

Dump Sheet Example

DFM Reviews — Write this down in the first 5 minutes of your exam

Cranial Nerves

CN	Name	Function	Test
I	Olfactory	Smell	Identify scents
II	Optic	Vision	Snellen chart, visual fields
III	Oculomotor	Eye movement, pupil	PERRLA, EOM
V	Trigeminal	Face sensation, chewing	Cotton wisp, clench jaw
VII	Facial	Face movement, taste	Smile, raise eyebrows
VIII	Vestibulocochlear	Hearing, balance	Weber, Rinne
X	Vagus	Gag, swallow, voice	Say "Ah", gag reflex

Vital Numbers

BP Goal

<130/80

A1C Goal

<7%

LDL Goal (high risk)

<70 mg/dL

Common Lab Normals

Lab	Normal Range
WBC	4,500-11,000/mcL
Hemoglobin (F/M)	12-16 / 14-18 g/dL
Platelets	150,000-400,000/mcL
Na ⁺	136-145 mEq/L
K ⁺	3.5-5.0 mEq/L

Creatinine	0.7-1.3 mg/dL
TSH	0.4-4.0 mIU/L

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