

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



- **Cardiovascular and (in)** -pam (lisinapam)
- **Pharmaceuticals and (in)** -dine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -in (cefazolin)
- **ARBs and (in)** -artan (losartan)
- **PPHs 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, ketamine)

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

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

- Head: 9%
- Arms: 18% (9% each)
- Back: 18%
- Legs: 36% (18% each)
- Genitals: 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 (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, swallows 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 climb.

Common Signs and Symptoms

- Diabetes Mellitus - excessive thirst, frequent urination, weight loss, fatigue, blurred vision
- Chronic Kidney - polyuria, polydipsia, anuria
- Rheumatoid Arthritis - joint pain, swelling, redness
- Hypertension - headache, dizziness, nosebleeds
- Asthma - wheezing, coughing, chest tightness
- Anemia - fatigue, weakness, pale skin
- Heart Failure - shortness of breath, swelling, fatigue
- Liver Disease - jaundice, dark urine, abdominal pain
- Kidney Failure - decreased urine output, swelling, fatigue

Sexual Transmitted Infections

- Gonorrhea - purulent discharge, pain, swelling
- Chlamydia - purulent discharge, pain, swelling
- Syphilis - chancre, rash, fever, fatigue
- HIV - weight loss, fever, fatigue, swollen lymph nodes
- Herpes - painful blisters, itching, burning
- Trichomonas - yellow, frothy, itching, vaginal discharge
- Candida - white, cottage cheese-like discharge, itching

Lab Values

Blood Gas

- pH: 7.35-7.45
- PaO2: 80-100 mmHg
- PaCO2: 35-45 mmHg
- HCO3-: 22-28 mEq/L
- pO2: 90-100 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
- 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: 36-46%
- Platelets: 150,000-400,000/mm3
- PT: 12-14 seconds
- aPTT: 30-40 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

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

Effects of Pain

- Chronic: Immune suppression, depression, disability, fatigue, anger, inability to perform ADLs
- Acute: Increased heart rate, blood pressure, respiratory rate, increased metabolic rate, increased fluid retention

Factors that Influence Pain

- Past experience
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

EPID - Treatment for maternal hypotension after an epidural anesthetic

- Drug infusion of Ephedrine
- Administer oxygen
- Turn the client on her left side
- If hypotension is persistent, push IV fluids

Newborn Reflexes

- **Blinking:** Eyes should close if light flashed in eyes.
- **Moro:** Infant should extend arms and neck symmetrically and then pull back in response to loud noise or jolt.
- **Rooting:** Infant should turn head toward breast.
- **Sucking:** Infant should suck if mouth is stimulated.
- **Swallowing:** Infant should swallow if mouth is stimulated.
- **Grasp:** Infant should grasp if finger is placed in mouth.
- **Galant:** Infant should turn head if tickled on back.
- **Plantar:** Infant should curl toes if sole of foot is stimulated.
- **Tonic neck:** Infant should turn head if neck is stretched.
- **Startle:** Infant should startle if loud noise is heard.
- **Rooting:** Infant should turn head if cheek is touched.
- **Grasp:** Infant should grasp if finger is placed in mouth.
- **Galant:** Infant should turn head if tickled on back.
- **Plantar:** Infant should curl toes if sole of foot is stimulated.
- **Tonic neck:** Infant should turn head if neck is stretched.
- **Startle:** Infant should startle if loud noise is heard.

Nclex Rn Test Study Guide

Joshua Rueda

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Nclex Rn Test Study Guide:

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and a view of the NCLEX RN from a new graduate's perspective Page references to Elsevier textbooks direct you to remediation material for any question answered incorrectly A companion Evolve website includes a pre test to help in identifying any areas of weakness and lets you answer questions in quiz study or exam mode Automatic updates of the Evolve site allow you to check for changes to content or functionality throughout the life of the edition Content from the most recent NCLEX RN test plan covers the newest topics you could see on the exam 600 questions are added for a total of 5 800 in the book and on the companion Evolve website Hundreds of new alternate item format questions provide even more opportunity for practice A Priority Nursing Tip is included with each question providing important patient care information A full color design and over 20 new figures enhance understanding and increase the book's visual appeal Review format includes chapters on how to study for and take the NCLEX examination and includes a test for each Client Need category a test on Integrated Processes and a comprehensive test for practice in answering questions from all areas A new content area index makes it easier to find questions and review a given disorder topic

