

NURSING MNEMONICS

MENTAL HEALTH

Anorexia - signs and symptoms

ANOREXIA

Anorexia
No organic factors accounts for weight loss
Obviously thin but feels FAT
Refusal to maintain normal body weight
Epigastric discomfort is common
X-symptoms (peculiar symptoms)
Intense fears of gaining weight
Always thinking of foods

Alcoholism-behavioral problems

5 D's

Denial
Dependency
Demanding
Destructive
Domineering

Alzheimer's Disease

5 As

Ammnesia - loss of memories
Anomia - unable to recall names of everyday objects
Apraxia - unable to perform tasks of movement
Agnosia - inability to process sensory information
Aphasia - disruption with ability to communicate

MED SURG

Dyspnea

6 Ps

Pulmonary Bronchial Constriction
Possible Foreign Body
Pulmonary Embolus
Pneumothorax
Pump Failure
Pneumonia

Hypoglycemia vs. Hyperglycemia

Hyper - hot/dry - sugar high
Hypo - cold/clammy - needs candy

MED SURG

Arterial Blood Gas Evaluation

ROME

Respiratory
Opposite
Metabolic
Equal

Pulmonary Edema - treatment

MAD DOG

Morphine - causes vasodilation resulting in decreased BP
Aminophylline - relaxes airways to make breathing easier
Digitalis - improve heart function in pulmonary edema

Diuretics (Lasix) - pull excess fluid off
Oxygen - improve oxygenation
Gases (Blood Gases ABGs) - asses respiratory status

Hypoxia - signs/symptoms

RAT BED

Early Hypoxia:
Restlessness
Anxiety
Tachycardia/ Tachypnea

Late Hypoxia:

Bradycardia
Extreme Restlessness
Dyspnea

Asthma - management

ASTHMA

Adrenergic (Albuterol)
Steroids
Theophylline
Hydration (IV)
Mask (Oxygen)
Antibiotics

Pupillary reaction

PERRLA

Pupils
Equal
Round and
Reactive to
Light and
Accommodate

MED SURG

Moles - malignant assessment

ABCD's

Asymmetry—is the mole irregular in shape?
Border—is the border irregular, notched, or poorly defined?
Color—does the color vary (for example, between shades of brown, red, white, blue, or black)?
Diameter—is the diameter more than 6 mm?

Hypoglycemia-signs/symptoms

TIRED

Tachycardia
Irritability
Restless
Excessive Hunger
Diaphoresis/ Depression
Sulfate

Cardiac Blood Flow

Toilet Paper My A**

Tricuspid
Pulmonic
Mitrial
Aortic

Cranial Nerves

Oh Oh Oh To Touch And Feel Very Good Velvet AHI

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
Vestibulocochlear
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Hypertension - complications

4 C's

Coronary Artery Disease
Coronary Rheumatic Fever
Congestive Heart Failure
Cerebral Vascular Accident

Nursing Reference Guide

Mary Jo Dummer Clark

Nursing Reference Guide:

The Nursing Mother's Quick Reference Guide and Planner Kathleen Huggins, 2020-02-11 This is a shorter version of the best selling book on breastfeeding The Nursing Mother's Companion by Kathleen Huggins. This concise, easy to use on the fly version of that classic book is ideal for busy, time-pressed new moms and their helpers and partners. It also includes planner pages to help keep track of nursing and pumping sessions and other important details. Breastfeeding is natural, but it is not always instinctive for either mothers or babies. Kathleen Huggins' The Nursing Mother's Companion has been a top selling book on breastfeeding for more than 7 editions over 30 years, with more than 1.1 million copies sold. It is respected and recommended by professionals including The International Lactation Consultant Association, Dr. T. Berry Brazelton, and The American Academy of Pediatrics, and it is well loved by new parents for its encouraging and accessible style. Now in this shorter, quick reference version, moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book. Plus, this edition adds a planner component for scheduling nursing sessions, pump rentals, and pumping sessions; weight and wellness checks; anticipated dates for weaning; and more. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully. This up-to-date book covers Expressing, storing, and feeding breast milk; How to cope with breastfeeding obstacles and challenges; Managing pumping and nursing when you return to work; New mom care for the postpartum period; Introducing solid foods; How to choose a breast pump; Deciding when to wean and how to do it.

Nursing Diagnosis Reference Manual Sheila M. Sparks, Sheila Sparks, Ralph, Cynthia M. Taylor, 1998 This pocket size manual includes alphabetically organized entries within logical life cycle sections. This edition also includes 15 new community-based plans of care to help nurses work with nontraditional clinical placements. Plans of care have been revised to reflect the most recent NANDA conference. Also includes new guidance on how to use plan of care information in the development of clinical pathways.

NPocket, 2012-07 **Sparks & Taylor's Nursing Diagnosis Reference Manual** Linda Phelps, 2019-11-25 This clearly written, easy-to-use reference manual delivers the evidence-based information nursing students and practicing nurses need to make confident diagnoses and construct care plans that meet patients' healthcare needs. The perfect reference for any clinical classroom or simulation setting, this updated edition integrates the nursing process throughout and makes it easier than ever to access the latest NANDA I nursing diagnoses. UPDATED 2018-2020 NANDA I diagnosis and standards; Nursing Interventions Classification (NIC); and Nursing Outcomes Classification (NOC) labels incorporated throughout reinforce clinical confidence and quality of care. NEW! 17 new diagnoses keep students on the cutting edge of nursing practice. UPDATED QSEN competency icons throughout reinforce important considerations for safe care. UPDATED! Alphabetical organization helps students find diagnosis information quickly and easily. Selected Nursing Diagnoses by Medical Diagnosis Appendix I delivers clearly written, authoritative care plans for every stage in the life cycle. Related Factors sections.

