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**Date:** October 19, 2020  
**To:** South Zone East Physicians, Nursing Staff and Laboratory Staff  
**From:** Clinical Biochemistry, South Sector, Alberta Precision Laboratories (APL)  
**Re:** Change to Reference Interval of Serum Osmolality

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## PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

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### Key Message:

- Effective October 20, 2020, the reference for serum osmolality will be updated to reflect the APL standardized reference interval within South Sector:
  - Serum Osmolality 280 – 300 mOsm/kg.
- These changes will be reflected in the Lab Information System (LIS).

### Why this is Important:

- Reference intervals are evidence based and have been developed based on the statistics from the Albertan population.

### Action Required:

- Please be aware of the change in reference interval.

### Inquiries and feedback may be directed to:

- Dr. Heather Paul, Clinical Biochemist, APL South Sector – Medicine Hat Regional Hospital, [heather.paul@aplabs.ca](mailto:heather.paul@aplabs.ca)

### This bulletin has been reviewed and approved by:

- Dr. Julio Silva, Regional Laboratory Medicine Site Chief, Medicine Hat Regional Hospital
- Dr. Hossein Sadrzadeh, Section Chief, Clinical Biochemistry, APL South Sector
- Dr. Leland Baskin, Associate Medical Director, APL South Sector