



Blood Counts

<p>Red blood cells</p> <ul style="list-style-type: none"> • Carry oxygen to the body • Allow food to be used for energy • Provide color to skin and nail beds • Measured as hemoglobin (HGB or HB) 	<p>Normal level</p> <ul style="list-style-type: none"> • Greater than 12 grams <p>OK level</p> <ul style="list-style-type: none"> • Greater than 7 grams 	<p>Special care for low levels</p> <ul style="list-style-type: none"> • Watch for signs, such as feeling very tired with no energy, very irritable, and pale cheeks and lips • Watch for signs of a very low level, such as headaches, dizziness, fast heart rate, or shortness of breath • Have rest periods • May need a blood transfusion
<p>Platelets</p> <ul style="list-style-type: none"> • Prevent internal bleeding • Help clotting with injury • Measured as platelets (PLT) 	<p>Normal level</p> <ul style="list-style-type: none"> • 150,000 to 400,000 (150 to 400 K) <p>OK level</p> <ul style="list-style-type: none"> • Greater than 100,000 (100 K) <p>Low level</p> <ul style="list-style-type: none"> • Less than 50,000 (50 K) 	<p>Special care for low levels</p> <ul style="list-style-type: none"> • Watch for signs of internal bleeding, such as: <ul style="list-style-type: none"> ○ Easy or bad bruising ○ Unusual bleeding (petechiae) ○ Bleeding longer than normal ○ Bleeding longer than normal with menstrual period ○ Blood in urine, stool (poop), or vomit (throw up) • Put pressure on an area of bleeding for 5 to 20 minutes to stop it • May need a platelet transfusion
<p>White blood cells</p> <ul style="list-style-type: none"> • Fight infections • Measured as white blood cells (WBC) 	<p>Normal level</p> <ul style="list-style-type: none"> • 4,000 to 12,000 (4 to 12 K) 	<p>Special care for low levels</p> <ul style="list-style-type: none"> • Watch for a fever (1 temperature above 101° F or 2 temperatures above 100.4° F at least 1 hour apart in 24 hours) <ul style="list-style-type: none"> ○ Do not give Tylenol® for a fever. • Watch wounds for signs of infection, such as: <ul style="list-style-type: none"> ○ Redness ○ Tenderness ○ Warmth ○ Swelling ○ Drainage
<p>Neutrophils</p> <ul style="list-style-type: none"> • A type of white blood cell that fights bacterial infections • Also called Segs (mature) and Bands (young) 	<p>Normal level</p> <ul style="list-style-type: none"> • 1550 to 6500 <p>OK level</p> <ul style="list-style-type: none"> • Greater than 1000 <p>Low level (neutropenic)</p> <ul style="list-style-type: none"> • Less than 500 	<p>WBC × the percent of neutrophils in the differential blood test = the Absolute Neutrophil Count (ANC)</p> <p>Segs + Bands = ANC</p>