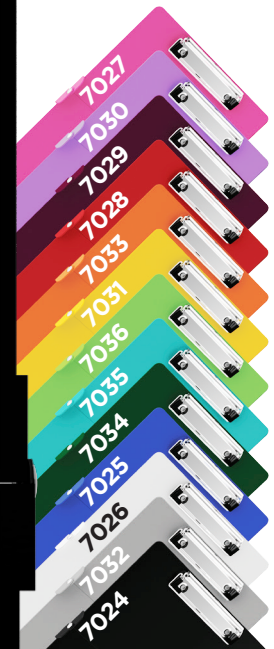
MSRP	10-49	50-99	100-250	250-500+
\$27.95	\$23.76	\$22.36	\$20.97	\$20.41

Dietitian WhiteCoat Clipboards



BMI Weight Status			Energy Metabolism (Estimating Energy Requirements kcal/day)	
<18.5 Underweight	18.5-24.9 Normal	25-29.9 Overweight	>30 Obese	
BMI Calculation Units: kg & meters weight (kg) / (height (m)) ² lb & inches weight (lbs) / (height (in)) ² x 703			Equation Indirect Calorimetry RQ (VCO ₂ /VO ₂): can extrapolate substrate utilization of a patient from RQ. Caloric requirements can then be calculated using the Weir equation to determine Resting Energy Expenditure: $REE (kcal/day) = (3.94 \times VCO_2) + (1.1 \times VCO_2) \times 1.44 \text{ kcal/day}$	
Ideal Body Weight (IBW) Men: 106 lbs for first 5 feet + 6 lbs for each inch over 5 feet Women: 100 lbs for first 5 feet + 5 lbs for each inch over 5 feet Subtract 2 lbs for each inch under 5 feet Adjusted Body Weight (ABW) $ABW = (\text{actual weight} - IBW) \times 0.25 + IBW$			RQ <0.7 primarily fat break down RQ 0.8-1.0 protein or mixed substrate break down RQ >1.0 primarily carbohydrate utilization (can indicate overfeeding)	
Amputee Adjustment Disability Adjustment Paraplegia: Subtract 5-10% from IBW Quadriplegia: Subtract 10-15% from IBW			Activity Factors 1-1.39 Sedentary 1.4-1.59 Low Active 1.6-1.89 Active 1.9-2.5 Very Active Obesity: yes = 1, no = 0 Trauma: yes = 1, no = 0 Burns: yes = 1, no = 0 Males: yes = 1, no = 0	
Reference Units Conventional SI Fe ²⁺ (Iron) Male: 65-160 µg/dL 8.1-31.3 µmol/L Female: 30-170 µg/dL 5.4-31.3 µmol/L Iron-binding capacity: 250-460 µg/dL 45-82 µmol/L Ferritin Male: 22-300 ng/mL 22-300 µg/L Female: 12-150 ng/mL 12-150 µg/L			Disease Associated Iron Studies Iron deficiency anemia: Decreased Iron, Increased TIBC, Decreased Ferritin Anemia of chronic disease: Decreased Iron, Decreased TIBC, Increased Ferritin Hemochromatosis: Increased Iron, Decreased/Normal TIBC, Increased Ferritin Chronic hemolysis: Increased Iron, Decreased TIBC, Increased Ferritin Pregnancy: Increased Iron, Increased TIBC, Normal Ferritin Sideroblastic anemia: Increased Iron, Normal TIBC, Normal Ferritin	
Tube Feeding (TF) Formulations Standard: Jevity [®] 1.2 Cal, Osmolite [®] 1.2 Cal, 2 Cal-HN, Glucerna [®] 1.2 Cal, Vital AF 1.2 Cal Specialty: Pulmocare [®] , Nepro [®] , Suplena [®]			Oral Dietary Supplements Ensure [®] Compact 4 oz (118 mL), Ensure [®] Clear 6.8 fl oz (200 mL), Ensure [®] Enlive 8 fl oz (237 mL), Glucerna [®] Shake 8 fl oz (237 mL), Nepro [®] 8 fl oz (237 mL)	
Malnutrition Severity Acute Illness/Injury: Moderate, Severe Chronic Illness: Moderate, Severe Social/Environmental: Moderate, Severe			Fluid Accumulation (pitting edema) Edema Grade: 1+ (Mild), 2+ (Moderate), 3+ (Severe), 4+ (Severe) Description: Mild (0-1/2 inch), Moderate (1/2 - 1 inch), Severe (>1 inch) Depth: Mild (0-1/2 inch), Moderate (1/2 - 1 inch), Severe (>1 inch) Refill Time: Mild (<10 seconds), Moderate (10-15 seconds), Severe (1-2 minutes), Severe (>5 minutes)	

Standard Color Models:



Specialty Color Models:



Store all your nutritional calculations inside this folding WhiteCoat Clipboard with detailed information on tube feedings, oral dietary supplements, malnutrition severity scoring, BMI weight classifications, and amputee adjustments. Carry this clipboard everywhere to have a great medical reference specifically designed for dietitians and nutritional professionals.

- Features:**
- Tube Feeding (TF) Formulations
 - Malnutrition Severity
 - Oral Dietary Supplements
 - Total Parental Nutrition Components
 - Fluid Accumulation Scoring
 - Tube Feeding (TF) Formulations
 - Malnutrition Severity
 - Total Parental Nutrition Components

Product Codes and Pricing

Standard Model [Color Model]-DIET					Blackout Model 70240-DIET				
MSRP	10-49	50-99	100-249	250-500+	MSRP	10-49	50-99	100-249	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68	\$27.95	\$23.76	\$22.36	\$20.97	\$20.41

Chemistry WhiteCoat Clipboards



Standard Color Models:



Specialty Color Models:

Conversion Factors				Properties of Air & Water						
Length	1 m	10 ³ A	39.370 in	3.28084 ft	6.21371·10 ³ mi	Property	Range	Water	Air	Units
Area	1 m ²		1550.0031 in ²	10.7639 ft ²	2.47105·10 ⁴ acre	Molar Mass		18.015	28.966	g/mol
Volume	1 m ³	1000 L	6.10237·10 ³ in ³	264.172 gal (U.S.)	219.969 gal (Imp.)	Density	20°C	998.23	1.204	kg/m ³
Mass	1 kg	2.20462 lb _m	35.274 oz	1.10231·10 ³ ton	6.02204·10 ²³ u	100°C	958.38	0.9459		kg/m ³
Density	1 g/cm ³	1000 kg/m ³	1000 g/L	62.4280 lb _m /ft ³	8.34541 lb _m /gal (U.S.)	Viscosity	20°C	1.005	0.0182	cp
Velocity	1 m/s	3.6 km/h	3.2808 ft/s	1.96850 ft/min	2.23694 mi/h	100°C	0.2818	0.0326		cp
Force	1 kg·m/s ² (N)	10 ³ g·cm/s ² (dyn)	0.224809 lb _f	0.10197 kg	7.23301 lb _f /ft ² (psf)	Melting Point		0	-	°C
Pressure	1 atm	101325 kg/m ² (Pa)	1.01325 bar	14.6959 lb/in ² (psi)	760 mm Hg	Boiling Point		100	-	°C
Power	1 kg·m ² /s ² (J)	9.4782·10 ⁷ Btu (IT)	0.23885 cal (IT)	0.737561 ft·lb _f	6.24145·10 ¹⁸ eV	Specific Heat	0-100°C	4.217	1.01	kJ/kg·K
Specific Heat	1 kJ/kg·K	1 kg/m ² /s ²	0.23885 cal/g·°C	0.176093 Btu/lb·°F	1.8 Btu/lb·°F	Thermal Conductivity	0°C	0.569	0.0242	W/m·K
Viscosity (Dynamic)	1 Pa·s	1 kg/m·s	1000 cp	0.671969 lb _m /ft·s	0.671969 pdl/s·ft	100°C	0.681	0.0316		W/m·K
Viscosity (Kinematic)	1 m ² /s	10 ⁶ Stokes	10 ⁴ cm ² /s	10.7639 ft ² /s	1550.0031 in ² /s	ΔH Fusion		6.013	-	kJ/mol
Amount of Substance	1 kg·mol	1000 mol (g·mol)	10 ³ mmol	10 ³ μmol	2.20462 lb·mol	ΔH Vaporization		40.627	-	kJ/mol
Concentration	1 wt%	0.01 mass fraction	10 ppt	10 ³ ppm	10 ³ ppb	Vapor Pressure	20°C	2.338	-	kPa
Angular Measure	1°	π/180 rad (radians)	60'	3600"	1.11111	100°C	101.325	-		kPa
Time	1 h	60 min	3600 s	0.04167 d	5.25938·10 ³ wk	Dielectric Constant	18°C	81.07	1.0006	-
Luminance	1 cd/m ²	1.0194 candles/m ²	9.2903·10 ² cd/ft ²	0.29186 fL	10 ³ sb	Prandtl Number	20°C	7.21	0.709	-
Illuminance	1 lx	1 lm/m ²	9.2903·10 ² lm/ft ²	9.2903·10 ² fc	10 ³ phot	Chemical Structures				
Absorbed Dose	1 Gy	1 J/kg	100 rad (rad)	10 ³ erg/g	6.24181·10 ¹⁸ eV/g	Alcohol	R-OH	Carbonyl	C=O	
Activity (Radioactive)	1 Bq	1 s ⁻¹ (disintegration/s)	2.7027·10 ¹⁰ Ci	2.7027·10 ¹⁰ mCi	0.027027 GCi	Acyl Halide	R-C(=O)-X	Carboxylic	R-C(=O)-OH	
Temperature	K = 5/9(F-32)	F = 9/5(C+32)	K = C+273.15	R = F+459.67	°R = (4/5)K-218.52	Aldehyde	R-C(=O)-H	Ester	R-C(=O)-OR'	
Physical Constants		Molar Volume of Ideal Gas (at STP: 0°C, 1 atm)		V _m = 22.4141 L/mol (= m ³ /kg·mol)		Alkene	R ₂ C=CR ₂	Ether	R-O-R'	
Molar Gas Constant		R = 8.31451 J/mol·K		359.039 ft ³ /lb·mol		Alkyne	RC≡CR	Grignard	R-Mg-X	
		8.31451 m ³ ·Pa/mol·K		Elementary Charge		Alkyl Halide	R-CH ₂ -X	Ketone	R-C(=O)-R'	
		1.98589 cal/(T _m)·mol·K		e = 1.60218·10 ⁻¹⁹ C		Alkyne	RC≡CR	Nitrile	R-CN	
		1545.36 ft·lb _f /lb·mol·R		Electron Mass		Amide	R-C(=O)-NR ₂	Nitro	R-NO ₂	
		0.082058 L·atm/mol·K		Proton Mass		Amine (1°)	R-NH ₂	Thiol	R-SH	
		0.730244 ft ³ ·lb _m /mol·R		Neutron Mass						
		10.7316 ft ³ ·lb _m /mol·R		Deuteron Mass						
		82.0578 cm ³ ·atm/mol·K		Atomic Mass Constant						
				m _a = 1.66054·10 ⁻²⁷ kg						

Periodic Table of Elements

1. Melting points: all values at standard pressure of 1 atm.
2. For gases: g, 1 atm.
3. Elements with density measured at 0°C.
4. Two older group classification systems still in use today rely on an A/B coding scheme to categorize periodic properties (i.e., VA, IB, etc.). Because of the potential for confusion between these two systems, the IUPAC recommends the use of a 1-18 group classification system.
5. Element coding: Black = Solid; Red = Gas; Blue = Liquid; Outline = Synthetically prepared.
6. Indicates the mass number of the longest-lived isotope.

