

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



- **Cardiovascular drugs and (in)** -pam (diazepam)
- **Phosphodiesterase and (in)** -dine (sildenafil)
- **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**: twirls 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 ulcers on genitalia
- Gonorrhea - purulent discharge, pain in urethra
- Syphilis - chancre, rash, fever, malaise
- Chlamydia - purulent discharge
- Bacteremia - 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 0.6-1.2 mg/dL
- BUN 6-20 mg/dL
- Creatinine serum 0.6-1.2 mg/dL

Hematology

- WBC Female 4.8-10.8 x 10⁹/L
- WBC Male 4.8-10.8 x 10⁹/L
- Hb Female 12-16 g/dL
- Hb Male 14-18 g/dL
- Hematocrit 37-47% (F) 42-52% (M)
- PT 11-13.5 seconds (F) 11-13.5 seconds (M)
- aPTT 35-45 seconds (F) 35-45 seconds (M)
- INR 1.0-1.2 (F) 1.0-1.2 (M)

Lipoproteins & Triglycerides

- LDL 100-160 mg/dL
- HDL 40-160 mg/dL
- TG 10-160 mg/dL
- ApoB 100-160 mg/dL
- ApoA 100-160 mg/dL
- Total 100-160 mg/dL



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability

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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Effects of Pain

- Chronic: Increased heart rate, blood pressure, anxiety, depression, fatigue, anger, inability to perform ADLs.
- Acute: Increased heart rate, blood pressure, anxiety, depression, fatigue, anger, inability to perform ADLs.

Factors that Influence Pain

- Past Experiences
- 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 your finger. Palms should be flat.
- **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. Sucking may be weak in premature infants.
- **Babinski**: Feet should hyperextend if side of sole of foot is stroked from heel to ball of foot.
- **Grasp**: Infant should grasp your finger out of mouth if tip of tongue 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.

Nclex Study Guide 2015

**Carol Taylor, Pamela Lynn, Jennifer
Bartlett**



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NCLEX 2015 Study Guide NCLEX 2015 Team, 2014-08-22 Study Guide for Pharmacology Joyce LeFever Kee, Evelyn R. Hayes, Linda E. McCuiston, 2014-01-30 This study guide contains a variety of exercises specifically designed to reinforce content presented in the textbook Chapter worksheets feature more than 1800 study questions 160 drug calculation and dosage problems and case based critical thinking exercises **Potter and Perry's Canadian Fundamentals of Nursing - E-Book** Barbara J. Astle, Wendy Duggleby, Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2023-02-15 Get the solid foundation you need to practise nursing in Canada Potter Perry's Canadian Fundamentals of Nursing 7th Edition covers the nursing concepts knowledge research and skills that are essential to professional nursing practice in Canada The text's full colour easy to use approach addresses the entire scope of nursing care reflecting Canadian standards culture and the latest in evidence informed care New to this edition are real life case studies and a new chapter on practical nursing in Canada Based on Potter Perry's respected Fundamentals text and adapted and edited by a team of Canadian nursing experts led by Barbara J Astle and Wendy Duggleby this book ensures that you understand Canada's health care system and health care issues as well as national nursing practice guidelines More than 50 nursing skills are presented in a clear two column format that includes steps and rationales to help you learn how and why each skill is performed The five step nursing process provides a consistent framework for care and is demonstrated in more than 20 care plans Nursing care plans help you understand the relationship between assessment findings and nursing diagnoses the identification of goals and outcomes the selection of interventions and the process for evaluating care Planning sections help nurses plan and prioritize care by emphasizing Goals and Outcomes Setting Priorities and Teamwork and Collaboration More than 20 concept maps show care planning for clients with multiple nursing diagnoses UNIQUE Critical Thinking Model in each clinical chapter shows you how to apply the nursing process and critical thinking to provide the best care for patients UNIQUE Critical Thinking Exercises help you to apply essential content Coverage of interprofessional collaboration includes a focus on patient centered care Indigenous peoples health referencing the Truth and Reconciliation Commission TRC Report the CNA Code of Ethics and Medical Assistance in Dying MAID legislation Evidence Informed Practice boxes provide examples of recent state of the science guidelines for nursing practice Research Highlight boxes provide abstracts of current nursing research studies and explain the implications for daily practice Patient Teaching boxes highlight what and how to teach patients and how to evaluate learning Learning objectives key concepts and key terms in each chapter summarize important content for more efficient review and study Online glossary provides quick access to definitions for all key terms Study Guide for Pharmacology - E-Book Joyce LeFever Kee, Evelyn R. Hayes, Linda E. McCuiston, Nancy Haugen, 2014-09-24 Corresponding to the chapters in Kee's Pharmacology A Patient Centered Nursing Process Approach 8th Edition this study guide offers practical activities to help you review and remember essential nursing pharmacology Hands on exercises include study

questions case studies and NCLEX review questions making it easier to apply your knowledge to clinical practice and develop clinical reasoning skills NCLEX review questions in each chapter include application level questions and alternate item format questions Case studies enhance your understanding of nursing responsibilities in therapeutic pharmacology Medications and Calculations chapter offers additional opportunities to test your knowledge and skill in drug dosage calculation 75 sample drug labels familiarize you with the real labels you will see in clinical practice Answers for all exercises are provided at the back of the book to make studying easier Study questions are provided in formats including matching completion and crossword puzzles NEW Updated content reflects the changes to Kee s Pharmacology textbook NEW Case study questions focus on developing your clinical reasoning skills NEW Rationales are added to the answer key for selected application level questions and case study questions NEW safety icons emphasize the nurse s role in patient safety NEW Case studies now feature open ended questions to promote development of clinical reasoning skills **Mosby's Review**

