

Cardiopulmonary system

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- Phase I (inpatient): 1-4 METs
- Phase II (outpatient): 5-9 METs
- Phase III (maintenance): >9 METs

METs by activity

METs	Activities
1-2	Bed mobility
3-4	Shower seated, walking
5-6	Stairs, sexual activity
7+	Jogging, sports

Heart sounds

- S1: AV valve close
- S2: Semilunar close
- S3: CHF (ventricular gallop)
- S4: MI or stiff ventricle

ECG clues

- ST ↑: MI
- A-fib: Irregular, no P waves
- V-fib: Chaotic, fatal
- PR > 0.2s: 1° AV block
- Wide QRS: PVC

Lab values + ABGs

METs by activity

Lab	No Exercise	Light	No Contraindication
Hct	<25%	25-30%	>30%
Hgb	<8 g/dl	8-10 g/dl	>10 g/dl
Platelets	<20k	20-50k	>50k
WBC	<5k + fever	>5k	N/A
INR	>3.5 = Caution	Normal: 0.8-1.2	Warfarin: 2-3

Arterial Blood Gases (ABGs)

Value	No Exercise
pH	7.35-7.45
PaCO ₂	35-45 mmHg
HCO ₃	22-26 mEq/L
PaO ₂	80-100 mmHg
SaO ₂	>90%

Mnemonic: ROME

- R**espiratory = Opposite
 - M**etabolic = Equal
- (e.g., ↓pH + ↑CO₂ = Respiratory acidosis)

Integumentary system

Burn rule of nines

- Head: 9%
- Each arm: 9%
- Each leg: 18%
- Anterior trunk: 18%
- Posterior trunk: 18%
- Perineum: 1%

Pressure injury stages

- Stage 1: Non-blanchable red
- Stage 2: Partial-thickness
- Stage 3: Full-thickness, fat exposed
- Stage 4: Bone/muscle exposed
- Unstageable: Eschar or slough