

# 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 (lisinopril)
- **Beta-blockers and -in** -olol (propranolol)
- **H<sub>2</sub> receptor blockers and -in** -idine (cimetidine)
- **Anti and -in** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and -in** -statin (atorvastatin)



- **Sedatives and -in** -epam (diazepam)
- **Phenothiazines and -in** -azine (promethazine)
- **Glucocorticoids and -in** -one (prednisone)

- **Antibiotics and -in** -in (oxycloxacillin)
- **ARBs and -in** -artan (losartan)
- **HRAs and -in** -azole (metoprolol)
- **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, ketamine)

## 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  
multiply by 32 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)
- 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
- Hyperlipidemia - 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.
- **4-5 months** grasps, swallows and roll over tummy to back. Can babble and can mimic sounds.
- **6-7 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.
- **13-23 months** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to climb.

## Common Signs and Symptoms

- Diabetes Mellitus - extreme thirst, frequent urination, weight loss, fatigue, blurred vision
- Chronic Kidney Disease - polyuria, polydipsia, polyphagia, anorexia, nausea, vomiting
- Chronic Heart Failure - dyspnea, orthopnea, edema, fatigue, weight gain
- Chronic Lung Disease - cough, wheezing, shortness of breath, weight loss
- Anemia - weakness, fatigue, pale skin, tachycardia, shortness of breath
- Hypertension - headache, dizziness, nosebleeds, chest pain, shortness of breath
- Asthma - wheezing, coughing, chest tightness, shortness of breath
- Allergies - sneezing, itchy eyes, runny nose, hives, swelling
- Infection - fever, chills, redness, swelling, pain, discharge

## Sexual Transmitted Infections

- Gonorrhea - yellow, white, or green discharge, pain during urination
- Chlamydia - white, yellow, or green discharge, pain during urination
- Syphilis - painless ulcer, rash, fever, fatigue, weight loss
- HIV/AIDS - weight loss, fever, fatigue, night sweats, swollen lymph nodes
- Herpes - painful blisters, sores, itching, pain during urination
- HPV - genital warts, abnormal Pap smears
- Trichomoniasis - yellow, green, or white discharge, itching, pain during urination
- Bacterial Vaginosis - white, gray, or yellow discharge, itching, fishy odor
- Candidiasis - white, thick, clumpy discharge, itching, redness
- Balanitis - redness, swelling, pain, discharge of the foreskin

## Lab Values

### Blood Gas

- pH: 7.35-7.45
- PaCO<sub>2</sub>: 35-45 mmHg
- PaO<sub>2</sub>: 80-100 mmHg
- HCO<sub>3</sub><sup>-</sup>: 22-28 mEq/L
- pO<sub>2</sub>: 75-100 mmHg
- SaO<sub>2</sub>: 95-100%

### Cardiac markers

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

### Hematology

- WBC: 4,000-11,000/mm<sup>3</sup>
- RBC: 4.5-5.5 million/mm<sup>3</sup>
- Hemoglobin: 12-16 g/dL
- Hematocrit: 36-46%
- Platelets: 150,000-400,000/mm<sup>3</sup>
- 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

- Nociceptive: Pain from tissue damage or injury
- Neuropathic: Pain from nerve damage or injury
- Psychogenic: Pain from psychological factors

### Effects of Pain

- Increased heart rate, blood pressure, respiratory rate
- Decreased immune response, decreased wound healing
- Increased risk of infection, decreased patient satisfaction

### Factors that Influence Pain

- Past experiences
- Anxiety
- Depression
- Age
- Gender
- Culture



## Maternity

### Signs of labor

- Regular contractions
- Cervical dilation
- Ruptured membranes
- Bloody show

### Newborn Reflexes

- Rooting: Turns head toward touch
- Sucking: Sucks on anything in mouth
- Moro: Startle reflex
- Grasp: Grasps object in hand
- Babinski: Toes fan out when sole of foot is touched
- Tonic neck: Turns head to one side
- Stepping: Steps when held upright
- Galant: Cries when tickled on back
- Startle: Startles when startled
- Rooting: Turns head toward touch
- Sucking: Sucks on anything in mouth
- Moro: Startle reflex
- Grasp: Grasps object in hand
- Babinski: Toes fan out when sole of foot is touched
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# Pearls Nclex Study Guide

**Sally B. Olds**



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LPN (Licensed Practical Nurse) Exam Review: Pearls of Wisdom, Second Edition Sheryl L. Gossman, William G. Gossman, Scott H. Plantz, Nicholas Lorenzo, 2005-08-29 Publisher's Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product Why waste time guessing at what you need to know for the NCLEX PN exam Maximize your exam preparation time with this quick hit question and answer review The unique question and single answer format eliminates the guesswork associated with traditional multiple choice Q A reviews and reinforces only the correct answers you'll need to know on exam day Emphasis is placed on distilling key facts and clinical pearls essential for exam success This high yield review for the NCLEX PN exam is the perfect compliment to larger texts for intense streamlined review in the days and weeks before your exam

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*Subject Guide to Books in Print*, 1991      *Seidel's Guide to Physical Examination - E-Book* Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, Rosalyn W. Stewart, 2014-02-01 Seidel's Guide to Physical Examination is a comprehensive textbook of physical examination history taking and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan The book conveys a uniquely compassionate patient centered approach to physical examination with a strong evidence based foundation Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to patient care that extends beyond the physical exam to patients functional ability Staying Well boxes focus you on patient wellness and health promotion Risk Factor boxes provide opportunities for patient teaching or genetic testing for a variety of conditions Differential diagnosis content offers you an understanding of how disease presentations vary and specific information for how to make diagnoses from similar abnormal findings Abnormal Findings tables equip you with a quick illustrated reference that allows for comparisons of various abnormalities along with key symptoms and underlying pathophysiology Sample Documentation boxes clarify appropriate professional language for the process of recording patient assessment data NEW Advance Practice Skills highlighted throughout text makes identification and reference easier for students NEW Updated content throughout provides you with cutting edge research and a strong evidence based approach to care NEW Vital Signs and Pain Assessment Chapter groups important foundational tasks together for easy reference in

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