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Priorities in Critical Care Nursing - E-Book Linda D. Urden,Kathleen M. Stacy,Mary E. Lough,2019-01-09 NEW Updated evidence based content reflects the latest meta analyses systematic reviews evidence based guidelines and national

and international protocols NEW Enhanced multimedia resources include 15 links to sample skills from Elsevier Clinical Skills and 25 3D animations NEW and UNIQUE Focus on interprofessional patient problems helps you learn to speak a consistent interprofessional language of patient problems and learn to work successfully as a team NEW and UNIQUE Integration of IPEC Core Competencies for Interprofessional Collaborative Practice incorporates the four IPEC Competencies Values Ethics Teams and Teamwork Roles Responsibilities and Interprofessional Communication into textbook content and case studies NEW Thoroughly updated case studies reflect the current flavor of high acuity progressive and critical care settings and now include questions specifically related to QSEN competencies NEW Additional content on post ICU outcomes has been added to chapters as they relate to specific disorders NEW Updated information on sepsis guidelines has been added to Chapter 26 NEW More concise boxes with new table row shading enhance the book's focus on need to know information and improve usability

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Fundamentals of Nursing Carol Taylor, Pamela Lynn, Jennifer Bartlett, 2018-10-05 Publisher's Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Proven approachable and part of a complete course solution Fundamentals of Nursing 9th Edition makes essential concepts accessible and help students develop the knowledge and clinical skills to succeed throughout their nursing education This comprehensively enhanced edition equips students for today's clinical environment with coverage of emerging practices and technology new multimedia learning tools and case studies that reflect the clinical application of chapter concepts and prepare students to excel throughout their nursing careers Features New Reflective Practice Leading to Personal Learning callouts cultivate a person centered approach to nursing care New Clinical vignettes personalize the clinical application of concepts and integrate with vSim for Nursing for patient specific reinforcement of commonly encountered scenarios and conditions New Technology Alerts familiarize students with emerging devices and software they'll likely encounter in the clinical setting New Informatics chapter reflects the increasingly important role of data and information technology in patient care New QSEN boxes in every chapter help students ensure compliance with Quality and Safety Education for Nurses competencies NEW Legal Alerts help students ensure compliance with important laws and considerations related to clinical practice New Watch Learn Videos clarify key concepts and procedures in engaging detail Revised Illustrated Concept Maps engage visual learners simplify

complex topics and strengthen students clinical reasoning skills Case scenarios in each chapter encourage holistic patient care and reflection on critical thinking questions *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004

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Healthcare Information Technology Exam Guide for CHTS and CAHIMS Certifications Kathleen A. McCormick, Brian Gugerty, John E. Mattison, 2017-09-15 The Complete Healthcare Information Technology Reference and Exam Guide Gain the skills and knowledge required to implement and support healthcare IT HIT systems in various clinical and healthcare business settings Health Information Technology Exam Guide for CHTS and CAHIMS Certifications prepares IT professionals to transition into HIT with coverage of topics ranging from health data standards to project management This new edition includes broadened security content in addition to coverage of disruptive innovations such as complex platforms that support big data genomics telemedicine mobile devices and consumers Learn about achieving true interoperability updates to HIPAA rules and FHIR and SMART standards This book is an invaluable reference for understanding what has come before and what trends are likely to shape the future The world of big data precision medicine genomics and telehealth require us to break old paradigms of architecture and functionality while not interrupting existing care processes and revenue cycles We're dealing with state sponsored cyberterrorism hacktivism and organized crime I describe healthcare IT security as a cold war You'll hear from the experts who created many of the regulations and best practices we're using today to keep information private I hope you enjoy this book as much as I have and that it finds a place of importance on your book shelf From the Foreword by John D. Halamka MD Chief Information Officer CAREGROUP Boston MA Coverage includes Healthcare and Information Technology in the United States Fundamentals of Healthcare Information Science Healthcare Information Standards and Regulation Implementing Managing and Maintaining Healthcare Information Technology Optimizing Healthcare Information Technology Making Healthcare

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Table of Contents Nclex Study Guide 2015

1. Understanding the eBook Nclex Study Guide 2015
 - The Rise of Digital Reading Nclex Study Guide 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Study Guide 2015
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nclex Study Guide 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Study Guide 2015
 - Personalized Recommendations

- Nclex Study Guide 2015 User Reviews and Ratings
- Nclex Study Guide 2015 and Bestseller Lists
- 5. Accessing Nclex Study Guide 2015 Free and Paid eBooks
 - Nclex Study Guide 2015 Public Domain eBooks
 - Nclex Study Guide 2015 eBook Subscription Services
 - Nclex Study Guide 2015 Budget-Friendly Options
- 6. Navigating Nclex Study Guide 2015 eBook Formats
 - ePub, PDF, MOBI, and More
 - Nclex Study Guide 2015 Compatibility with Devices
 - Nclex Study Guide 2015 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nclex Study Guide 2015
 - Highlighting and Note-Taking Nclex Study Guide 2015
 - Interactive Elements Nclex Study Guide 2015
- 8. Staying Engaged with Nclex Study Guide 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nclex Study Guide 2015
- 9. Balancing eBooks and Physical Books Nclex Study Guide 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nclex Study Guide 2015
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nclex Study Guide 2015
 - Setting Reading Goals Nclex Study Guide 2015
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nclex Study Guide 2015
 - Fact-Checking eBook Content of Nclex Study Guide 2015

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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