Saunders Comprehensive Review for the NCLEX-RN® Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2019-08-23 Get the tools and skills you need to prepare for the NCLEX Often called the the best NCLEX exam review book ever Saunders Comprehensive Review for the NCLEX RN Examination 8th Edition has been thoroughly updated to reflect the most recent test plan This new edition includes 5 200 NCLEX examination style questions in the book and online A companion Evolve website includes thousands of questions that allow you to decide how you want to practice Don't make the mistake of assuming the quality of the questions is the same in all NCLEX exam review books because only Silvestri includes the kinds of questions that consistently test the clinical judgment skills necessary to pass today's NCLEX exam Even better all answers include detailed rationales to help you learn from your answer choices and test taking strategies with tips on how to best approach each question Written by the most trusted name in NCLEX review this is THE book of choice for NCLEX preparation But don't just take our word for it read any customer review or ask your classmates to see why there's nothing else like it Over 5 200 practice questions in the text and online offer ample testing practice 75 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Inclusion of all alternate item format questions covers multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions to give students practice with mastering prioritizing decision making and critical thinking skills Presents introductory chapters on preparation guidance for the NCLEX RN nonacademic preparation test taking strategies the CAT format and the NCLEX RN from a new graduate's experience UNIQUE Audio review summaries on pharmacology fluids and electrolytes and acid base balance are found on the Evolve companion site Expanded coverage of delegation prioritization and triage disaster management in the practice questions reflect the areas of increased emphasis on the NCLEX exam UNIQUE A detailed test taking strategy and rationale is included for each question offering clues for analyzing and

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courses Organized into four logical units Kyle Essentials of Pediatric Nursing covers a broad scope of topics with an emphasis on common issues and pediatric specific information In addition it has a variety of learning features to ensure student retention such as Healthy People 2010 boxes Threaded Case Studies and Comparison Charts highlighting common diseases Plus it includes a BONUS CD ROM and companion website that provide numerous resources for both students and instructors including video clips of each developmental stage and care of the hospitalized child NCLEX-RN Study Guide Ultimate Trainer and Test Prep Book Practice Questions Edition! Kim Nguyen,2020-11-26 If you want to pass the NCLEX RN Test but don t have a lot of time for studying keep reading You are no doubt a busy student with a lot of things going on It can be challenging to find the time to read your textbook in preparation for the NCLEX Exam However the truth is that the NCLEX exam is a challenging test and you are given a maximum of 6 hours to complete the test Thorough preparation cannot be overlooked therefore That is why the author Kim Nguyen a nursing professional developed the NCLEX Study Guide This Edition is a practice questions edition It contains questions from all categories of the exam It comes in text format so that you can bring it anywhere It s sections include Preparing for the NCLEX RN Exam Basic Care Comfort Health Promotion and Maintenance Management of Care Pharmacological and Parenteral Therapies Physiological Adaptation Psychosocial Integrity Reduction of Risk Potential Safety and Infection Control MUCH MUCH MORE Each section is divided into further subsections making sure all aspects of the exam are covered If you read our study guide and take the time to really understand the concepts we are confident you will pass the NCLEX RN Exam and be on your way to a new career in nursing RN Test Catalog ,1996 *NCLEX RN 2019 & 2020 Study Guide* Test Prep Books,2019-04-12 Test Prep Books NCLEX RN 2019 2020 Study Guide NCLEX RN Examination Test Prep Practice Test Questions for the National Council Licensure Examination for Registered Nurses Updated for the NEW 2019 Outline Made by Test Prep Books experts for test takers trying to achieve a great score on the NCLEX RN exam This comprehensive study guide includes Quick Overview Find out what s inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what s on it Management of Care Safety and Infection Control Health Promotion and Maintenance Psychosocial Integrity Basic Care and Comfort Pharmacological and Parenteral Therapies Reduction of Risk Potential Physiological Adaptation Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer NCLEX R and NCLEX RN R are registered trademarks of National Council Licensure Examination which was not involved in the production of and does not endorse this product Studying can be hard We understand That s why we created this guide Each section of the test has a comprehensive review created by Test Prep Books These reviews go into detail to give you NCLEX RN mastery The Test Prep Books NCLEX RN practice questions are followed by answer explanations If you miss a question it s important to understand why That way you can avoid missing it again in the future The answer explanations will help you learn from your mistakes Knowing the latest test taking strategies

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McGraw-Hill Review for the NCLEX-RN Examination

Frances D. Monahan, 2008-04-08 The first guide specifically organized around the new NCLEX RN test plan from an acclaimed educator and author Written by prominent educator and nursing book author Fran Monahan this review gets you ready for today's NCLEX RN exam in a way that no other source can duplicate The first resource to reflect the new structure of the NCLEX RN it combines a first rate review of exam material with helpful practice Q As allowing you to review necessary content and then immediately reinforce that learning with practice questions Also included are can't miss test taking strategies to help you confidently navigate the exam Throughout the book Monahan utilizes her skills as an educator and bestselling author to tell you exactly what you need to do to pass the NCLEX examination on the first try If you want a completely up to date guide that gives you the edge at exam time your search ends here Features The most comprehensive review of the NCLEX RN examination and a question answer review text rolled into one outstanding study prep tool Esteemed authorship you can trust based on Fran Monahan's experience as an internationally recognized author consultant and test question expert 2 000 questions answers and rationales that take you step by step through every aspect of the test and give you a solid idea of what to expect Important emphasis on client needs that follows the current test plan includes boxed guides that teach you how to apply course content to reflect this new focus Easy to follow organization begins with key pre test information which encompasses test and language basics then progresses to a rigorous content review and

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