

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)** -icin (erythromycin)
- **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 9/5 and add 32

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

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 - increased heart rate (HR) - tachycardia, hypertension, stress
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialphage (Bacterial Infection) - fever, chills
- Anemia - pale skin, weakness, fatigue
- Acute - vomiting, diarrhea, pain related to HR
- Myocardial infarction (MI) - crushing, radiating pain radiating to left shoulder, neck, and arm (substernal pain)
- Parkinson's disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal detachment - flashes of light, shadow with vision loss
- Basal Skull Fracture - Battle's sign (late) - mastoid tenderness and bruising

Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white discharge, pain in the urethra
- Syphilis - chancre (painless ulcer)
- Chlamydia - painful urination
- Bacteremia - green, white 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: 4.5-6.0 million/mm3
- Hemoglobin: 12-16 g/dL
- Hematocrit: 36-46%
- Platelets: 150,000-400,000/mm3
- PT: 12-15 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

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.

Effects of Pain

- Chronic: chronic suppression, depression, disability, fatigue, anger, inability to perform ADLs

- Acute: increased cortisol output, impaired tissue response, chronic suppression, increased cortisol production, increased fluid retention

Factors that Influence Pain

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



Maternity

EPID - Treatment for maternal hypotension after an epidural anesthesia

- Stop infusion of opioids
- 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/Startle** Reflex should extend arms and head symmetrically and then pull back in response to loud noise or jolt.
- **Rooting** Reflex should turn head toward finger if placed on cheek.
- **Sucking** Reflex should suck if mouth touched. Reflex may be weak in premature infants.
- **Swallowing** Reflex should swallow if side of neck of throat is touched.
- **Spinae** Reflex should push tongue out of mouth if tip of tongue touches.
- **Tonic neck (Fencing)** Reflex when 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.
- **Babinski** Reflex when infant is prone, stroking down one side of foot (heel to ball) should result in the toes fanning to the other side.

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Leslie S Treas, Judith M Wilkinson

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

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Dolores F. Saxton,Patricia Mary Nugent,Phyllis K. Pelikan,2009 Celebrating its 60th anniversary Mosby s Comprehensive Review of Nursing for the NCLEX RN Examination is now completely reorganized and in full color With more than 4 100 questions in the book and CD ROM this review is a vital study tool Basic Nursing Leslie S Treas,Judith M

Wilkinson,2013-09-04 Thinking Doing Caring In every chapter you ll first explore the theoretical knowledge behind the concepts principles and rationales Then you ll study the practical knowledge involved in the processes and finally you ll learn the skills and procedures Student resources available at DavisPlus davisplus fadavis com **Understanding Medical**

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Kelly Power-Kean, Stephanie Zettel, Mohamed Toufic El-Hussein, Sue E. Huether, Kathryn L. McCance, 2022-01-08 Textbook and Academic Authors Association TAA Textbook Excellence Award Winner 2024 Prepare for Canadian nursing practice with a solid understanding of pathophysiology and disease Huether and McCance's Understanding Pathophysiology 2nd Canadian Edition covers the basic concepts of pathophysiology and disease processes from a Canadian perspective Clear descriptions and vibrant illustrations make it easier to understand body systems and the mechanisms of disease and online resources bring pathophysiology concepts to life Developed for Canadian nursing students by educators Kelly Power Kean Stephanie Zettel and Mohamed Toufic El Hussein this text prepares students for success on the Next Generation NCLEX CPNRE and REx PNTM and also in clinical practice Introduction to Pathophysiology provides an entrance to the science of pathophysiology and explains why it is important Lifespan coverage includes nine separate chapters on developmental alterations in pathophysiology and special sections with aging and pediatrics content Canadian drug and treatment guidelines familiarize you with aspects of clinical practice you will encounter Coverage of diseases includes their pathophysiology clinical manifestations and evaluation and treatment Canadian lab values provide the core fundamental information required for practice in Canada Canadian morbidity statistics provide you with the Canadian context in which you will be practising Algorithms and flowcharts of diseases and disorders make it easy to follow the sequential progression of disease processes Health Promotion boxes emphasize evidence based care and align with the Canadian curriculum Risk Factors boxes highlight important safety considerations associated with specific diseases Quick Check boxes test your understanding of important chapter concepts End of chapter Did You Understand summaries make it easy to review the chapter's major concepts Key Terms are set in blue boldface type and listed at the end of each chapter Glossary of approximately 1 000 terms is included on the Evolve website with definitions of important terminology **Mosby's Review Questions for the NCLEX-RN Examination** Patricia Mary Nugent, Phyllis K. Pelikan, Judith S. Green, 2011 Prepare for exam success with Mosby's Review Questions for the NCLEX RN R Examination Over 5 000 exam style practice questions help you assess your strengths and weaknesses develop test taking skills and reduce your test anxiety Written by testing experts Patricia M Nugent Phyllis K Pelikan Judith S Green and Barbara A Vitale this book makes review easy by organizing material into the core clinical areas of medical surgical nursing mental health maternity and pediatrics Rationales are provided for both correct and incorrect answers and alternate item format questions ensure that you're prepared for the latest version of the exam A companion CD lets you review in three different practice modes to gain experience in computerized tests Convenient organization by core clinical area body system and disorders makes it easy to select the practice questions you prefer Over 5 000 questions provide plenty of practice with more than 3 000 questions in the book and over 2 000 additional questions on the CD Rationales for both correct and incorrect answers help you understand the reasoning behind each answer option Alternate item format questions include multiple response fill in the blank hot spot