Atomic Weight, Melting Point, °C, Boiling Point, °C, Density (25°C/g/cm³), Electronegativity, Symbol, Name, Group Classifications, Oxidation States, Atomic Number, Periodic Table of Elements

Our WhiteCoat Clipboard Chemistry Edition is ideal for all laboratory environments to hold your experiments, equations, and notes. With a standard periodic table and standard equations you'll have it all with this folding patented clipboard. This clipboard is built to withstand the harshest laboratory environments with a strong sturdy design and chemical resistant informational labels to protect your investment and documents.

- Features:**
- Laminated scientific labels can withstand harsh cleaning chemicals
 - Periodic table source: IUPAC, Royal Society of Chemistry 2015
 - Standard equations and conversions

Product Codes and Pricing			
Standard Model [Color Model]-CHEM			
MSRP	10-49	50-99	100-249
\$26.95	\$22.91	\$21.56	\$20.22
			\$19.68
Blackout Model 70240-CHEM			
Mint Model 7039-CHEM			
Coral Model 7040-CHEM			
MSRP	10-49	50-99	100-250
\$27.95	\$23.76	\$22.36	\$20.97
			\$20.41

Dental WhiteCoat Clipboards



DENTAL EDITION

Permanent Dentition Numbering System

(viewed as if looking into the mouth)

Permanent Dentition - RIGHT

Quadrant 1 Permanent Maxillary Right Quadrant			Quadrant 2 Permanent Maxillary Left Quadrant		
Name	UNS*	FDI*	Name	UNS*	FDI*
Upper Right Central Incisor	8	11	Upper Left Central Incisor	9	21
Upper Right Lateral Incisor	7	12	Upper Left Lateral Incisor	10	22
Upper Right Canine (Cuspid)	6	13	Upper Left Canine (Cuspid)	11	23
Upper Right First Premolar (Bicuspid)	5	14	Upper Left First Premolar (Bicuspid)	12	24
Upper Right Second Premolar (Bicuspid)	4	15	Upper Left Second Premolar (Bicuspid)	13	25
Upper Right First Molar	3	16	Upper Left First Molar	14	26
Upper Right Second Molar	2	17	Upper Left Second Molar	15	27
Upper Right Third Molar	1	18	Upper Left Third Molar	16	28

Permanent Dentition - LEFT

Primary Dentition Numbering System

(viewed as if looking into the mouth)

Permanent Dentition - LEFT

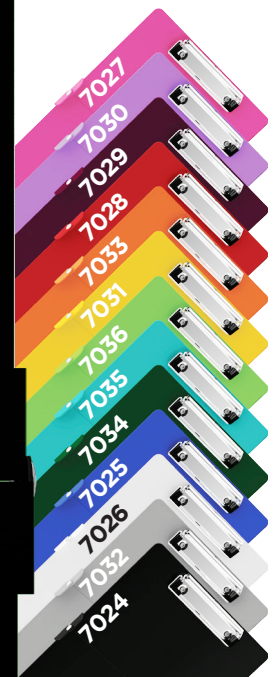
Quadrant 1 Primary Maxillary Right Quadrant			Quadrant 2 Primary Maxillary Left Quadrant			Erupt (Months)	Shed (Years)
Name	UNS	FDI	Name	UNS	FDI		
Upper Right Central Incisor	E	51	Upper Left Central Incisor	F	61	8-12	6-7
Upper Right Lateral Incisor	D	52	Upper Left Lateral Incisor	G	62	9-13	7-8
Upper Right Canine	C	53	Upper Left Canine	H	63	16-22	10-12
Upper Right First Molar	B	54	Upper Left First Molar	I	64	13-19	9-11
Upper Right Second Molar	A	55	Upper Left Second Molar	J	65	25-33	10-12

Quadrant 4 Primary Mandibular Right Quadrant			Quadrant 3 Primary Mandibular Left Quadrant			Erupt (Months)	Shed (Years)
Name	UNS	FDI	Name	UNS	FDI		
Lower Right Second Molar	T	85	Lower Left Second Molar	K	75	23-31	10-12
Lower Right First Molar	S	84	Lower Left First Molar	L	74	14-18	9-11
Lower Right Canine	R	83	Lower Left Canine	M	73	17-23	9-12
Lower Right Lateral Incisor	Q	82	Lower Left Lateral Incisor	N	72	10-16	7-8
Lower Right Central Incisor	P	81	Lower Left Central Incisor	O	71	6-10	6-7

Alternate Tooth Names:

- Cuspids: Canines
- Bicuspids: Premolars
- 6 Year Molar: First Permanent Molar
- 12 Year Molar: Second Permanent Molar
- Wisdom Teeth: Third Molars
- Anterior Teeth: The teeth in the front of the mouth including Central Incisors, Lateral Incisors, and Canines
- Posterior Teeth: The teeth in the back of the mouth including Premolars and Molars
- Mandibular Teeth: The teeth on the lower jaw
- Maxillary Teeth: The teeth on the upper jaw

Standard Color Models:



Specialty Color Models:

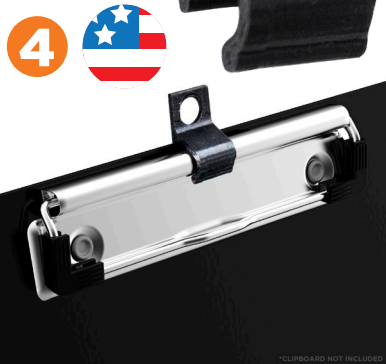


Our WhiteCoat Clipboard Dental Edition is ideal for the dental community containing anatomical locations of daily referenced teeth. The Dental WhiteCoat Clipboard is used by professionals not only to reference locations, but to supply visual detail for dental patients.

- Features:**
- Laminated labels can withstand harsh cleaning chemicals
 - Metric and Standard Rulers

Product Codes and Pricing

Standard Model [Color Model]-DENT					Blackout Model 70240-DENT				
MSRP	10-49	50-99	100-249	250-500+	MSRP	10-49	50-99	100-250	250-500+
\$26.95	\$22.91	\$21.56	\$20.22	\$19.68	\$27.95	\$23.76	\$22.36	\$20.97	\$20.41



1 ISO Clips

The patented ISO Clip is for use with any ISO Clipboard and is a great way to store your writing instrument.

ISO Clip Features:

- Flexible plastic construction that holds standard-sized writing instruments
- Available in two packs at a discount

Black Model **9034-BLK**
White Model **9034-WHI**
Blue Model **9034-BLUE**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95

2 ISO Bands

The exclusive elastic rubber ISO Band comes in two sizes to fit most ISO Clipboards and helps secure and protect your notes, documents and other papers.

Standard size for use only with full-size clipboards:

Pink Model **9043-PINK**
Clear Model **9043-CLR**
Black Model **9043-BLK**

Petite size for use with Petite clipboards:

Pink Model **9044-PINK**
Clear Model **9044-CLR**
Black Model **9044-BLK**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

3 Vertical and Mini Clipboard Pen Clips

Similar to the ISO Clip, this pen clip fits on our vertical clipboards and mini clipboards.

Black Model **9036-BLK**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95

4 Clip-on Hanger Tag

This hanger tag clips on to our ISO and WhiteCoat full-size clipboards for easy storage and viewing of your information.

Model **9033**

MSRP	10-49	50-99	100+
\$1.99	\$1.70	\$1.60	\$1.50

1 ISO Clipboards

The unique design of the full-size ISO Clipboard allows it to fold in half for easy storage. Carry any letter size paper without worry of losing your data.

Unfolded size: 11.5" L x 8.75" W

Folded size: 5.75" L x 8.75" W

ISO Clipboard features:

- Full size design that folds to 1/2" thickness
- Lightweight aluminum construction
- The ability to hold 15 pieces of paper without creasing
- A clip to secure all of your documents

Black 7024	Yellow 7031
Silver 7032	Orange 7033
White 7026	Red 7028
Blue 7025	Pink 7027
Green 7034	Lilac 7030
Teal 7035	Wine 7029
Lime Green 7036	

MSRP	10-49	50-99	100-249	250-500+
\$24.95	\$21.21	\$19.96	\$18.72	\$18.22

Mint Model **7039**
Coral Model **7040**
Blackout Model **7040**

MSRP	10-49	50-99	100-249	250-500+
\$25.95	\$22.06	\$20.76	\$19.47	\$18.95

2 Vertical ISO Clipboards

Our Vertical ISO Clipboards offer an alternative to our standard ISO Clipboards - the vertical-fold layout gives you a thinner, but longer folded footprint.

Unfolded size: 11.5" L x 8.75" W

Folded size: 11.5" L x 4.375" W

Black 8024	Yellow 8031
Silver 8032	Orange 8033
White 8026	Red 8028
Blue 8025	Pink 8027
Green 8034	Lilac 8030
Teal 8035	Wine 8029
Lime Green 8036	

MSRP	10-49	50-99	100-249	250-500+
\$24.95	\$21.21	\$19.96	\$18.72	\$18.22

Blackout Model **8024O**

MSRP	10-49	50-99	100-249	250-500+
\$25.95	\$22.06	\$20.76	\$19.47	\$18.95

3 iPad Mini ISO Clipboard

This patented folding clipboard made of lightweight aluminum is designed to hold your iPad mini. The iPad mini Clipboard comes with a notepad and will fit your mini to provide the best of both worlds. Fold this clipboard in half to protect your iPad and documents in a protective powder coated aluminum cover for easy storage and carrying.

Unfolded size: 9.625" L x 11.5" W

Folded size: 9.625" L x 5.75" W

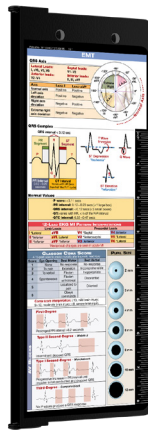
Also available with medical labels, see pages 34-45 for more information!

iPad Mini 1-3 Model **[Color Model]-ISOM**
iPad Mini 4 & 5 Model **[Color Model]-ISOM4**

MSRP	10-49	50-99	100+
\$34.95	\$29.70	\$27.95	\$26.22

iPad Mini 1-3 Blackout Model **7024O-ISOM**
iPad Mini 4&5 Blackout Model **7024O-ISOM4**

MSRP	10-49	50-99	100+
\$35.95	\$30.60	\$28.80	\$27.00



1  E



1 Mini Novel ISO Clipboard

The Mini Novel ISO Clipboard is the same size as the Mini ISO clipboard, but has a side-oriented clip. This clipboard is great for quick lists or smaller tasks. One notepad included.

