

Blood pressure

Normal adult 120/80 mmHg

Hypertension, i.e. above 'normal' maximum for age	
20 years	140/90 mmHg
50 years	160/95 mmHg
75 years	170/105 mmHg

Heart rate

At rest 60 to 80/min

Sinus bradycardia < 60/min

Sinus tachycardia > 100/min

Respiration rate

At rest 15 to 18/min

Tidal volume 500 ml

Dead space 150 ml

Alveolar ventilation 15 (500 - 150) = 5.25 l/min

Blood count

Leukocytes	$4 \times 10^9/l$	to	$11 \times 10^9/l$
Neutrophils	$2.1 \times 10^9/l$	to	$7.2 \times 10^9/l$
Eosinophils	$0.04 \times 10^9/l$	to	$0.44 \times 10^9/l$
Basophils	$0.015 \times 10^9/l$	to	$0.2 \times 10^9/l$
Monocytes	$0.2 \times 10^9/l$	to	$0.8 \times 10^9/l$
Lymphocytes	$1.5 \times 10^9/l$	to	$4.0 \times 10^9/l$
Erythrocytes			
female	$3.8 \times 10^{12}/l$	to	$5 \times 10^{12}/l$
male	$4.5 \times 10^{12}/l$	to	$6.5 \times 10^{12}/l$
Thrombocytes	$150 \times 10^9/l$	to	$440 \times 10^9/l$

Diet

Vitamins. Daily requirements see pages 276 and 277

1 kilocalorie (kcal) = 4.182 kilojoules (kJ)

1 kilojoule = 0.24 kilocalories

Energy source	Energy released	Recommended proportion in diet
Carbohydrate	1 g = 17 kJ = 4 kcal	55–75%
Protein	1 g = 17 kJ = 4 kcal	10–15%
Fat	1 g = 38 kJ = 9 kcal	15–30%

Urine

Specific gravity 1.020 to 1.030

Volume excreted 1000 to 1500 ml/day

Glucose is normally absent, but appears in urine when blood glucose levels exceed 9 mmol/l

Body temperatures

Normal 36.8°C (98.4°F): axillary

Hypothermia 32°C (89.6°F): axillary

35°C (95°F): core temperature

Death when below 25°C (77°F)

Cerebrospinal fluid pressure

Lying on the side 50 to 180 mm

Intraocular pressure

1.3 to 2.6 kPa (10 to 20 mmHg)