

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 (acyclovir)
- **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

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



- 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 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)
- 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 - reduced heart rate (HR) - tachycardia, tachypnea, edema
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialphage (Bacteremialphage) - fever, chills
- Hypertension - elevated blood pressure (BP) - edema
- Anger - sweating, flushing, palpitations, tachycardia
- Myocardial infarction (MI) - sweating, palpitations, tachycardia, tachypnea, edema, chest pain, chest pressure
- Parkinson's disease - resting tremors
- Diabetes Mellitus - polyuria, polydipsia, polyuria
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Sexual Transmitted Infections

- Herpes Simplex Type II - genital lesions on genitalia
- Gonorrhea - white, yellow, or green discharge
- Chlamydia - white, yellow, or green discharge
- Syphilis - white, yellow, or green discharge
- Trichomonas - yellow, white, or green discharge
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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
- pCO2: 35-45 mmHg

Cardiac markers

- Troponin: < 0.05 ng/mL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL

Hematology

- WBC: 4,000-11,000/mm3
- RBC: 4.5-5.5 million/mm3
- Hemoglobin: 12-16 g/dL
- Hematocrit: 37-47%
- Platelets: 150,000-400,000/mm3
- PT: 12-14 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.2

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, 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 cortisol output, impaired immune response, increased depression, decreased mood, decreased quality of life, decreased life expectancy.
- Acute: Increased cortisol output, impaired immune response, increased depression, decreased mood, decreased quality of life, decreased life expectancy.

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**: Infant should extend arms and legs and head symmetrically and then pull back in response to loud noise or jolt.
- **Rooting**: Infant should turn head toward finger if cheek stroked.
- **Sucking**: Infant should suck if mouth touched. Reflex may be used in premature infants.
- **Swallowing**: Infant should swallow if side of neck is touched.
- **Spontaneous**: Infant should grasp finger out of mouth if tip of finger touches.
- **Tonic neck**: Infant should turn head to side if 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**: Infant should startle when startled.

Nclex Study Guide

Test Prep Books



Nclex Study Guide:

Study Guide for Medical-Surgical Nursing - E-Book Adrienne Dill Linton, Mary Ann Matteson, 2022-05-05 Questions arranged by level of difficulty move from simple recall to more difficult exercises designed to help you apply analyze and synthesize basic concepts Alternate format questions include multiple response labeling prioritizing ordering and calculation questions to help you practice for the NCLEX PN Review questions on care for older adults focus on long term care and community based settings asking you to apply content to real world practice Additional review questions are provided on the Evolve website for the textbook NEW Next Generation NCLEX format questions help you review and practice for the new licensure examination NEW Case studies in the clinical chapters allow you to develop skills in clinical judgment NEW Updated exercises and review questions match the new content in the textbook and cover newly approved pharmaceutical treatments and drugs

Study Guide for Introduction to Clinical Pharmacology E-Book Constance G Visovsky, Cheryl H. Zambroski, Shirley M. Hosler, 2021-02-05 NEW Updated exercises cover newly approved pharmaceutical treatments and drugs NEW Next Generation NCLEX format and alternate item review questions prepare you for the new licensure exam NEW organization of chapters more logically organizes review exercises by body system and type of drug

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 familiar with the latest test taking 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

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nursing professional developed the NCLEX Study Guide This Edition is a complete review edition It reviews all essential concepts found on the exam from all categories of the test It comes in text format so that you can listen to it while at the gym or stuck in traffic It s sections include Preparing for the NCLEX RN Exam Basic Care Comfort Health Promotion and Maintenance Management of Care Pharmacological and Parenteral Therapies Physiological Adaptation Psychosocial Integrity Reduction of Risk Potential Safety and Infection Control MUCH MUCH MORE Each section is divided into further subsections making sure all aspects of the exam are covered If you read our study guide and take the time to really understand the concepts we are confident you will pass the NCLEX RN Exam and be on your way to a new career in nursing

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NCLEX RN 2019 & 2020

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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

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for the beginning intermediate or experienced student making this book a useful tool throughout your nursing school career Clearly defined cognitive levels help if you are unfamiliar with this terminology and its significance Coverage of Interprofessionalism discussed where appropriate throughout text Priority concepts for each question help you to link your concept based classes and NCLEX prep A fun 4 color design features cartoons and bold designs to help engage visual learners NEW Clinical Judgment Situations and Next Generation NCLEX NGN practice questions included on Evolve site let you apply strategies from the text in a realistic electronic testing environment

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