figure or illustration chart exhibit and drag and drop prioritizing to enhance your critical thinking skills Three practice modes study quiz and exam on the companion CD let you choose your style of review Content selection on the companion CD lets you to choose questions by client needs category nursing process step or content area so you can focus your study on your weakest areas Two 265 question comprehensive exams one in the book one on the CD let you practice with an NCLEX RN exam style test Coverage of new content on the 2010 NCLEX RN test plan prepares you for the exam with the most up to date information An increase to over 300 alternate item format questions provides additional practice with these important critical thinking questions 12 chart exhibit alternate item format questions introduce the newest alternate item format type

Library Collection Development for Professional Programs: Trends and Best Practices Holder, Sara, 2012-07-31 Collection development the process used by librarians to choose items for a particular library or section of a library can be time consuming and difficult due to the many factors that must be taken into consideration Library Collection Development for Professional Programs Trends and Best Practices addresses the challenging task of collection development in modern academic libraries which is largely learned on the job This publication contains practical advice and innovative strategies essential for current collection development librarians and future librarians seeking guidance in this complex position

Mosby's Tour Guide to Nursing School Melodie Chenevert, 2011 Encouraging user friendly and altogether unique Mosby's Tour Guide to Nursing School encourages you to not only survive nursing school but excel in whichever program you select Throughout the book Dr Chenevert compares your journey through nursing school to a road trip and she offers advice to increase your understanding help you successfully navigate obstacles and make your journey more enjoyable You ll learn how to prepare for the NCLEX R and your nursing career how to get good grades how to deal with failure how to improve oral and written reports and much more A must have for every nursing student Endorsed by the National Student Nurses Association NSNA Written by a nationally known motivational speaker and nurse the book's down to earth approach uses humor and clever analogies to clearly teach the information you need to know Uses the analogy of a cross country road trip to help you see the relationships between different aspects of nursing school as well as give you a finite view of its duration and end result Inspirational quotes throughout offer wisdom and encouragement from fellow nursing students and graduates The appendix lists numerous diverse resources you ll find useful before during and after nursing school Electronic Age Information covers distance learning online courses and podcasts facilitating your success both in today's electronic classroom and with the advancing technology in nursing A special NCLEX R chapter Chapter 29 Are We There Yet Almost provides you with the tools you need to prepare for and pass the NCLEX R Updated statistics and information on the emerging trends of the workforce keep you current with what's happening in the world outside nursing and help you make educated choices during nursing school Three chapters are devoted to diversity in today's workforce and the non traditional student Thorough coverage of ADN BSN and RN BSN programs program prerequisites differences and more helps you make

informed decisions about your choice of nursing programs An appendix of Online Resources provides quick and easy access to web sites that will assist both students and graduates with continued study and real world advice *Medical and Health Care Books and Serials in Print* ,1997 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004

Paperbound Books in Print 1995 Reed Reference Publishing,R5ference Reed,1995-12 *Fundamentals of Contemporary Nursing Practice* Carol Ann Lindeman,Marylou McAthie,1999 This comprehensive nursing fundamentals text emphasizes clinical decision making and scientific research within the context of an evolving health care delivery system as the foundation for contemporary nursing practice This interactive approach offers an alternative framework to the nursing process by focusing on the real world issues that affect clinical decision making in nursing including cultural socioeconomic ethical legal and financial considerations Presents a practice oriented approach that facilitates the transfer of classroom knowledge to actual clinical practice through a practical four part organization that addresses context process content and special considerations Examines current issues in nursing practice such as financing of health care the changing health care delivery system and legal and ethical considerations Emphasizes the nursing research base in relation to practice encompassing topics such as pain management ethical considerations and accommodating individual difference topics such as age and culture Discusses future trends and technologic nursing applications including a discussion of the role of the nurse in using and evaluating technology Reviews nursing care for all age groups and in all care settings Details special considerations with information about body mechanisms sterile technique personal safety and the health of the nurse Encourages inductive and deductive reasoning intuition creativity and decision making as well as problem solving in nursing practice 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

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