

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 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 sight, 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 - pale, clammy, tachycardia, hypotension
- Anger - sweating, flushing, pain relieved by NPO
- Myocardial Infarction (MI) - sweating, flushing, pain radiating to left shoulder, neck, and arm (preceded by NPO)
- Parkinson's Disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal Detachment - flashes of light, shadow with curtain effect
- 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 - starts in urethra in women
- Syphilis - chancre in men
- Chlamydia - genital discharge
- Bacteremia - green, creamy 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 22-26 mEq/L
- pO₂ 100 mm Hg
- SaO₂ 95-100%

Cardiac markers

- Troponin I 0.03 ng/mL
- Creatinine protein 1.5-2.0 mg/dL
- ECG 100-120 bpm
- Creatinine serum 0.5-1.0 mg/dL

Hematology

- WBC 4,000-11,000/mm³
- Hb 12-16 g/dL
- Hct 35-45%
- Platelets 150,000-400,000/mm³
- PT 12-14 sec
- aPTT 30-40 sec
- INR 1.0-1.5
- Creatinine serum 0.5-1.0 mg/dL

Lipoproteins & Triglycerides

- LDL 100-130 mg/dL
- HDL 40-60 mg/dL
- TG 100-150 mg/dL
- ApoB 100-130 mg/dL
- ApoA 100-130 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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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

- **Rooting**: Infant should close if light touched to eye
- **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 stroked
- **Babinski**: Infant should open mouth and turn to the side of touch when the infant's cheek is stroked
- **Rooting**: Infant should suck if mouth touched before may be used in premature infants
- **Babinski**: Infant should extend if side of sole of foot stroked from heel to ball of foot
- **Palmar**: Infant should grasp finger out of mouth if tip of tongue touched
- **Trunk**: Infant should lie 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
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Nclex Study Guide 2013

Linda Waide,Berta Roland



Nclex Study Guide 2013:

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

Nursing Today - E-Book JoAnn Zerwekh, Ashley Zerwekh Garneau, 2014-03-25 Popular with nursing students for its humorous cartoons and easy to read style *Nursing Today Transition and Trends 8th Edition* helps you make a successful transition from student to practicing nurse It covers the profession's leading issues and opportunities ensuring that you graduate not only with patient care skills but also with career development skills such as resume writing finding a job and effective interviewing Study questions and test taking tips prepare you for the NCLEX RN exam and discussions of communication and management prepare you to succeed in the workplace Well known educators JoAnn Zerwekh and Ashley Zerwekh Garneau provide the latest information on nursing issues and trends including health care reform patient safety and patterns of nursing care delivery An emphasis on making the transition into the workplace is included in chapters such as NCLEX RN and the New Graduate Employment Considerations Opportunities Resumes and Interviewing and Mentorship Preceptorship and Nurse Residency Programs Coverage of QSEN and patient safety includes Quality and Safety Education for Nurses National Patient Safety Foundation and Institute of Medicine competencies related to patient safety and addresses communication among health care providers quality improvement and guidelines from The Joint Commission Coverage of evidence based practice includes management protocols and interventions used as the basis for clinical outcomes Coverage of nursing informatics helps you use technology access information and evaluate content to provide quality patient care and includes a discussion of the Electronic Health Record EHR Coverage of health care reform includes the Affordable Care Act of 2010 and the new Patient Bill of Rights as they apply to health care delivery and costs Student resources on an Evolve companion website include case studies for every chapter NCLEX RN review questions NCLEX RN exam style questions memory notecards and resume templates for creating professional resumes and cover letters Thorough coverage includes all

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Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 **Next Generation NCLEX RN Examination Review Book 2023 - 2024** Joshua Rueda,2023-06-20 Test Prep Books Next Generation NCLEX RN Examination Review Book 2023 2024 4 Practice Tests and NCLEX Study Guide Updated for the New 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 NCLEX RN Practice Test 1 NCLEX RN Answer Explanations 1 NCLEX RN Practice Test 2 NCLEX RN Answer Explanations 2 NCLEX RN Practice Test 3 NCLEX RN Answer Explanations 3 NCLEX RN Practice Test 4 NCLEX RN Answer Explanations 4 Studying can be hard We get it That s why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test NCLEX RN Practice Test Questions We want to give you the best practice you can find That s why the Test Prep Books practice questions are as close as you can get to the actual test Answer Explanations Every single problem is followed by an answer explanation We know it s frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be