Unfolded size: 5.5" L x 8.75" W Folded size: 5.5" L x 4.375" W

- | | |
|--------------------------|----------------------|
| Black 7069 | Yellow 706931 |
| Silver 706932 | Orange 706933 |
| White 706926 | Red 706928 |
| Blue 706925 | Pink 706927 |
| Green 706934 | Lilac 706930 |
| Teal 706935 | Wine 706929 |
| Lime Green 706936 | |

MSRP	10-49	50-99	100+
\$16.95	\$14.40	\$13.50	\$12.70
Blackout Model 70690			
\$17.95	\$15.26	\$14.36	\$13.47

2  E



2 Folding Server ISO Clipboard

The Folding Server ISO Clipboard is 1/2 the size of the ISO Clipboard. Made of lightweight aluminum with powder coating, this clipboard is great for quick lists or smaller tasks. Fold this clipboard in half for easy storage and transport of your notes and small documents. One notepad included.

Unfolded size: 11.5" L x 4.375" W Folded size: 5.75" L x 4.375" W

- | | |
|--------------------------|----------------------|
| Black 7066 | Yellow 706631 |
| Silver 706632 | Orange 706633 |
| White 706626 | Red 706628 |
| Blue 706625 | Pink 706627 |
| Green 706634 | Lilac 706630 |
| Teal 706635 | Wine 706629 |
| Lime Green 706636 | |

MSRP	10-49	50-99	100+
\$16.95	\$14.40	\$13.50	\$12.70
Blackout Model 70660			
\$17.95	\$15.26	\$14.36	\$13.47



3 Folding Memo ISO Clipboard

Same size and design as our WhiteCoat clipboards, the Folding Memo ISO can carry a 5" x 8" notepad with a side clip. The Folding Memo ISO is a full size folding clipboard with one notepad included.

Unfolded size: 8.75" L x 11.5" W Folded size: 8.75" L x 5.75" W

- | | |
|--------------------------|----------------------|
| Black 7067 | Yellow 706731 |
| Silver 706732 | Orange 706733 |
| White 706726 | Red 706728 |
| Blue 706725 | Pink 706727 |
| Green 706734 | Lilac 706730 |
| Teal 706735 | Wine 706729 |
| Lime Green 706736 | |

MSRP	10-49	50-99	100+
\$25.95	\$22.06	\$20.76	\$19.47
Blackout Model 70670			
\$26.95	\$22.91	\$21.56	\$20.22

3  D E



1 Folding Ledger ISO Clipboard

The Folding Ledger ISO Clipboard is a one-of-a-kind patented folding clipboard made of lightweight aluminum. This clipboard is designed for anyone needing a solid writing surface and the ability to conceal their documents by folding the clipboard in half for easy storage and carrying. Designed to withstand daily use and abuse, this clipboard can hold up to 30 pieces of paper without creasing your documents and at the same time provide a level of security not found by other clipboards.

Unfolded size: 11.5" L x 17.5" W

Folded size: 11.5" L x 8.75" W

Right Folding Ledger **[Color Model]-R**

Left Folding Ledger **[Color Model]-L**

Black 7092	Yellow 709231
Silver 709232	Silver 709232
Blue 709225	Orange 709233
White 709226	Green 709234
Pink 709227	Teal 709235
Red 709228	Lime Green 709236
Wine 709229	Mint 709239
Lilac 709230	

MSRP	10-49	50-99	100+
\$25.95	\$22.06	\$20.76	\$19.47

2 Guest Check ISO Clipboard

This folding ISO Clipboard is great for all those guest checkout slips used by waiters and waitresses at restaurants, service professionals at auto shops, food service, retail outlets and more. The secure folding design of our Guest Checkout ISO Clipboard protects your documents, while at the same time, the lightweight construction makes it easy to use, store, and stay organized. Now you can carry a full-size guest checkout pad inside this clipboard, fold it in half to protect your documents, and take it with you.

Unfolded size: 7.5" L x 7.5" W

Folded size: 3.875" L x 7.125" W x 0.5"

Black 7091	Yellow 709131
Blue 709125	Silver 709132
White 709126	Orange 709133
Pink 709127	Green 709134
Red 709128	Teal 709135
Wine 709129	Lime Green 709136
Lilac 709130	Mint 709139

MSRP	10-49	50-99	100+
\$16.95	\$14.40	\$13.50	\$12.70

Blackout Model **7091240**

\$17.95	\$15.26	\$14.36	\$13.47
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3 Ticket Book ISO Clipboard

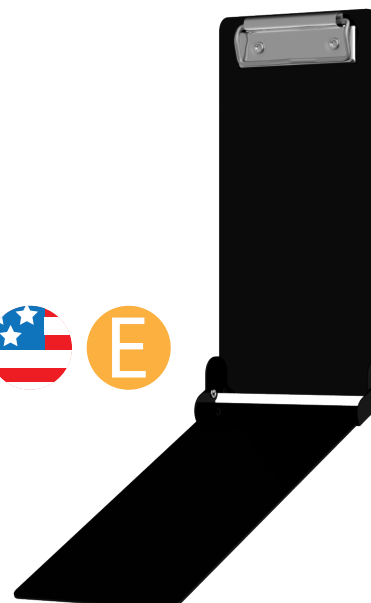
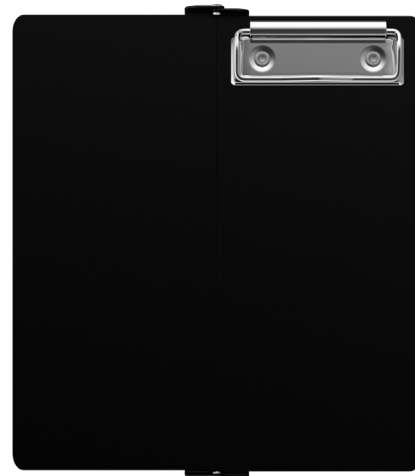
The Ticket Book ISO Clipboard is our longest folding clipboard and is perfectly coated with black powder coating. Made from sturdy aluminum this clipboard is perfect for holding tickets, notes or lists and is ideal for anyone needing a small and easy to carry writing surface. The Ticket Book ISO Clipboard works perfectly for officers, city workers and anyone in the service industry.

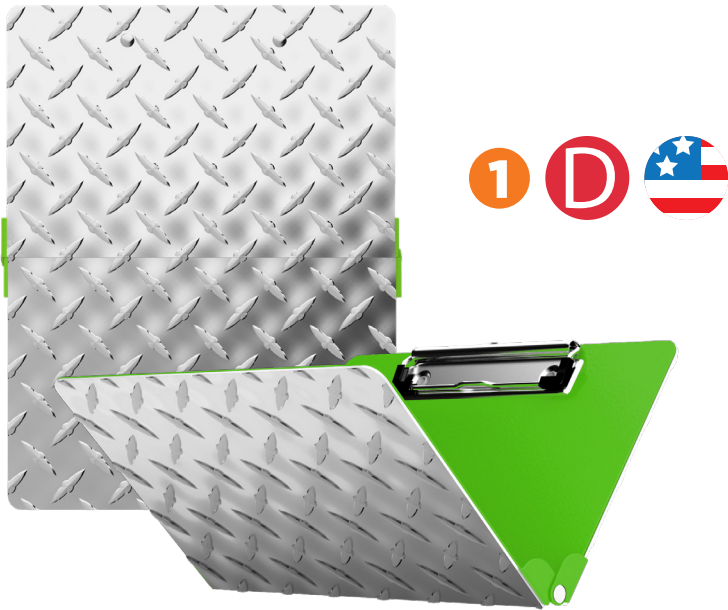
Unfolded size: 3.75" L x 15.5" W

Folded size: 3.75" W x 7.75" L x 0.5"H

Black 7090	Silver 709032
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MSRP	10-49	50-99	100+
\$16.95	\$14.40	\$13.50	\$12.70





1 Diamond Plate ISO Clipboards

One of our most luxurious clipboard designs; these will still fold in half to carry all your documents. A sturdy clip and full size letter capability make these a must have for anyone needing a solid writing surface. Great for field work, construction, sales and marketing, or even your own home auto shop.

Unfolded size: 11.5" L x 8.75" W

Folded size: 5.75" L x 8.75" W

Black 7024-DP	Orange 7033-DP
Silver 7032-DP	Red 7028-DP
White 7026-DP	Pink 7027-DP
Blue 7025-DP	Lilac 7030-DP
Green 7034-DP	Wine 7029-DP
Teal 7035-DP	Lime Green 7036-DP
Yellow 7031-DP	

MSRP	10-49	50-99	100+
\$36.00	\$30.95	\$28.95	\$27.00

Blackout Model **7024O-DP**

MSRP	10-49	50-99	100+
\$37.00	\$31.45	\$29.60	\$27.75



2 Double Feature ISO Lapboard Clipboard

This 9"x 16" folding lapboard or lap desk can be used while seated when you don't have a solid writing surface. Each lapboard comes with 2 sturdy clips to hold all your documents and is extremely versatile with a patented folding lightweight design that makes this board easy to store and/or carry. Two notepads included.

Unfolded size: 9.5" L x 16.5" W

Folded size: 9.5" L x 8.25" W

Black 7068	Orange 706833
Silver 706832	Red 706828
White 706826	Pink 706827
Blue 706825	Lilac 706830
Green 706834	Wine 706829
Teal 706835	Lime Green 706836
Yellow 706831	

MSRP	10-49	50-99	100+
\$27.95	\$23.75	\$22.35	\$20.95

Blackout Model **7068O**

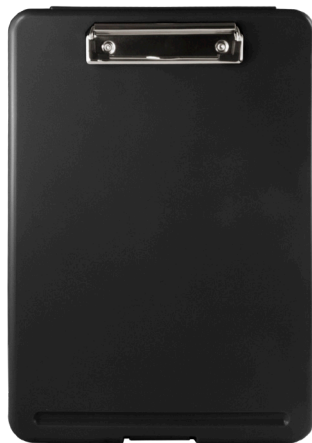
\$28.95	\$24.61	\$23.16	\$21.72
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3 Storage Clipboard

This full-size storage clipboard flips open to secure 50 sheets of letter size paper (8.5 x 11") and locks closed with bottom clasp. This clipboard can even be hung on a wall or any vertical surface with it's convenient hanger hole.

Pink 7021-PNK	Black 7021-BLK
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MSRP	10-49	50-99	100+
\$8.99	\$7.64	\$7.19	\$6.74



1 Nano ISO Clipboard

The Nano ISO is our smallest folding clipboard that will fit in any pocket while still protecting your documents. Great for carrying business cards! One notepad included.

Folded size: 2.75" L x 4.75" W Unfolded size: 5.75" L x 4.75" W

Black 7064	Orange 706433
Silver 706432	Red 706428
White 706426	Pink 706427
Blue 706425	Lilac 706430
Green 706434	Wine 706429
Teal 706435	Lime Green 706436
Yellow 706431	

MSRP	10-49	50-99	100+
\$12.95	\$11.00	\$10.35	\$9.70
Blackout Model 70640			
\$13.95	\$11.86	\$11.16	\$10.47

2 Mini ISO Clipboard

The Mini ISO Clipboard is identical to our full size ISO Clipboard, just 1/2 the size. Made of lightweight aluminum with a powder coating, this clipboard is great for quick lists or smaller tasks. One notepad included.

