

Frequently used Conversions in Nursing

(memorize these)

Normal Time	Military Time	Normal Time	Military Time
12:00 AM	0000	12:00 PM	1200
1:00 AM	0100	1:00 PM	1300
2:00 AM	0200	2:00 PM	1400
3:00 AM	0300	3:00 PM	1500
4:00 AM	0400	4:00 PM	1600
5:00 AM	0500	5:00 PM	1700
6:00 AM	0600	6:00 PM	1800
7:00 AM	0700	7:00 PM	1900
8:00 AM	0800	8:00 PM	2000
9:00 AM	0900	9:00 PM	2100
10:00 AM	1000	10:00 PM	2200
11:00 AM	1100	11:00 PM	2300



Scan Above for Military
Time Quizlet

Measurement and Abbreviation	Common Conversions
drop (gtt)	10, 12, 15 or 20 gtt = 1 mL
microdrop (mcgtt)	60 mcgtt = 1 mL
teaspoon (tsp)	1 tsp = 5 mL
tablespoon (Tbsp or Tbs)	1 Tbsp = 3 tsp = 15 mL
ounce (oz)	1 oz = 30 mL
pound (lb)	1 lb = 16 oz
cup (C)	1 C = 8 oz = 240 mL
pint (pt)	1 pt = 2 C
quart (qt)	1 qt = 4 C
gallon (gal)	1 gal = 4 qt

Standard Measurement	Common Conversions
1 tsp	5 mL
1 Tbsp	15 mL
1 ounce	30 mL



Scan above to access the
common conversions and
abbreviations in Nursing
Quizlet

Metric Measurement	Common Conversions
1 kilogram (kg)	1 kg = 2.2 pounds = 1000 grams
1 centimeter (cm)	1 in = 2.54 cm = 25.4 mm
37 degrees Celsius	98.6 degrees F
1 liter	1000 mL = 1000 cc
1 gram	1000 mg
1 mg	1000 mcg