strengthen students diagnostic capabilities Quick Reference tables list diagnoses by life stages for access at a glance

Evidence-Based Practice for Nursing and Healthcare Quality Improvement Geri LoBiondo-Wood, Judith Haber, Marita G. Titler, 2018-07-25 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Quality Improvement 2019 AJN Book of the Year Award Recipient in the Advanced Practice Nursing category Equip yourself to expertly conduct EBP or quality improvement projects Written by renowned EBP experts LoBiondo Wood Haber Titler Evidence Based Practice for Nursing and Healthcare Quality Improvement provides a straightforward yet comprehensive guide to planning and conducting EBP and quality improvement projects This brand new full color richly illustrated textbook begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information The book's content and approach have been developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context NEW Written by renowned EBP experts LoBiondo Wood Haber Titler to provide a straightforward yet comprehensive guide to planning and conducting EBP and QI projects NEW A straightforward practical approach begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information NEW Developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context

Top 60 Signs for Nurses Mark Dennis, William Talbot Bowen, Lucy Cho, 2017-06-23 Presented in a useful handbook style Top 60 Signs for Nurses Quick reference guide for best practice care outlines the evidence base and clinical value of each clinical sign to assist with interpretation Each of the signs is related back to the mechanism of action along with clearly documented research to demonstrate the evidence base associated with this sign Signs are ordered alphabetically within each chapter outlining a specific body system Extensive reference lists of up to date literature strengthen the authority of the content Clinical Pearls highlight the main signs which students and graduate nurses should look out for to help them identify conditions with which the patients present

Department of Nursing Referencing Guide, Study and Style Guide

Cheryl Cordery, 1993 **Nursing** Jill E. Winlan-brown, 2019-11 Perfect for a lab coat or clipboard this guide includes commonly referenced info needed for students and working nurses A laminated flat trifold measuring 4 by 6 inches adds no weight to the pocket no thickness to a clipboard and can be stored practically anywhere Designed using content from our best selling nursing series this little guide holds some of the most important assessments analysis and calculations you need as a student or career nurse Nurses are superheroes who deserve some back up This is one inexpensive solution that might help make the grade or long shift a little easier with illustrations tables equations and diagrams at your fingertips 6 page laminated pocket sized guide includes Assessing Lung Sounds Adventitious Lung Sounds Potential Causes Arterial Blood Gas

Analysis ABGS Glasgow Coma Scale GCS Symptom Analysis Normal Electrocardiogram EKG Pattern Cardiac Markers Serum Enzyme Levels Following Acute Myocardial Infarction Grading of Heart Murmers Heart Sounds Medication Administration Medical Dosage Calculation IV Solutions Calculations Complete Blood Count CBC Differential [Film Reference Guide for Medicine and Allied Sciences](#) ,1968 **Family Nurse Practitioner Certification Review and Clinical Reference Guide**

Virginia Layng Millonig,Mary A. Baroni,Sally K. Miller,2001 *Nursing Practice* Ian Peate,Karen Wild,2018-02-05 The second edition of the successful and definitive nursing textbook Nursing Practice is designed to support the student throughout the entire nursing degree Structured around the latest Nursing and Midwifery Council Code of Conduct it explores a range of clinical and professional issues that the student will need to know in one complete and accessible volume Thoroughly updated and with full colour high quality illustrations throughout this new edition features an additional chapter on the principles of supporting families and carers in practice advice on revalidation as well as a number of learning features and activities to help consolidate learning Nursing Practice provides invaluable information to enable not just student nurses but also those who are qualified and members of the extended nursing family to develop a deeper understanding of their patients needs and to ensure that they are practicing safely and effectively [A Pocket Guide for Medical-surgical Nursing](#)

Carol J. Neel,Mark B. Wallerstein,1985 [Community Assessment Reference Guide for Community Health Nursing](#) Mary Jo Dummer Clark,2008 This collection of 38 assessment tools and inventories helps nurses provide excellent nursing care for individuals families and population groups Assessment tools guide nurses in assessing health status while inventories are checklists of interventions or risk factors for selected community health problems These tools provide direction for the development of nursing diagnoses planning interventions and evaluating the outcomes of care [Nurse Resource Guide](#)

Becky a Kwitowski,Stacy J Brzezinski,Rn Bsn Kwitowski, BC Becky a,Rn Msn Brzezinski, Ccrn Stacy J,2014-10-25 Nursing students and novice nurses expect their work place to resemble what they were taught in school Nursing schools have provided students with an excellent knowledge base and the beginning of critical thinking The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse provides an in the trenches support for patient assessment critical thinking and procedural recommendations This is what every new and returning nurse needs to have handy when working at the bedside Patients family members physicians and your peers need to know nurses provide safe quality patient care The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse is a valuable tool to help you develop the framework of your quality nursing care The acute care setting in this day and age is so fast paced and the patient population is so acutely ill it requires the quick and accurate assessment and correct interventions to provide best quality care and outcomes for your patients The hardest part of becoming a well rounded nurse is learning to critically think The ability to know what is essential in each patient s care requires nurses to have vital information at their fingertips allowing them to recognize significant changes in the patient s condition The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse will help you to

develop and advance your assessment skills in providing safe quality patient care to create excellence **Neuroscience**
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British Medical Journal ,1897 **B.H. Blackwell** B.H. Blackwell Ltd,1890 Clinical Assessment Tools for Use with
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