Folded size: 4.375" L x 5.5" W Unfolded size: 8.75" L x 5.5" W

Black 7065	Yellow 706531
Silver 706532	Orange 706533
White 706526	Red 706528
Blue 706525	Pink 706527
Green 706534	Lilac 706530
Teal 706535	Wine 706529
Lime Green 706536	

MSRP	10-49	50-99	100+
\$12.95	\$11.00	\$10.35	\$9.70
Blackout Model 70650			
\$13.95	\$11.86	\$11.16	\$10.47

3 Clipboard Booklights

Great for use in patient rooms and nightly rounds, this clipboard light has a bright LED bulb and flexible multi-position head. Clips to books or any of our aluminum clipboards.

Pink Model 6086-PINK	Purple Model 6086-PUR
White Model 6086-WHI	Blue Model 6086-BLU
Black Model 6086-BLK	Green Model 6086-GRN

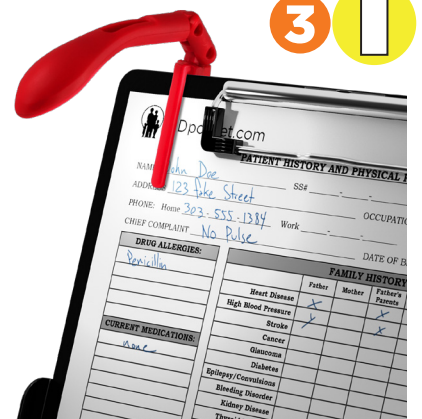
MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

4 Calculator Clips

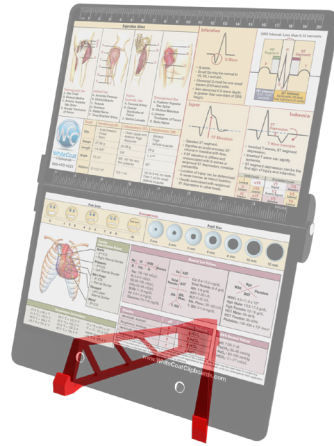
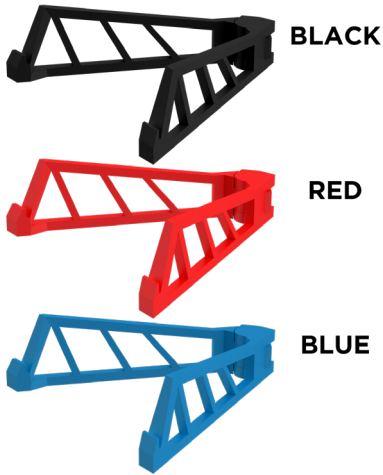
Add a calculator clip to your clipboard or use it as a magnet wall clip to secure your documents.

Purple Model 6084-PUR	Green Model 6084-GRN
Clear Model 6084-CLR	Blue Model 6084-BLU
Red Model 6084-RED	

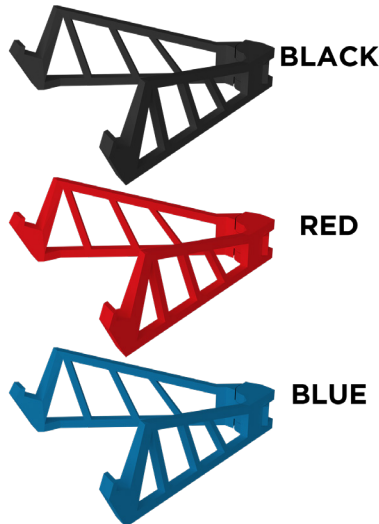
MSRP	10-49	50-99	100+
\$3.75	\$3.19	\$3.00	\$2.82



1 



2 



1 Clipboard Stand

This plastic stand can hold clipboards upright, sideways or backwards to display the medical information on WhiteCoat Clipboards. Folds in half for compact carrying and storage!

Black **9048-BLK**
Red **9048-RED**
Blue **9048-BLU**

MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50

2 Tablet Stand

This plastic stand can hold tablets upright or sideways to display the screen without having to hold it. Folds in half for compact carrying and storage!

Black **9050-BLK**
Red **9050-RED**
Blue **9050-BLU**

MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50

3 Stick-on Pen Holder Loop

The Stick-on Pen Holder Loop is our pen/pencil clip that attaches to any of our Clipboards to keep you organized. Designed specifically for use with any of our Clipboards, this clip is a great way to store your writing instrument without losing it.

Red **9032-RED**
Black **9032-BLK**
Gold **9032-GOLD**
Blue **9032-BLU**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95

4 Clip-on Pen Holder Loop

The Clip-on Pen Holder Loop attaches to our Clipboards to keep you organized. The Clip-on Pen Holder Loop may be repositioned easily and placed anywhere on the edges of our Clipboards.

Silver **9031-SIL**
Gold **9031-GOLD**
Black **9031-BLK**

MSRP	10-49	50-99	100+
\$3.95	\$3.35	\$3.15	\$2.95



1 Server 4 X 8 Clipboard

This server sized clipboard holds 3.75" X 8.25" sized paper on a lightweight fiberboard construction. Choose from Medium Density Fiberboard (MDF), High Density Fiberboard (HDF), or one of our 6 stains!



MDF Model 7018				
MSRP	10-49	50-99	100+	
\$3.49	\$3.00	\$2.80	\$2.62	
HDF Model 7051				
MSRP	10-49	50-99	100+	
\$4.49	\$3.82	\$3.60	\$3.37	
MDF Butterfly Clip Model 7130				
MSRP	10-49	50-99	100+	
\$3.99	\$3.39	\$3.19	\$2.99	
HDF Butterfly Clip Model 7131				
MSRP	10-49	50-99	100+	
\$4.99	\$5.10	\$4.80	\$4.50	

Stained MDF Model:

7018-[Stain Color] (ex. 7018-CHERRY)

Stained MDF Butterfly Clip Model:

7130-[Stain Color] (ex. 7130-CHERRY)

MSRP	10-49	50-99	100+	
\$6.99	\$5.95	\$5.60	\$5.25	

Hanger Tag Optional Add-on
Add \$1.50

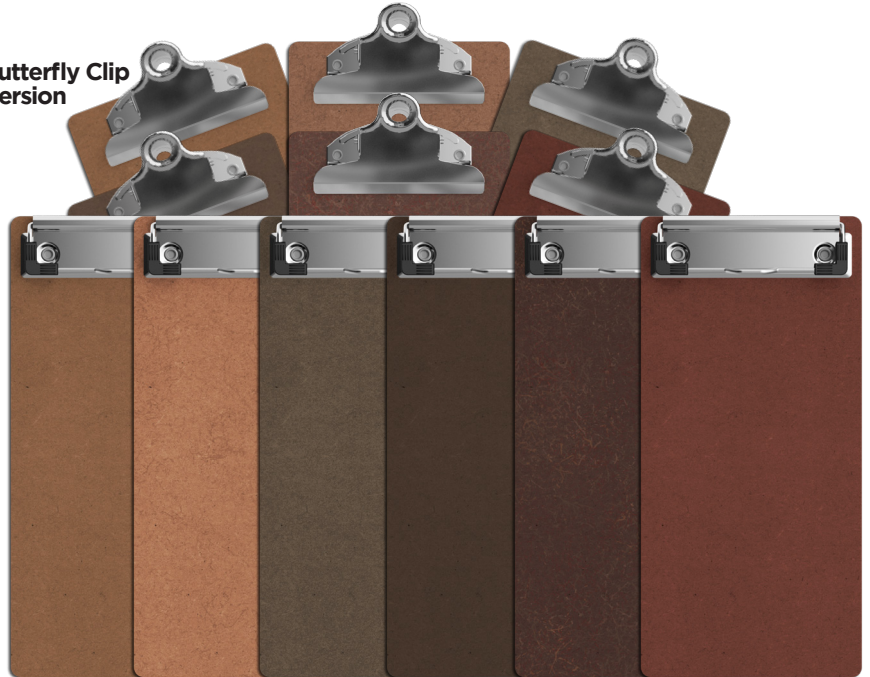


HDF Version



MDF Version

Butterfly Clip Version



Cherry

Maple

Ebony

Espresso

Red Mahogany

Sedona Red

2 Chevron Server Clipboards

Our Chevron Server features MDF (medium-density fiberboard) construction is ideal for any small project or duty. The Switchboard model is designed to let you switch the side of your clip with just a screwdriver! While the Butterfly Clip model is a practical option that makes this clipboard easy to hang!

- Switchboard Teal & Coral Model 7116
- Switchboard Teal & Copper Model 7117
- Switchboard Silver & Copper Model 7118
- Switchboard Silver & Coral Model 7119
- Silver Butterfly Clip Model 7120
- Teal Butterfly Clip Model 7121
- Copper Butterfly Clip Model 7122
- Coral Butterfly Clip Model 7123

MSRP	10-49	50-99	100+	
\$4.49	\$3.82	\$3.60	\$3.37	



Teal & Copper

Teal & Coral



Butterfly Clip Version



Silver & Copper



Silver & Coral



Aluminum Version **E**

NOTEPAD INCLUDED!



Plastic Version

1



1 Memo Size 8 X 5 Clipboard

This memo sized clipboard will hold 5" x 8" paper and comes in aluminum, plastic, Medium Density Fiberboard (MDF), High Density Fiberboard (HDF), or one of our 6 stains! One notepad included.

