



**Mercy
Ships[®]**

Bringing Hope and Healing...

Formulary

2009-2011



**An Essential Medicines Dosing Guide
Based on the WHO Model Formulary**

TABLE OF VALUES, CONVERSIONS & UNITS

Mass:

1 kg	=	1000 g (gram)
1 g	=	1000 mg (milligrams)
1 mg	=	1000 micrograms
1 microgram	=	1000 nanograms
1 stone	=	14 lb (pounds)

lb (pound)	Kg (kilogram)	stones	kg	ml	fl oz
1	0.45	1	6.35	50	1.8
2	0.91	2	12.70	100	3.5
3	1.36	3	19.05	150	5.3
4	1.81	4	25.40	200	7.0
5	2.27	5	31.75	500	17.6
6	2.72	6	38.10	1000	35.2
7	3.18	7	44.45		
8	3.63	8	50.80		
9	4.08	9	57.15		
10	4.54	10	63.50		
11	4.99	11	69.85		
12	5.44	12	76.20		
13	5.90	13	82.55		
14	6.35	14	88.90		
		15	95.25		

Length:

1 m (metre)	=	1000 mm (millimetres)		
1 cm (centimetres)	=	10 mm		
1 in (inch)	=	25.4 mm		
1 ft (foot)	=	304.8 mm	=	12 inches

Volume:

1 L (litre)	=	1000 ml (millilitres)
1 pint	=	568 ml

Table of Values, Conversions & Units

Calories: 1 kcal (kilocalorie) = 4186.8 J (joules)
 1000 kcal = 4.1868 MJ (megajoules)
 1 MJ = 238.8 kcal

Dry measures: 3 teaspoons = 1 tablespoon
 = 0.5 ounce = 14.3g

Liquid measures: 1 cup (US) = 8 fluid ounces = 237 mls
 = 16 tablespoons = 0.5 pint

Pressure: 1 mmHg (millimetre of mercury) = 133.3 Pa (Pascal)
 1 kPa (kilopascal) = 7.5 mmHg

Units: 1MU = 1 million (mega) units = 1,000,000 units
 1% = 1g/100ml (w/v) = 10mg/ml (w/v)
 = 1g/100g (w/w)
 = 1ml/100ml (v/v)

Dilutions:

Dilution 1 in 10,000 = 1mg/10ml or 100ug/ml (1g in 10,000ml)
 Dilution 1 in 1000 = 1mg/ml (1g in 1000ml)

1ml = 20/15/10/60 drops per minute (depending on IV drip set)

Temperature:

°C (Celsius) & °F (Fahrenheit) °F = (°C x 1.8) + 32, °C = (°F - 32) / 1.8