

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)** -idine (cimetidine)
- **ABx and (in)** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



- **Cardiovascular and (in)** -pam (diazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -vir (acyclovir)
- **ARBs and (in)** -artan (losartan)
- **PHAs 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

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



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

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

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 (Cobalamin), 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.
- **8-10 months**: stands straight at eight, has favorite toy, plays peek-a-boo.
- **10-12 months**: belly to butt.
- **12-24 months**: twelve and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

Common Signs and Symptoms

- Diabetes Mellitus - extreme thirst
- Angiomyocardial Dysplasia (AMD) - granuloma, hyperplasia, edema
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteriophageal Shunt Disease (BDS) - fever, chills
- Hemorrhagic Shock - hypotension, tachycardia, pale skin
- Angina - crushing, radiating pain relieved by NITs
- Myocardial Infarction (MI) - crushing, radiating pain radiating to left shoulder, neck, and arm (preceded by NITs)
- Pulmonary Embolism - pleuritic chest pain, hemoptysis
- Myocardial Infarction - chest pain, sweating, nausea
- Systemic Hypertension - headache of light, shadow with vision changes
- Acute Myocardial Infarction - chest pain, sweating, nausea, vomiting, and feeling of doom

Sexual Transmitted Infections

- Herpes Simplex Type II - genital lesions on genitalia
- Gonorrhea - purulent discharge, pain in urethra
- Syphilis - chancre, rash, fever, malaise
- Chlamydia - purulent discharge
- Bacteriophageal Shunt Disease (BDS) - fever, chills, polyuria, polydipsia, polyuria
- Chlamydia - green, yellow discharge and painful urination
- Chlamydia - white discharge and painful urination
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Lab Values

Blood Gas

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

Cardiac markers

- Troponin I 0.01-0.05 ng/mL
- Creatinine protein 0.5-1.5 mg/dL
- BUN 10-20 mg/dL
- Creatinine serum 0.5-1.5 mg/dL

Hematology

- WBC Female 4.0-11.0 x 10⁹/L
- WBC Male 4.0-11.0 x 10⁹/L
- Hb Female 12-16 g/dL
- Hb Male 13-17 g/dL
- Platelets 150,000-400,000 /mm³
- PT 12-14 seconds (1.5-2.5 times the PT on Warfarin)
- aPTT 30-40 seconds (1.5-2.5 times the aPTT on Heparin)
- INR 1.0-1.5 (1.5-2.5 times the INR on Warfarin)

Lipoproteins & Triglycerides

- LDL 100-160 mg/dL
- HDL 40-60 mg/dL
- TG 100-160 mg/dL
- Total 200 mg/dL



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability

Types of Pain

- Chronic: Persistent, malignant 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 heart rate, increased blood pressure, increased respiratory rate, increased blood pressure, increased blood pressure, increased blood pressure
- Acute: Increased heart rate, increased blood pressure, increased respiratory rate, increased blood pressure, increased blood pressure

Factors that Influence Pain

- Pain Experience
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

EPID - Treatment for maternal hypotension after an epidural anesthetic

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

Newborn Reflexes

- **Blinking**: Eyes should close if light flashed in eyes
- **Moro**: Infant should extend arms and head symmetrically and then pull back in response to loud noise or jolt
- **Palmar**: Infant should grasp finger if palm is stroked
- **Rooting**: Infant should turn head and turn to the side of touch when the infant's cheek is stroked
- **Sucking**: Infant should suck if mouth is touched before may be used in premature infants
- **Babinski**: Feet should hyperextend if sole of foot is stroked from heel to ball of foot
- **Grasp**: Infant should grasp finger out of mouth if tip of finger is touched
- **Tonic neck**: With infant lying flat and the head turned to one side, the infant should flex limbs on opposite side and extend limbs on the side to which head is turned
- **Startle**: With infant prone, striking down one side of spine (2 inch from spine) should result in the pelvis turning to stretched side

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