Aluminum Models:

Black 7063	Yellow 706331
Silver 706332	Orange 706333
White 706326	Red 706328
Blue 706325	Pink 706327
Green 706334	Lilac 706330
Teal 706335	Wine 706329
Lime Green 706636	

MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

Blackout Model **70630**

MSRP	10-49	50-99	100+
\$7.99	\$6.79	\$6.39	\$5.99

Plastic Models:

Black 7022-BLK	Teal 7022-TEAL
Blue 7022-BLU	Lilac 7022-LIL

MSRP	10-49	50-99	100+
\$4.99	\$4.25	\$4.00	\$3.75

MDF & HDF Models:

MDF Model **7019**

MSRP	10-49	50-99	100+
\$3.99	\$3.40	\$3.20	\$3.00

HDF Model **7052**

MSRP	10-49	50-99	100+
\$4.99	\$4.25	\$4.00	\$3.75

Stained MDF Model **7130-[Stain]** (ex. 7130- CHERRY)

MSRP	10-49	50-99	100+
\$7.49	\$6.37	\$6.00	\$5.62

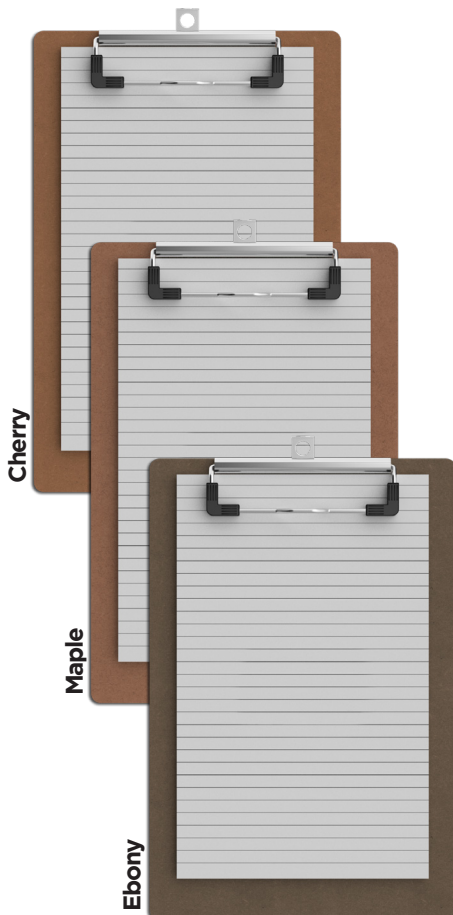
Magnet-Backed Optional Add-on **Add \$1.09**
 Hanger Tag Optional Add-on **Add \$1.50**



MDF Version



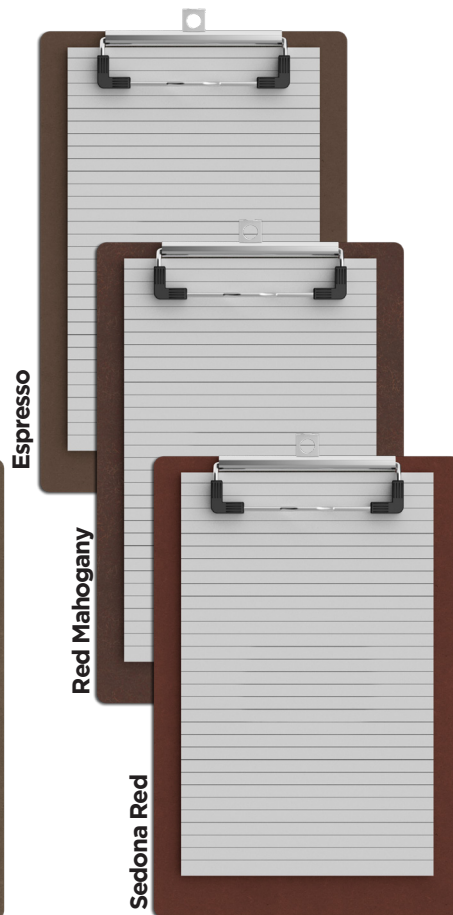
HDF Version



Cherry

Maple

Ebony



Espresso

Red Mahogany

Sedona Red

1 Letter Size 8.5 X 11 Clipboard

This 13" x 9" flat clipboard holds standard letter sized paper (8.5" x 11"). This clipboard is available in powder coated Aluminum, Plastic, MDF, and HDF varieties to suit your application and needs. One notepad included with each clipboard.

Aluminum Models:

Black 7062	Lime Green 706236		
Silver 706232	Yellow 706231		
White 706226	Orange 706233		
Blue 706225	Red 706228		
Green 706234	Pink 706227		
Teal 706235	Lilac 706230		
Mint 706239	Wine 706229		
MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50
Blackout Model 70620			
MSRP	10-49	50-99	100+
\$10.99	\$9.34	\$8.79	\$8.24

Pen holder Models:

Black 70552	Yellow 705531		
Silver 705532	Orange 705533		
White 705526	Red 705528		
Blue 705525	Pink 705527		
Green 705534	Lilac 705530		
Teal 705535	Wine 705529		
Lime Green 705536			
MSRP	10-49	50-99	100+
\$16.95	\$14.40	\$13.50	\$12.70

Plastic Models:

Black 7023-BLK	Teal 7023-TEAL		
Blue 7023-BLU	Lilac 7023-LIL		
MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

MDF & HDF Models:

MDF Model 7020			
MSRP	10-49	50-99	100+
\$4.99	\$4.25	\$4.00	\$3.75
HDF Model 7053			
MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

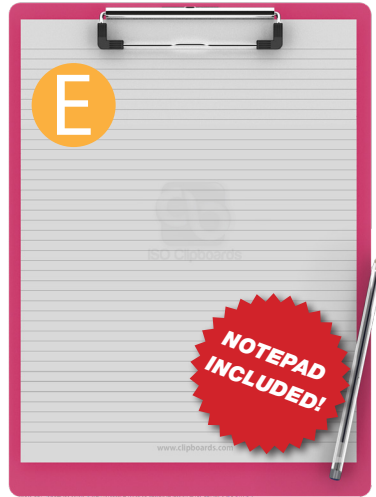
2 Letter Size Handle Clipboard

This clipboard measures 9" W x 13.75" L and is designed to carry letter size (8.5" x 11") paper, and is sturdy enough to hold in one hand while at the same time providing a solid writing surface for all your needs.

MDF Model 7071			
MSRP	10-49	50-99	100+
\$7.99	\$6.80	\$6.40	\$6.00
HDF Model 7070			
MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75



Aluminum Version



MDF Version



Plastic Version



HDF Version

Pen Holder Version



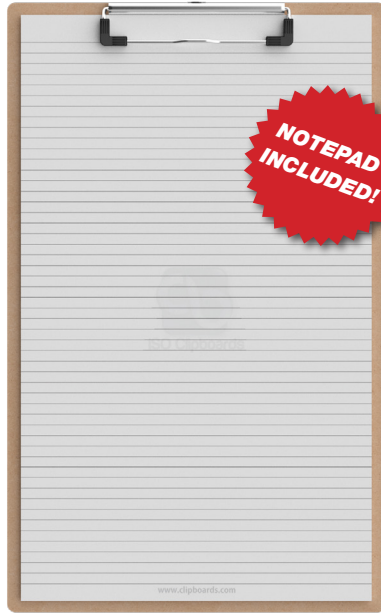
HDF Version



MDF Version



HDF Version



MDF Version

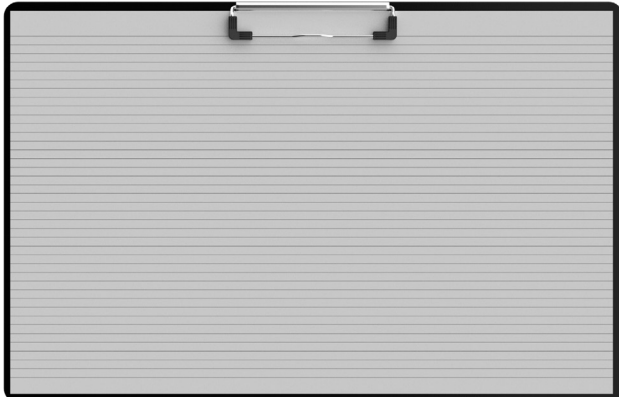


11x17

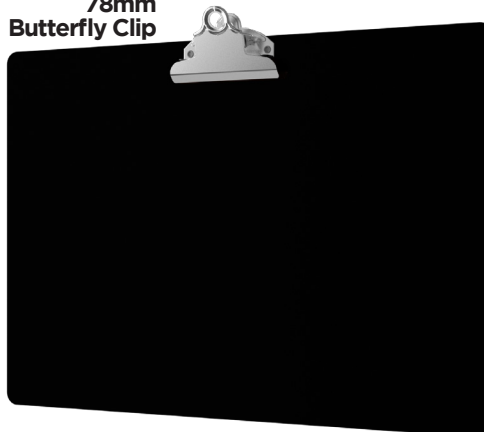
17x11



120mm Clip



78mm Butterfly Clip



Available Color Models:



1 Legal Size 8.5 X 14 HDF Clipboard

These 9" x 14.625" flat Medium-Density Fiberboard (MDF) and High-Density Fiberboard (HDF) clipboards hold full sheets of legal-size paper. One notepad included with each clipboard.

		MDF Model 7060	
MSRP	10-49	50-99	100+
\$7.99	\$6.80	\$6.40	\$6.00

		HDF Model 7050	
MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

2 Ledger 11 X 17 and 17 X 11 Clipboard

These lightweight Medium-Density Fiberboard (MDF) and High-Density Fiberboard (HDF) clipboards are perfect for larger tasks, taking score at sporting events, or simply having a large flat surface to write. Both are large enough to function as a lapboard.

		11x17 (tall) MDF Model 7056	
		17x11 (wide) MDF Model 7057	
MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$7.99	\$7.50

		11x17 (tall) HDF Model 7042	
		17x11 (wide) HDF Model 7043	
MSRP	10-49	50-99	100+
\$10.99	\$9.35	\$8.80	\$8.25

3 Aluminum 17 X 11 Ledger Clipboard

These horizontal ledger 17 x 11-inch aluminum clipboards are perfect for larger tasks, taking score at sporting events, or simply having a large flat surface to write. Both are large enough to function as a lapboard.

		17x11 120mm Clip Model 7057[COLOR MODEL]-AL	
		17x11 78mm Butterfly Model 7057[COLOR MODEL]-AL-78BL	
MSRP	10-49	50-99	100+
\$29.99	\$25.50	\$24.00	\$22.50

1 Ledger Size Handle Clipboard

Our Ledger Size Handle Clipboard is for those larger jobs, projects, tasks, or duties requiring an extended clipboard. Made to carry ledger size (16.5" x 10.5") paper, this clipboard comes standard with a handle that will not interfere with your notes or notepads.

MDF Vertical Model **7083**
MDF Horizontal Model **7081**

MSRP	10-49	50-99	100+
\$14.95	\$12.71	\$11.96	\$11.22

HDF Vertical Model **7082**
HDF Horizontal Model **7080**

MSRP	10-49	50-99	100+
\$15.95	\$13.56	\$12.76	\$11.97

2 13 X 19 and 19 X 13 Clipboard

Our 13 x 19 & 19 x 13 clipboard fits 13 x 19 paper and is made of Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) for a lightweight design great for daily use. This clipboard is ideal for larger tasks, score taking at sporting events (baseball, basketball, soccer, softball, etc.), drafting large projects or simply having a flat place to write.

