

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)
- **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 1.8 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%

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)
- Parkinson's Disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal Detachment - flashes of light, shadow with curtain vision
- Basilar Skull Fracture - raccoon eye (periorbital ecchymosis) and Battle's sign (mastoid ecchymosis)

Sexual Transmitted Infections

- Herpes Simplex Type II - genital lesions on genitalia
- Gonorrhea - purulent discharge from urethra
- Syphilis - chancre (ulcer) on genitalia
- Chlamydia - purulent discharge
- Bacteremia - green, creamy discharge and painful urination
- Chlamydia - white discharge and painful urination
- Chlamydia - white discharge and painful urination
- Trichomonas - yellow, frothy, frothy, and fish smelling vaginal discharge

Lab Values

Blood Gas

- PaO₂ 80-100 mm Hg
- PaCO₂ 35-45 mm Hg
- pH 7.35-7.45
- pO₂ 100-120 mm Hg
- pO₂ 100-120 mm Hg
- pO₂ 100-120 mm Hg

Cardiac markers

- Troponin I 0.03 ng/mL
- Creatinine protein 1.5-2.0 mg/dL
- BUN 10-20 mg/dL
- Creatinine serum 0.5-1.0 mg/dL

Hematology

- Hb 12-16 g/dL (Males)
- Hb 12-16 g/dL (Females)
- Hct 37-47% (Males)
- Hct 37-47% (Females)
- WBC 4,000-11,000 cells/mm³
- RBC 4.5-5.5 million/mm³ (Males)
- RBC 4.5-5.5 million/mm³ (Females)
- Hb 12-16 g/dL (Males)
- Hb 12-16 g/dL (Females)

Lipoproteins & Triglycerides

- LDL 100-160 mg/dL
- HDL 40-160 mg/dL
- TG 100-160 mg/dL
- TG 100-160 mg/dL
- TG 100-160 mg/dL
- TG 100-160 mg/dL



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability
- Appropriate for children to 6 years
- Off age and older children with cognitive impairment

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
- Chronic: Persistent, malignant pain that lasts more than six months
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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, increased blood pressure

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 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
- **Spontaneous**: Infant should push tongue 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

Nursing Study Guide Nclex Audio

Patricia A. Hoefler



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The Complete Question and Answer Book for the NCLEX-RN Patricia A. Hoefler, 1995 *Saunders Q & A Review for the NCLEX-PN® Examination E-Book* Linda Anne Silvestri, 2009-12-01 Based on student feedback Saunders Q A Review for the NCLEX PN Examination is organized to address specific Client Needs and Integrated Processes to mirror the NCLEX PN test plan This review follows Silvestri Comprehensive Review as the natural next step for students in the Silvestri suite of products It contains 3 200 practice questions including Alternate Item Format that include comprehensive rationales for both correct and incorrect options test taking strategies and a textbook page reference for further explanation This title includes additional digital media when purchased in print format For this digital book edition media content may not be included Remediation tied directly back to your Elsevier textbooks provides resources for further study Content is organized according to Client Needs providing an organized review for exam preparation and end of course or exit standardized exams Practice questions answers and detailed rationales all appear on the same page giving you immediate feedback on your responses Detailed test taking strategies for each question give you clues for analyzing and uncovering the correct answer option Rationales are provided for both correct and incorrect options Provides computerized testing practice in study quiz or exam modes to allow you to choose from 21 different content categories and focus your study sessions Each question is categorized by level of cognitive ability Client Needs area integrated process and clinical content area to allow you multiple study and exam selections Contains chapters on academic and nonacademic NCLEX PN preparation advice from a recent nursing graduate and test taking strategies that help you understand complicated exam questions Comprehensive exam consists of 85 questions related to all content areas in the book and representative of the percentages identified in the NCLEX PN test plan Fully updated to meet the 2008 iteration of the NCLEX PN test plan as well as all other current nursing practices 200 additional questions bring the total to 3 200 with practice in both print and electronic formats More Alternate Item Format questions give you valuable practice in this important and sometimes tricky area Companion CD now allows for automatic software updates so you can check for changes and updates to content throughout the life of the edition New heart and lung audio questions prepare you for items that could appear on future iterations of the NCLEX PN test plan *Saunders Q&A Review for the NCLEX-RN® Examination - E-Book* Linda Anne Silvestri, 2014-10-01 With more than 6 000 unique test questions that you won t find in Saunders Comprehensive Review for the NCLEX RN Examination Saunders Q A Review for the NCLEX RN Examination 6th Edition provides the additional practice you need to prepare for and succeed on the NCLEX RN exam To enhance your review each question includes a test taking strategy rationales for correct and incorrect answers and page references to major nursing textbooks The Evolve companion website adds a pre test to help in identifying any areas of weakness and lets you answer questions in study or exam mode Written by the most trusted name in NCLEX exam review Linda Anne Silvestri this book organizes questions to match the Client Needs and Integrated Processes found in the

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