

Conversions Review

Metric- English Conversions

The following English conversions are important for you to know as well as the ones you have already studied in the lessons and the list at the bottom of this page.



REMEMBER

1 Kilogram = 2.2 pounds (1 Kg = 2.2 lbs)

1 Meter = 39.37 inches (1 M = 39.37 in.)

(Often you can round the 39.37 inches to 39.4)

1 inch = 2.5 centimeters (1 in = 2.5 cm)

1 pound = 454 grams (1 lb = 454 g)

It is important that you memorize these conversions because you will be using them all the time in nursing



REMEMBER

The important approximate Equivalents that you need to know are as follows:

1 oz = 30 ml (cc) =

dr 1 = 4 ml (cc)

1 min = 1 gtt

1 t = 5 ml (cc)

1 T = 15 ml (cc) = 3 t = 1/2 oz

1 mL = 15 min = 15 gtts

gr i = 60 mg

1 g = gr xv

1 L = 1000 mL = 1 qt = 32 oz = 2 pt = 4 cups

1 pt = 500 ml = 16 oz = 2 cups

1 cup = 250 ml (or 240 ml) = 8 oz