MDF 13 x 19 (Tall) Model **7078**
MDF 19 x 13 (Wide) Model **7089**

MSRP	10-49	50-99	100+
\$17.99	\$15.30	\$14.40	\$13.50

HDF 13 x 19 (Tall) Model **7079**
HDF 19 x 13 (Wide) Model **7088**

MSRP	10-49	50-99	100+
\$18.99	\$16.15	\$15.20	\$14.25

3 Sticky Note Clipboard

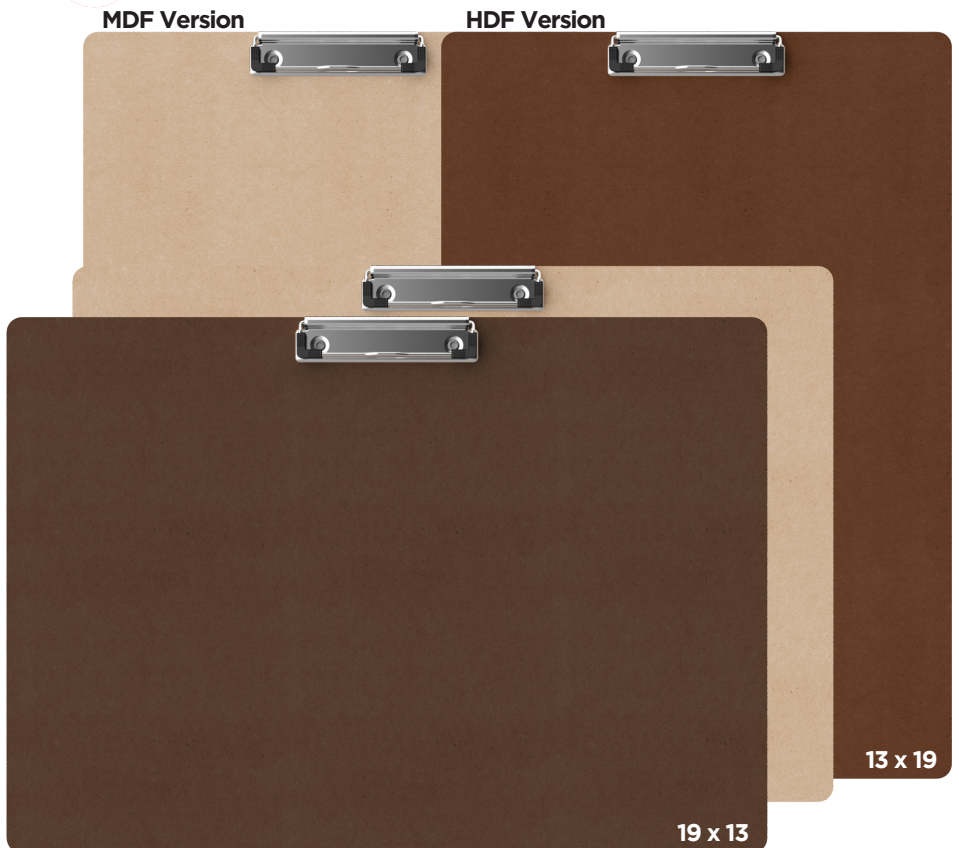
Our Sticky Note Clipboard features a small sticky note sized design ideal for any small task, duty or reminder.

MDF Model **7072**

MSRP	10-49	50-99	100+
\$2.99	\$2.55	\$2.44	\$2.25

HDF Model **7073**

MSRP	10-49	50-99	100+
\$3.49	\$2.97	\$2.80	\$2.62





1 18 X 24 & 24 X 18 Clipboard

Our large 18 x 24-inch & 24 x 18-inch clipboard fits Arch 3 size paper and is made of Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) for a lightweight design great for daily use. This clipboard is ideal for larger tasks, score taking at sporting events (baseball, basketball, soccer, softball, etc.), drafting large projects or simply having a flat place to write. This clipboard comes standard with two sturdy paper clips to secure your paper, notes, catalogs, score cards and more!

MDF 18 x 24 (Tall) Model **7075**
MDF 24 x 18 (Wide) Model **7074**

MSRP	10-49	50-99	100+
\$21.99	\$18.70	\$17.60	\$16.50

HDF 18 x 24 (Tall) Model **7077**
HDF 24 x 18 (Wide) Model **7076**

MSRP	10-49	50-99	100+
\$22.99	\$19.55	\$18.40	\$17.25

HDF Version

24 x 18
MDF Version



HDF Version

MDF Version

2 Menu Board With Bands

These boards are great for holding menus, listed items, sale promotions or other documents and are made from sturdy, lightweight Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) construction. Each board will hold 8.5 x 11 inch letter size paper flat, and with our secure bands (top and bottom) provide a simple but eloquent way to display or promote your listed menu or items. Change your menu at a moment's notice while maintaining a professional, stylish look. The included bands (clear or black) will also prevent your tables from being scratched. You can even get this clipboard engraved with your company name or logo to give you a one-of-a-kind product; please contact us for more information about customization.

MDF Model **7017**

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

HDF Model **7016**

MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

Butterfly Clip MDF Model **7105**

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

Butterfly Clip HDF Model **7110**

MSRP	10-49	50-99	100+
\$9.99	\$8.49	\$7.99	\$7.49

Large Butterfly Clip MDF Model **7106**

MSRP	10-49	50-99	100+
\$10.99	\$9.35	\$8.80	\$8.25

Large Butterfly Clip HDF Model **7123**

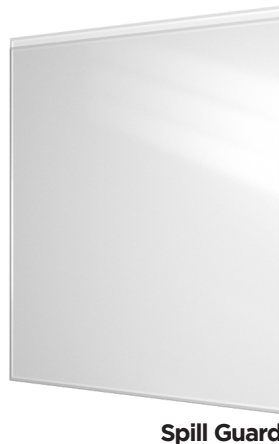
MSRP	10-49	50-99	100+
\$12.99	\$11.05	\$10.40	\$9.75

Spill Guard Optional Add-on
Add **\$3.00**



Butterfly Clip
HDF Version

Large Butterfly Clip
MDF Version



Spill Guard

1 Vertical Menu Board With Bands

These boards are great for holding menus, listed items, sale promotions or other documents and are made from sturdy, lightweight Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) construction. Each board will hold 8.5 x 11 inch letter size paper flat. Change your menu at a moment's notice while maintaining a professional, stylish look. The included bands (clear or black) will also prevent your tables from being scratched.

MDF Model 7017

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

HDF Model 7016

MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

Single Band MDF Model 7017

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

Single Band HDF Model 7017

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

Spill Guard Optional Add-on
Add \$3.00

2 Large Menu Board

These boards are great for holding menus, listed items, sale promotions or other documents and are made from sturdy, lightweight Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) construction. Each board will hold 8.5 x 14 inch legal size paper flat. Change your menu at a moment's notice while maintaining a professional, stylish look. The included bands (clear or black) will also prevent your tables from being scratched.

MDF Model 7001

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

HDF Model 7002

MSRP	10-49	50-99	100+
\$9.99	\$8.50	\$8.00	\$7.50

MDF Single Band Vertical Model 7115

MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

HDF Single Band Vertical Model 7112

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

Butterfly Clip MDF Model 7102

MSRP	10-49	50-99	100+
\$10.99	\$9.35	\$8.80	\$8.25

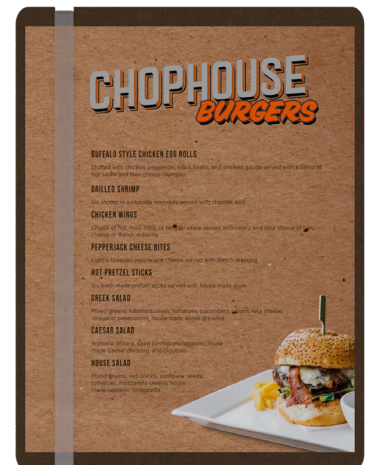
Butterfly Clip HDF Model 7109

MSRP	10-49	50-99	100+
\$11.99	\$10.20	\$9.60	\$9.00

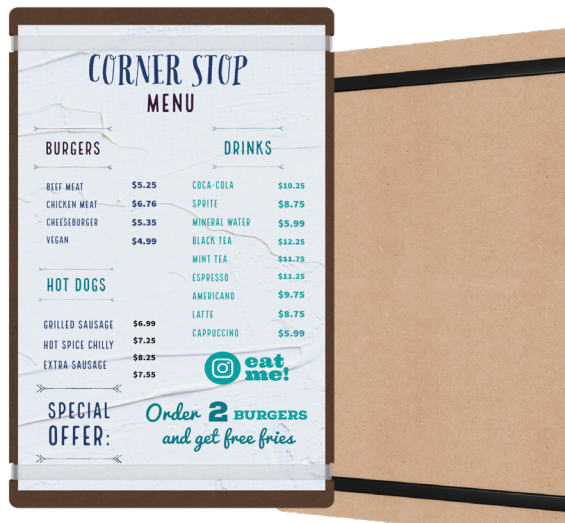
Spill Guard Optional Add-on
Add \$3.00



Vertical With Bands



Single Band Vertical



HDF Version



MDF Version

Spill Guard



Single Band Vertical HDF

Single Band Vertical MDF



Butterfly Clip HDF



MDF Version



HDF Version



Butterfly Clip HDF



Butterfly Clip MDF



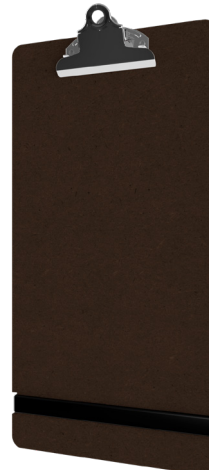
MDF Version



HDF Version



Butterfly Clip MDF



Butterfly Clip HDF

1 Small Menu Holder

Made from sturdy, Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF), each menu holder can carry 5.75 W x 8.75 L inch size paper flat, and with our secure bands (top and bottom), provide a simple but eloquent way to display or promote your listed menu or items. Change your menu at a moment's notice while maintaining a professional, stylish look.

MDF Model 7012

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

HDF Model 7009

MSRP	10-49	50-99	100+
\$5.99	\$5.10	4.80	\$4.50

Butterfly Clip MDF Model 7104

MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

Butterfly Clip HDF Model 7107

MSRP	10-49	50-99	100+
\$7.99	\$6.80	\$6.40	\$6.00

2 Tall Menu Holder

Made from sturdy, Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF), each menu holder can carry 5 W x 11 L inch size paper flat, and with our secure bands (top and bottom), provide a simple but eloquent way to display or promote your listed menu or items. Change your menu at a moment's notice while maintaining a professional, stylish look.

