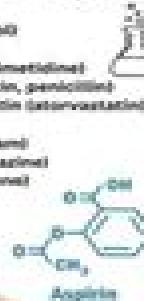


NCLEX REVIEW NURSING CHEAT SHEET

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 pharmacology questions.

- **ACE Inhibitors and **ang**-iotensin** - **angiotensin**
- **Beta-blockers and **beta**-** - **beta** (beta-blockers)
- **H2 receptor blockers and **H2**-** - **histamine** (histamine)
- **ACE and **ang**-** - **prin** or -**cillin** (lisinopril, amlodipine)
- **Cholesterol lowering drugs and **statin**** - **statin** (atorvastatin)
- **Benzodiazepines and **benz**** - **spen** (diazepam)
- **Phenothiazines and **phen**** - **zine** (promethazine)
- **Corticosteroids and **ster**** - **one** (prednisone)
- **Antihistamines and **hist**** - **ine** (cetirizine)
- **Alpha and **alpha**-** - **terol** (albuterol)
- **PPR and **prin**** - **prin** (ramipril)
- **Anticoagulants and **anti**** - **oin** (heparin)



Drug Schedules

- **Schedule **I**** - no currently accepted medical use and for research use only (e.g., fentanyl, LSD, PCP).
- **Schedule **II**** - drugs with high potential for abuse and requires written prescription (e.g., Oxycodone, hydrocodone, Oxymorphone, morphine (Demerol), and Fentanyl).
- **Schedule **III**** - requires new prescription after six months or two refills (e.g., codeine, hydrocodone, acetaminophen).

Vital Signs

- Temp: 36.8 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 = 30 mL
- 1 oz = 30 mL
- 1 cup = 8 oz
- 1 pint = 2 cups
- Convert **g** to **kg**: $\text{g} \times 0.001$
multiply by 0.77 and
subtract 0.02
- Convert **kg** to **lb**: $\text{kg} \times 2.2$
multiply by 0.77 and
subtract 0.02
- Convert **lb** to **kg**: $\text{lb} \times 0.45$
multiply by 2.2 and
subtract 0.02



Rules of nines for calculating Total Body Surface Area (TBSA) for burns

- Head: 9%
- Arms: 12% (9% each)
- Back: 12%
- Legs: 26% (13% each)
- Genitals: 1%

Common Diets

- **Gout/Bilirubin** - Low fat, calorie restricted
- **Regular Diets** - Low fiber, bland diet
- **Hypoglycemic** - High calories, high protein
- **Hypertrophic** - Fat controlled, calorie restricted
- **Hypertension/Heart Failure/CHF** - Low sodium, calorie restricted, fat controlled
- **Kidney Stones** - Increased fluid intake, controlled calcium intake, low-salt

- **Obesity/Overweight** - Calorie restricted, high fiber
- **Peptic Ulcer** - Bland diet
- **Pernicious Anemia** - Increase Vitamin B12 (Cobalamin). Found in high amounts in shellfish, beef liver, and fish.

Baby growth

- **0-3 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 rolls over. Turn over. Can bubble and coo mimic sounds.
- **6-9 months**: sits at 45° and waves bye-bye. Can recognize familiar faces and knows if someone is a stranger. Passes things back and forth between hands.
- **9-12 months**: stands straight at night, has favorite toy, plays peek-a-boo.
- **12-18 months**: walks steadily to front.
- **18-24 months**:跑 (walks) and runs, climbs from a step. Climbs when parents leave, uses furniture to climb.

Common Signs and Symptoms

- **Abdominal pain** - **acute** (sudden)
- **Abdominal pain** - **chronic** (long-standing)
- **Abdominal tenderness** - palpable, palpable, palpable
- **Abdominal tenderness** - **distended** (swollen)
- **Abdominal tenderness** - **distended** (swollen)
- **Abdominal tenderness** - **distended** (swollen)

- **Abdominal cramps**, cramping pain relieved by defecation

- **Severe Transmural infections**

Lab Values

Blood Gas	Cardiac markers
<ul style="list-style-type: none"> - Po2: 95-100 mm Hg - Pco2: 35-45 mm Hg - SB: 7.35-7.45 - HCO3: 22-25 mmol/L - pH: 7.35-7.45 - Bicarb: 22-24 mmol/L 	<ul style="list-style-type: none"> - troponin: 0-0.05 ng/mL - cTnI: 0-0.05 ng/mL - cTnT: 0-0.05 ng/mL - LDH: 120-150 U/L - AST: 10-20 U/L - ALT: 10-20 U/L

Endocrinology

- **TSH**: 0.4-4.0 mU/L
- **T4**: 5.5-11.0 ng/dL
- **T3**: 0.8-2.0 ng/dL
- **FT4**: 0.8-1.8 ng/dL
- **FT3**: 0.5-1.5 ng/dL
- **TT4**: 6.5-11.0 ng/dL
- **TT3**: 1.8-3.0 ng/dL
- **UFT4**: 0.8-1.8 ng/dL
- **UFT3**: 0.5-1.5 ng/dL
- **U-TSH**: 0.4-4.0 mU/L

Lipoproteins & Triglycerides

- **LDL**: 100-120 mg/dL
- **LDL**: 130 mg/dL
- **LDL**: 160 mg/dL
- **LDL**: 190 mg/dL
- **LDL**: 200 mg/dL
- **LDL**: 220 mg/dL
- **LDL**: 240 mg/dL
- **LDL**: 260 mg/dL
- **LDL**: 280 mg/dL
- **LDL**: 300 mg/dL

Cardiovascular

Pain Assessment

Visual	Communication
<ul style="list-style-type: none"> - Face - Eyes - Mouth - Activity 	<ul style="list-style-type: none"> - Appropriate for children to 10 years of age and older children with cognitive impairment.

Effects of Pain

- **Emotional** - increased aggression, depression, anxiety, fatigue, anger, inability to perform tasks
- **Acute** - increased heart rate, increased blood pressure, increased respiration, increased blood glucose, increased fluid retention.

Factors that Influence Pain

- **Post-operative**
- **Anxiety**
- **Depression**
- **Pain**
- **Memory**
- **Culture**

Maternity

OB/GYN - Treatment for Unstable Hypertension after an epidural anesthetic

- **Short infusion of Nitro** - **nitroglycerin**
- **Turn the client on her left side**
- **HT** (hypotension) is present, push for fluids

Neonatal Reflexes

- **Abdominal** - contraction of right abdominal muscles
- **Abdominal** - should contract when you press dorsum and then pull back in response to stimuli on skin
- **Abdominal** - infant should open mouth and turn to the side of mouth when that infant's side is stimulated
- **Abdominal** - infant should suck if mouth voluntary when they are not in protective reflexes
- **Abdominal** - focus should hypoactive if site of site of pain involves head or neck
- **Abdominal** - infant should push tongue out of mouth at the time of tongue-tie
- **Tonic Neck Reflex** - with infant lying flat and the head is turned to one side, the infant's limbs on the opposite side will extend both on the side which head is turned
- **Tonic Neck Reflex** - infant posture, resulting when one side of body is much more active than the other

Nclex Notes On Maternity And Pediatrics

Nancy T. Hatfield

Nclex Notes On Maternity And Pediatrics:

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