

NCLEX REVIEW NURSING CHEAT SHEET

Pharmacology

You can not learn all the medications at once. But by learning drug categories and their corresponding name endings, memorization will become easier. This way you'll be able to eliminate many answer choices on your pharma questions.

- **ACE inhibitors and (in)** -pril (lisinapril)
- **Beta-blockers and (in)** -olol (propranolol)
- **H2 receptor blockers and (in)** -tidine (cimetidine)
- **Anti and (in)** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



- **Benzodiazepines and (in)** -pam (clonazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -in (tetracycline)
- **ARBs and (in)** -artan (losartan)
- **PRNs and (in)** -azole (omeprazole)
- **Anticoagulants and (in)** -arin (heparin)



Drug Schedules

- **Schedule I** - no currently accepted medical use and for research use only (e.g., heroin, LSD, MDMA)
- **Schedule II** - drugs with high potential for abuse and requires written prescription (e.g., Ritalin, hydromorphone (Dilaudid), meperidine (Demerol), and fentanyl)
- **Schedule III** - requires new prescription after six months or five refills (e.g., codeine, testosterone, buprenorphine)

Vital Signs

- Temp: 36.5 to 37.2°C (97.8-99°F)
- BP: 90/60 to 120/80 mm Hg
- Heart rate - 60-100 bpm
- Respiratory Rate: 12 to 20 breaths per minute

Conversions

- 1 teaspoon = 5 mL
- 1 tablespoon = 3 tsp
- 1 oz = 30 mL
- 1 cup = 8 oz
- 1 pint = 2 cups



- 1 quart = 2 pints
- 1 gram (g) = 1000 mg
- 1 gram (g) = 1,000 mg
- 1 kilogram (kg) = 2.2 lbs
- 1 lb = 16 oz

- Convert C to F: C x 1.8 + 32
- multiply by 1.8 and add 32

- Convert F to C: F - 32
- multiply by 5/9 and subtract 32

Rules of nines for calculating Total Body Surface Area (TBSA) for burns

- Head: 9%
- Arms: 18% (9% each)
- Back: 18%
- Legs: 36% (18% each)
- Genitalia: 1%

Common Diets

- Gallbladder diseases - Low fat, calorie restricted
- Regular Gastritis - Low fiber, bland diet
- Hepatitis - High calorie, high protein
- Hyperlipidemias - Fat controlled, calorie restricted
- Hypertension/Heart Failure/CAD - Low Sodium, calorie restricted, fat controlled
- Kidney Stones - Increased fluid intake, controlled calcium intake, low-oxalate

- Obesity/overweight - Calorie restricted, high fiber
- Peptic ulcer - Bland diet
- Pernicious Anemia - Increase Vitamin B12 (Cobalamine), found in high amounts on shellfish, beef liver, and fish.

Baby growth

- **2-3 months** able to turn head up, and can turn side to side. Makes cooing or gurgling noises and can turn head to sound.
- **4-6 months** grasps, switches and roll over tummy to back. Can babble and can mimic sounds.
- **6-9 months** sits at 6 and waves bye-bye. Can recognize familiar faces and knows if someone is a stranger. Passes things back and forth between hands.
- **8-9 months** stands straight at night, has favorite toy, plays peek-a-boo.
- **10-12 months** belly to butt.
- **12-24 months** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

Common Signs and Symptoms

- Diabetes Mellitus - excessive thirst
- Anger - redness, inflammation (PRN) - granuloma, suppuration, abscess
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialyphoid Throat Disease (Strep) - tonsillitis
- Hemorrhage - bleeding (Strep) - tonsillitis
- Anger - swelling, redness, pain, redness
- Myocardial infarction - chest pain, sweating, pain radiating to left shoulder, neck, and arm (constricting NPS)
- Parkinson's disease - pill rolling tremors
- Glaucoma - redness, pain
- Retinal detachment - flashes of light, shadow with vision loss
- Basilar Skull Fracture - Battle's sign (mastoid erythema)

Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white, purulent discharge
- Syphilis - chancre (painless ulcer)
- Chlamydia - purulent discharge
- Bacteremia - green, watery discharge and painful urination
- Chlamydia - white discharge and painful urination
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Lab Values

Blood Gas

- pH: 7.35-7.45
- PaO2: 80-100 mmHg
- PaCO2: 35-45 mmHg
- HCO3-: 22-28 mEq/L
- pO2: 80-100 mmHg
- SaO2: 95-100%

Cardiac markers

- Troponin: < 0.05 ng/mL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL
- Creatinine: < 1.2 mg/dL

Hematology

- WBC: 4,000-11,000/mm3
- RBC: 4.5-5.5 million/mm3
- Hemoglobin: 12-16 g/dL
- Hematocrit: 37-47%
- PT: 12-14 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.5

Lipoproteins & Triglycerides

- LDL: < 100 mg/dL
- HDL: > 40 mg/dL
- TG: < 150 mg/dL
- Total: < 200 mg/dL



Pain Assessment

- Face
- Legs
- Cry
- Activity

Types of Pain

- Chronic: Persistent, recurrent pain that lasts more than six months.
- Acute: Sudden onset of pain, specific to injury. Lasts from seconds to six months.
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- Acute: Sudden onset of pain, specific to injury. Lasts from seconds to six months.

Effects of Pain

- Chronic: Increased cortisol output, impaired immune response, increased suppression, increased cortisol production, increased blood pressure.
- Acute: Increased cortisol output, impaired immune response, increased suppression, increased cortisol production, increased blood pressure.

Factors that Influence Pain

- Past Experience
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

EPID - Treatment for maternal hypotension after an epidural anesthesia

- Drug infusion of fluids
- Turn the client on her left side
- If hypotension is present, push IV fluids

Newborn Reflexes

- **Blinking** - Eyes should close if light flashes in eyes.
- **Moro** - Reflex should occur when baby and head are symmetrically and then pull back in response to loud noise or jolt.
- **Rooting** - Infant should turn head toward finger if cheek is touched.
- **Sucking** - Infant should suck if mouth is touched. Reflex may be weak in premature infants.
- **Swallowing** - Reflex should occur if side of neck is touched.
- **Spontaneous** - Infant should push tongue out of mouth if tip of tongue is touched.
- **Tonic neck** - Infant should turn head to the side if head is turned.
- **Startle** - Infant should startle if side of neck is touched.
- **Rooting** - Infant should turn head to the side if cheek is touched.
- **Swallowing** - Infant should swallow if side of neck is touched.
- **Spontaneous** - Infant should push tongue out of mouth if tip of tongue is touched.

Nclex Rn Content Review Guide

Minjie Lin



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