MDF Model 7003

MSRP	10-49	50-99	100+
\$4.99	\$4.25	\$4.00	\$3.75

HDF Model 7004

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50

Butterfly Clip MDF Model 7103

MSRP	10-49	50-99	100+
\$7.99	\$6.80	\$6.40	\$6.00

Buttlerfly Clip HDF Model 7107

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

1 Chalkboard Clipboard

Perfectly sized to hold 8.5" x 11" sheets, the Chalkboard Clipboard serves as a great chalk writing surface and keeps your papers close at hand. On one side is our smooth chalkboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7015

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

2 Tall Chalkboard Clipboard

Perfectly sized to hold 3.75" width x 8.25" length sheets, the Tall Chalkboard Clipboard serves as a great chalk writing surface and keeps your papers close at hand. On one side is our smooth chalkboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7014

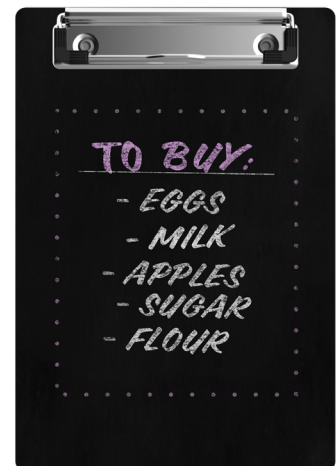
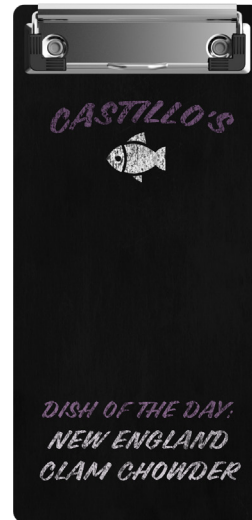
MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

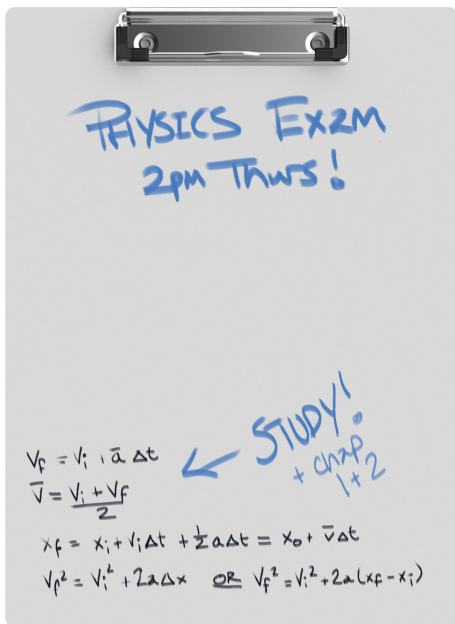
3 Small Chalkboard Clipboard

Use this stylish Small Chalkboard Clipboard for lists, doodles or decorations. Great for around the house or in the classroom! Perfectly sized to hold 5" width x 8" length sheets, the Small Chalkboard Clipboard serves as a great chalk writing surface and keeps your papers close at hand. On one side is our smooth chalkboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7013

MSRP	10-49	50-99	100+
\$5.99	\$5.10	4.80	\$4.50





1 Whiteboard Clipboard

Use this handy Whiteboard Clipboard for lists, reminders or doodles that wipe away! Great for around the house or in the classroom! Perfectly sized to hold 8.5" x 11" sheets, the Whiteboard Clipboard serves as a great writing surface that wipes clean and keeps your papers close at hand. On one side is our smooth whiteboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7008

MSRP	10-49	50-99	100+
\$8.99	\$7.65	\$7.20	\$6.75

2 Tall Whiteboard Clipboard

Use this handy Tall Whiteboard Clipboard for lists, reminders or doodles that wipe away! Great for around the house or in the classroom! Perfectly sized to hold 3.75" width x 8.25" length sheets, the Tall Whiteboard Clipboard serves as a great writing surface and keeps your papers close at hand. On one side is our smooth whiteboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7006

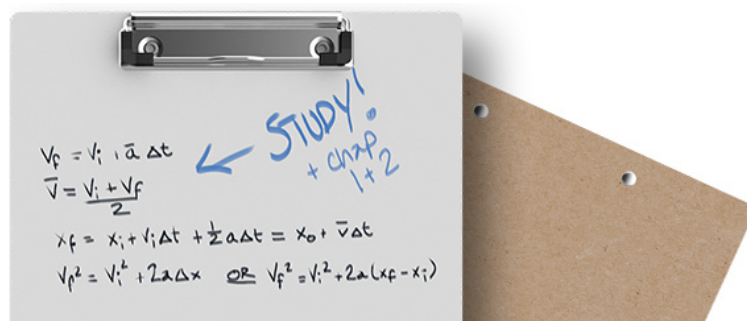
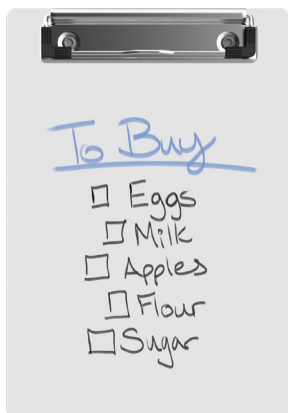
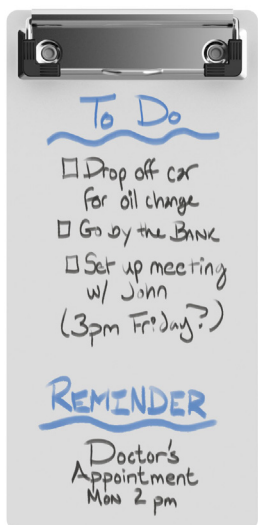
MSRP	10-49	50-99	100+
\$6.99	\$5.95	\$5.60	\$5.25

3 Small Whiteboard Clipboard

Use this handy Whiteboard Clipboard for lists, reminders or doodles that wipe away! Great for around the house or in the classroom! Perfectly sized to hold 5" x 7.25" (memo) sheets, the Whiteboard Clipboard serves as a great writing surface and keeps your papers close at hand. On one side is our clean whiteboard finish for all your artistic designs and notes while the other side is sturdy Medium Density Fiberboard (MDF) backing.

Model 7007

MSRP	10-49	50-99	100+
\$5.99	\$5.10	\$4.80	\$4.50



1 Artist Clipboard

Our large Horizontal & Vertical Artist clipboard fits Arch 3 size paper and is made of Medium-Density Fiberboard (MDF) or High-Density Fiberboard (HDF) for a lightweight design great for daily use. This clipboard is ideal for larger tasks, score taking at sporting events (baseball, basketball, soccer, softball, etc.), drafting large projects or simply having a flat place to write. The vertical layout of this clipboard provides a large writing area and can be used as a lapboard while seated. This clipboard comes standard with two sturdy paper clips to secure your paper, notes, catalogs, score cards and more!

MDF Vertical Model **7085**
MDF Horizontal Model **7087**

MSRP	10-49	50-99	100+
\$25.99	\$22.10	\$20.80	\$19.50

HDF Vertical Model **7084**
HDF Horizontal Model **7086**

MSRP	10-49	50-99	100+
\$26.99	\$22.95	\$21.60	\$20.25

2 Blank Clipboard Bands

The Clipboard Band is our exclusive elastic rubber band (latex free) to secure all your documents and prevent flaring on our Clipboards. These bands come in 4 different sizes for our larger and smaller clipboards.

Small Menu Black Model **9045-BLK**
Small Menu Clear Model **9045-CLR**

MSRP	10-49	50-99	100+
\$1.99	\$1.70	\$1.60	\$1.50

Menu Black Model **9046-BLK**
Menu Clear Model **9046-CLR**

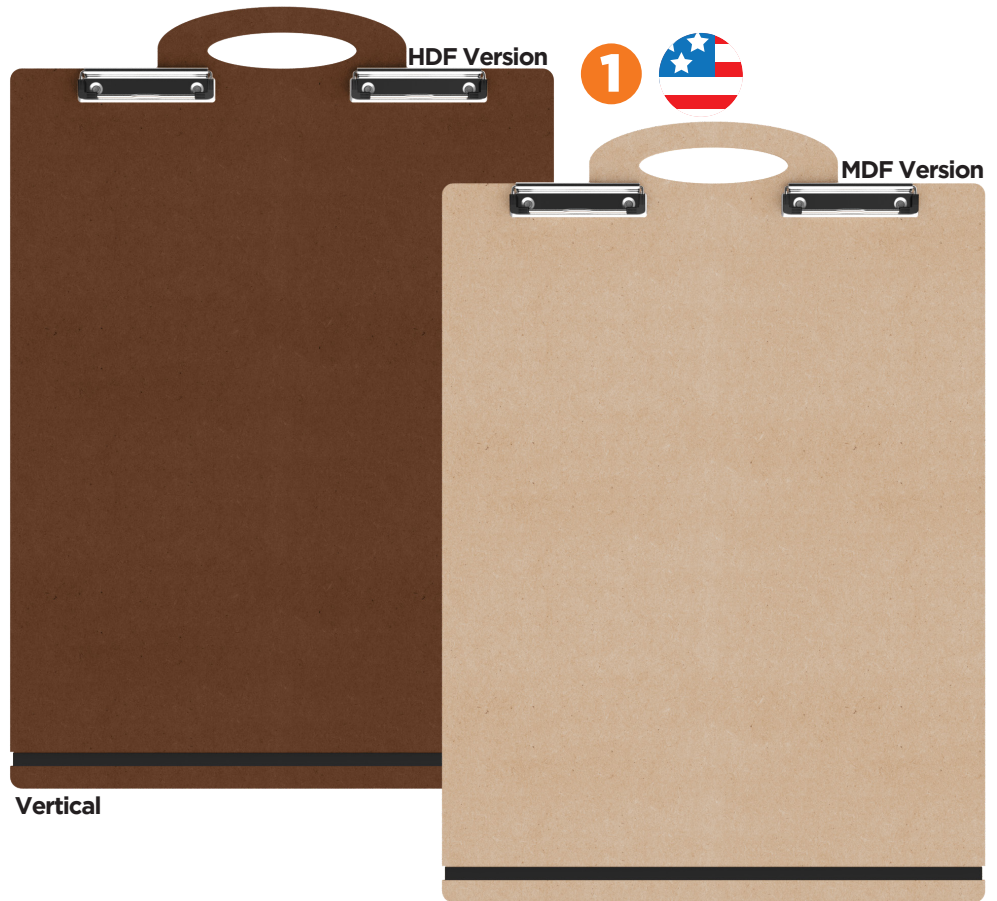
MSRP	10-49	50-99	100+
\$1.99	\$1.70	\$1.60	\$1.50

