

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!

| Household, Apothecary, and Metric Measurement for Liquids | | |
|-----------------------------------------------------------|----------------|-----------------|
| Household | Apothecary | Metric |
| 1 teaspoon | 60 drops (gtt) | 5 milliliters |
| 1 tablespoon | -- | 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 cm = 0.01 m 1 millimeter (mm) = 0.001 m 2.54 cm = 1 inch | 1 kilogram (kg) = 1,000 grams (g) 1 milligram (mg) = 0.001 g 1,000 mg = 1 g 1 microgram (mcg) = 0.001 mg | 1 liter (L) = 1,000 milliliters (mL) 1 mL = 0.001 L 1 mL = 1 cubic centimeter (cc) |

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| | | |
|--|-------------------|--|
| | 1 kg = 2.2 pounds | |
|--|-------------------|--|

METRIC, APOTHECARY & HOUSEHOLD WORKSHEET

COMPLETE THE FOLLOWING CONVERSIONS:

A. METRIC

1. 1000 mcg = 1 mg
2. 150 mcg = .15 mg
3. 0.1 mg = 100 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

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14. 1.1 L = 1100 mL
15. 5,000 mL = 5 L
16. 20 lbs = 9.1 kg (20 divided by 2.2)
17. 20 kg = 44 lbs (20 kg x 2.2)
18. 5 in = 12.7 cm (5 x 2.54)
19. 20 mm = 0.1 cm
20. 3 cm = 1.9 in

B. APOTHECARY

1. 120 mL = 4 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 = 180 mL

C. HOUSEHOLD

1. 1 tsp = 5 mL
2. 10 mL = 2 tsp
3. 4 tbsp = 60 mL

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4. 15 mL = 1 tbsp