

**BEEBE HEALTHCARE**  
**MARGARET H. ROLLINS SCHOOL OF NURSING**  
**NURSING 101 - FOUNDATIONS OF NURSING**

**EQUIVALENTS OF MEASUREMENT HANDOUT**

**\*\*Please use the table below to complete the equivalent conversions.** Also-you will need to know these measurements by memory as we use them in drug calculations!

**In ATI, review the following: Learn --> Dosage Calculation and Safe Medication Administration 4.0 --> Medication Administration --> Lessons: Systems of Measurement, Converting Units of Measurement. Then use the conversion tables provided on page 1 to complete the handout. Submit to the appropriate Dropbox by 0830 on 9/4/25**

Household, Apothecary, and Metric Measurement for Liquids		
Household	Apothecary	Metric
1 teaspoon	60 drops (gtt)	5 milliliters
1 tablespoon	.5 oz	15 milliliters
2 tablespoons	1 ounce	30 milliliters
1 cup	8 ounces	240 milliliters
1 pint	16 ounces	480 milliliters
1 quart	32 ounces	960 milliliters

Common Metric Equivalents		
Distance (Meters)	Weight (Grams)	Volume (Liters)
1 meter (m) = 100 centimeters (cm)	1 kilogram (kg) = 1,000 grams (g)	1 liter (L) = 1,000 milliliters (mL)
1 cm = 0.01 m	1 milligram (mg) = 0.001 g	1 mL = 0.001 L
1 millimeter (mm) = 0.001 m	1,000 mg = 1 g	1 mL = 1 cubic centimeter (cc)
2.54 cm = 1 inch	1 microgram (mcg) = 0.001 mg	
	1 kg = 2.2 pounds	

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**METRIC, APOTHECARY & HOUSEHOLD WORKSHEET**

**COMPLETE THE FOLLOWING CONVERSIONS:**

**A. METRIC**

1. 1000 mcg = \_\_\_1\_\_\_ mg
2. 150 mcg = \_\_\_0.15\_\_\_ mg
3. 0.1 mg = \_\_\_1000\_\_\_ mcg
4. 0.5 mg = \_\_\_500\_\_\_ mcg
5. 100 mg = \_\_\_0.1\_\_\_ gm
6. 1500 mg = \_\_\_1.5\_\_\_ gm
7. 1 gm = \_\_\_1000\_\_\_ mg
8. 0.1 gm = \_\_\_100\_\_\_ mg
9. 1000 gm = \_\_\_1\_\_\_ kg
10. 100 gm = \_\_\_0.1\_\_\_ kg
11. 0.5 kg = \_\_\_500\_\_\_ gm
12. 8 kg = \_\_\_8000\_\_\_ gm
13. 500 mL = \_\_\_0.5\_\_\_ L
14. 1.1 L = \_\_\_1100\_\_\_ mL
15. 5,000 mL = \_\_\_5\_\_\_ L
16. 20 lbs = \_\_\_9.01\_\_\_ kg
17. 20 kg = \_\_\_44\_\_\_ lbs

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18. 5 in = \_\_\_12.7\_\_\_ cm  
19. 20 mm = \_\_\_2\_\_\_ cm  
20. 3 cm = \_\_\_1.2\_\_\_ in

**B. APOTHECARY**

1. 120 mL = \_\_\_4.1\_\_\_ ounces  
2. 2 ounces = \_\_\_60\_\_\_ mL  
3. 2 lbs = \_\_\_32\_\_\_ ounces  
4. 48 ounces = \_\_\_3\_\_\_ lbs  
5. 4 lbs = \_\_\_64\_\_\_ ounces  
6. 32 ounces = \_\_\_2\_\_\_ lbs  
7. 60 mL = \_\_\_2\_\_\_ ounces  
8. 6 ounces = \_\_\_177\_\_\_ mL

**C. HOUSEHOLD**

1. 1 tsp = \_\_\_5\_\_\_ mL  
2. 10 mL = \_\_\_2\_\_\_ tsp  
3. 4 tbsp = \_\_\_60\_\_\_ mL  
4. 15 mL = \_\_\_1\_\_\_ tbsp