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Book Review Index ,2006 Every 3rd issue is a quarterly cumulation *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 is essential for the exam A test taker has to understand the material that is being covered They also must be familiar with test strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to NCLEX RN review materials Practice test questions Test taking strategies **NCLEX RN 2019 & 2020 - NCLEX RN Examination Secrets Study Guide, 2 Complete Practice Tests, Step-By-Step Review Prep Video Tutorials:** **[updated for the** Mometrix Nursing Certification Test Team,2019-07-26 Mometrix Test Preparation s NCLEX RN 2019 2020 NCLEX RN Examination Secrets Study Guide is the ideal prep solution for anyone who wants to pass their National Council Licensure Examination for Registered Nurses The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Step by step video tutorials to help you master difficult concepts Tips and strategies to help you get your best test performance A complete review of all NCLEX test sections Safe and Effective Care Environment Health Promotion and Maintenance Psychosocial Integrity Physiological Integrity Mometrix Test Preparation is not affiliated with or endorsed by any official testing organization All organizational and test names are trademarks of their respective owners The Mometrix guide is filled with the critical

information you will need in order to do well on your NCLEX exam the concepts procedures principles and vocabulary that the National Council of State Boards of Nursing NCSBN expects you to have mastered before sitting for your exam The Safe and Effective Care Environment section covers Management of care Safety and infection control The Health Promotion and Maintenance section covers Infancy School age children Diabetes and pregnancy Down syndrome Learning styles The Psychosocial Integrity section covers Maslow s hierarchy of needs Anxiety somatoform dissociative and mood disorders Feedback The Physiological Integrity section covers Basic care and comfort Pharmacological and parenteral therapies Reduction of risk potential Physiological adaption and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren t simply named or described in passing but are explained in detail The Mometrix NCLEX study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it s written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that s another area where our guide stands out The Mometrix test prep team has provided plenty of NCLEX practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear Many concepts include links to online review videos where you can watch our instructors break down the topics so the material can be quickly grasped Examples are worked step by step so you see exactly what to do We ve helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We ve done this by setting high standards for Mometrix Test Preparation guides and our NCLEX RN 2019 2020 NCLEX RN Examination Secrets Study Guide is no exception It s an excellent investment in your future Get the NCLEX review you need to be successful on your exam [NCLEX RN 2020 and 2021 Exam Study Guide](#) ,2020-05-22 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

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NCLEX-RN Exam Prep Wilda Rinehart, Diann Sloan, Clara Hurd, 2010-09-01 COMPREHENSIVE Succeed with comprehensive learning and practice tests Master the NCLEX RN exam materials in all tested subject areas Prepare with four comprehensive practice tests Analyze your test readiness and areas for further study with topic focused chapter tests Learn important test taking strategies to maximize your score and diminish your anxiety Score Higher on the NCLEX RN Exam We provide you with the proven study tools and expert insight that will help you score higher on your exam Study Tips like the advice and instruction that a personal tutor might provide Notes Tips and Cautions provide you with hints and strategies that will help you reduce your mistakes on the exam Comprehensive discussion of all subject areas covered on RN Exam Practice Questions that include detailed explanations of correct and incorrect answers so you can learn the material from your success and mistakes Rinehart and Associates is a leading provider of classroom training for students studying for the NCLEX RN Exam

Illustrated Study Guide for the NCLEX-PN® Exam - E-Book JoAnn Zerwekh, 2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination

Illustrated Study Guide

for the NCLEX-RN Exam JoAnn Graham Zerwekh, Jo Carol Claborn, 2006 Covering the key nursing concepts and content areas found on the latest NCLEX RN licensure examination this updated study guide summarizes essential nursing content Chapter appendixes summarize related medications diagnostic tests and nursing procedures NCLEX examination style review questions close every chapter A companion CD ROM is included

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