Large Black Model **9047**

MSRP	10-49	50-99	100+
\$4.95	\$4.20	\$3.95	\$3.70

X-Large Black Model **9049**

MSRP	10-49	50-99	100+
\$5.95	\$5.06	\$4.76	\$4.47



Vertical



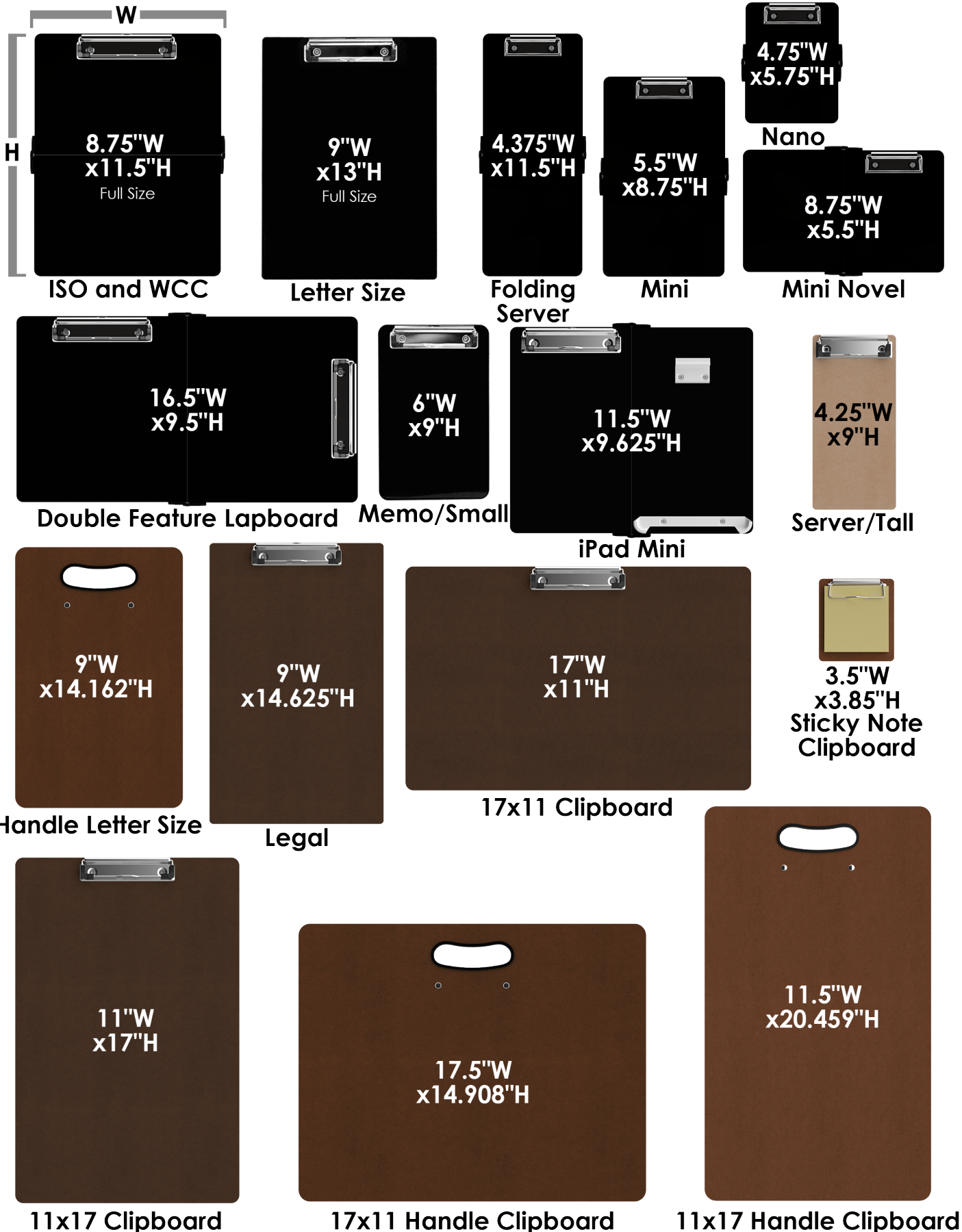
MDF Version

Horizontal

2



CLIPBOARD SIZE COMPARISON



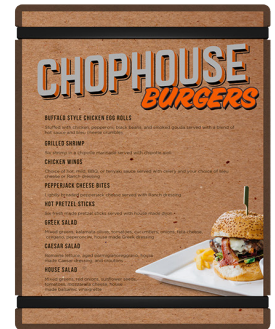
CLIPBOARD SIZE COMPARISON CONT.



13x19 Clipboard



18x24 Clipboard



9"Wx11"H
Menu Board



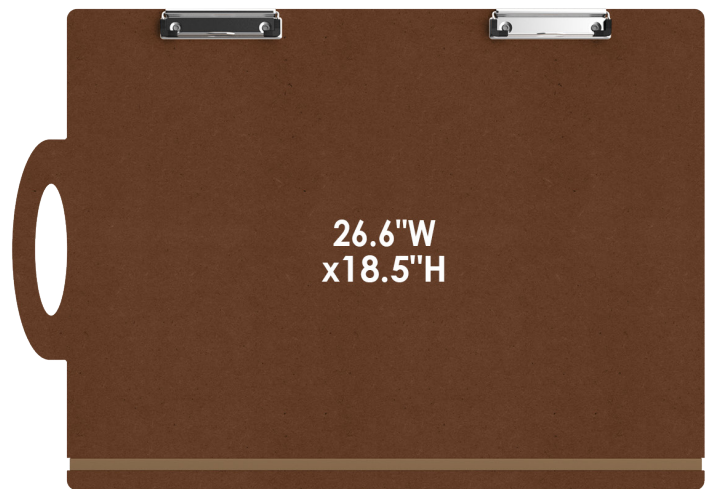
19x13 Clipboard



24x18 Clipboard















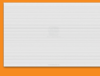

Vertical Artist Clipboard



Horizontal Artist Clipboard

Notepads

All of our notepads come standard with 50 sheets of ruled paper custom fitted to every one of our clipboard models.

Image	Size	Model Number	Fits Clipboard Model	Pack Size	Price Breakdown			
					MSRP	10-49	50-99	100+
	8 x 5	Ruled: N328 Blank: NB328	Standard size ISO and standard size Whitecoat Clipboards	1 Notepad	\$1.99	\$1.70	\$1.60	\$1.50
				2 Pack	\$3.25	\$2.77	\$2.60	\$2.44
				5 Pack	\$6.49	\$5.52	\$5.20	\$4.87
				10 Pack	\$11.99	\$10.20	\$9.60	\$9.00
	8.5 x 11	N323	Letter Size Clipboard and the 9 x 12 Aluminum Clipboard	1 Notepad	\$2.49	\$2.12	\$2.00	\$1.87
				2 Pack	\$4.49	\$3.82	\$3.60	\$3.37
				5 Pack	\$8.99	\$7.65	\$7.20	\$6.75
				10 Pack	\$15.49	\$13.17	\$12.40	\$11.62
	7 x 7	N322	Double Feature Clipboard	1 Notepad	\$3.75	\$3.19	\$3.00	\$2.82
				2 Pack	\$6.49	\$5.52	\$5.20	\$4.87
				5 Pack	\$13.99	\$11.90	\$11.20	\$10.50
				10 Pack	\$26.99	\$22.95	\$21.60	\$20.25
	5 x 8	N325	Folding Memo Clipboard and the Memo Size Clipboard	1 Notepad	\$2.25	\$1.92	\$1.80	\$1.69
				2 Pack	\$3.99	\$3.40	\$3.20	\$3.00
				5 Pack	\$7.99	\$6.80	\$6.40	\$6.00
				10 Pack	\$13.99	\$11.90	\$11.20	\$10.50
	5 x 8.75	N327	6 x 10 Aluminum Clipboard and the iPad Mini Clipboards	1 Notepad	\$3.49	\$2.97	\$2.80	\$2.62
				2 Pack	\$4.99	\$4.25	\$4.00	\$3.75
				5 Pack	\$11.49	\$9.77	\$9.20	\$9.00
				10 Pack	\$20.49	\$17.42	\$16.40	\$15.37
 5x7.25	5 x 7.25	N326	5 x 8 Aluminum Clipboard	1 Notepad	\$2.99	\$2.55	\$2.40	\$2.25
				2 Pack	\$5.25	\$4.47	\$4.20	\$3.94
				5 Pack	\$9.99	\$8.50	\$8.00	\$7.50
				10 Pack	\$18.99	\$16.15	\$15.20	\$14.25
	5 x 3.75	N321	Mini Clipboard	1 Notepad	\$2.99	\$2.55	\$2.40	\$2.25
				2 Pack	\$4.99	\$4.25	\$4.00	\$3.75
				5 Pack	\$11.50	\$9.78	\$9.20	\$8.63
				10 Pack	\$22.99	\$19.55	\$18.40	\$17.25
	4 x 4.75	N324	Folding Server and the Mini Novel Clipboard	1 Notepad	\$2.49	\$2.12	\$2.00	\$1.87
				2 Pack	\$4.49	\$3.82	\$3.60	\$3.37
				5 Pack	\$8.99	\$7.65	\$7.20	\$6.75
				10 Pack	\$15.49	\$13.17	\$12.40	\$11.62
	4 x 2.25	N320	Nano Clipboard	1 Notepad	\$2.49	\$2.12	\$2.00	\$1.87
				2 Pack	\$4.49	\$3.82	\$3.60	\$3.37
				5 Pack	\$8.99	\$7.65	\$7.20	\$6.75
				10 Pack	\$15.49	\$13.17	\$12.40	\$11.62
	3.5 x 10.25	N331	Vertical ISO and WhiteCoat Clipboards	1 Notepad	\$1.99	\$1.70	\$1.60	\$1.50
				2 Pack	\$2.99	\$2.55	\$2.40	\$2.25
				5 Pack	\$6.49	\$5.52	\$5.20	\$4.87
				10 Pack	\$11.99	\$10.20	\$9.60	\$9.00
	3.75 x 8.25	N332	Server Clipboard	1 Notepad	\$2.49	\$2.12	\$2.00	\$1.87
				2 Pack	\$4.49	\$3.82	\$3.60	\$3.37
				5 Pack	\$8.99	\$7.65	\$7.20	\$6.75
				10 Pack	\$15.49	\$13.17	\$12.40	\$11.62
	10.5 x 16.5	Ruled: N334 Blank: NB334	Vertical Ledger 11 x 17 Clipboard	1 Notepad	\$4.99	\$4.25	\$4.00	\$3.75
				2 Pack	\$9.99	\$8.50	\$8.00	\$7.50
				5 Pack	\$17.99	\$15.30	\$14.40	\$13.50
				10 Pack	\$33.99	\$28.90	\$27.20	\$25.50
	17 x 11	Ruled: N333 Blank: NB333	Horizontal Ledger 17 x 11 Clipboard	1 Notepad	\$4.99	\$4.25	\$4.00	\$3.75
				2 Pack	\$9.99	\$8.50	\$8.00	\$7.50
				5 Pack	\$17.99	\$15.30	\$14.40	\$13.50
				10 Pack	\$33.99	\$28.90	\$27.20	\$25.50
	14 X 8.5	N335	Legal Clipboard	1 Notepad	\$3.99	\$3.40	\$3.20	\$3.00
				2 Pack	\$7.49	\$6.37	\$6.00	\$5.62
				5 Pack	\$16.99	\$14.45	\$13.60	\$12.74
				10 Pack	\$32.99	\$28.05	\$26.40	\$24.75

CUSTOMIZE OUR PRODUCTS TO FIT YOUR NEEDS

MDPOCKET® MEDICAL REFERENCE GUIDES

MDpocket® books can be easily customized for your program. Base your book on one of our existing editions or create your own book from our library of medical information chapters.

- Design your own cover or let us personalize one for you with student names or your program's logo
- Add specific program information such as:
 - Academic calendars
 - Department, staff, student, and resident numbers
 - Guidelines and rotation information



WHITECOAT CLIPBOARD LABELS

WhiteCoat Clipboards® are customizable as well - add custom information, medical notations or even your logo on your label. We can even create an entirely new label for your specialty with your help. All you need to do is supply us with the information you'd like to use and our design team will format it for your custom label.

CLIPBOARD CLIPS

Almost all of our clipboards can be upgraded with different clips. We offer many styles of clips as well as colored and decorated versions. Call us to change clips on any order of clipboards for just \$1.50 per clipboard!

STANDARD CLIP OPTIONS



VERTICAL & MINI CLIP OPTIONS



CLIPBOARD ENGRAVING

Personalize our powder coated clipboards by adding an engraving - we can engrave custom text like names or even logos and designs. Our high-quality indelible laser engravings are a great way to tailor clipboards for your needs with names or even logos, call for quotations.

Call us today at **303-353-1165** to create a fully customized book or clipboard for your school, program, or students!



