

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

- **Antibiotics and (in)** -in (amoxicillin)
- **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



- 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 C to F: C x 1.8 + 32
- multiply by 1.8 and add 32

- 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 - redness, inflammation (PRN) - granuloma, suppuration, abscess
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialyphoid Throat Disease (Diphtheria) - white film
- Hemorrhage - blood in stool, blood in urine
- Anger - swelling, redness, pain, redness
- Myocardial infarction - chest pain, sweating, pain radiating to left shoulder, neck, and arm (substernal pain)
- Parkinson's disease - pill rolling tremors
- Glaucoma - redness, pain
- Retinal detachment - flashes of light, shadow with vision loss
- Basal Skull Fracture - Battle's sign (mastoid tenderness) and Raccoon's sign (periorbital ecchymosis)

## Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white, yellow, or green discharge
- Syphilis - chancre (painless ulcer)
- Chlamydia - painless discharge
- Bacteremia - green, white, yellow, and red discharge
- Chlamydia - white discharge and genital irritation
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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
- SaO2: 95-100%

### Cardiac markers

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

### Hematology

- WBC: 4,000-11,000/mm3
- RBC: 4.5-5.5 million/mm3
- Hemoglobin: 12-16 g/dL
- Hematocrit: 37-47%
- PT: 12-14 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.5

### 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.

### Effects of Pain

- Chronic: chronic suppression, depression, disability, fatigue, anger, inability to perform ADLs

- Acute: increased cortisol output, impaired tissue response, chronic suppression, increased cortisol production, increased blood volume

### 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** - Reflex should occur when baby and head are suddenly moved and then pull back in response to head movement.
- **Rooting** - infant should turn head toward finger if placed on cheek.
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# Nclex Study Guide

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## **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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memorization to focus on critical thinking and clinical decision making This exam evaluates your ability to apply knowledge in real world healthcare settings testing not just what you know but how you think and respond under pressure This comprehensive guide is your essential companion in preparing for the NGN covering all the critical topics and question types you ll encounter From understanding the foundational principles of nursing practice like pharmacology safety and infection control to mastering specialized areas such as pediatric nursing maternal care and mental health this book provides in depth content and practical strategies to help you succeed Each section is crafted to enhance your clinical judgment preparing you to handle the complex and often unpredictable scenarios that the NGN will present One of the key features of this book is the emphasis on the NGN question formats that have been designed to assess your clinical decision making skills You ll learn how to approach case studies clinical judgment questions multiple response items and the increasingly common drag and drop and fill in the blank questions With this book you ll gain the confidence to navigate these diverse formats and think critically to arrive at the best answers for each scenario But this book isn t just about theory it s about preparing you for exam day and beyond You ll also find expert tips for time management test taking strategies and techniques for managing test anxiety ensuring that you are calm focused and ready to perform at your best We understand that the road to passing the NGN can be daunting which is why we ve crafted a guide that is both informative and practical giving you a clear roadmap to follow throughout your study journey Whether you re a nursing student about to take the exam or a seasoned nurse looking to refresh your knowledge this book offers the resources you need to succeed Step confidently into the NGN and demonstrate that you have what it takes to provide high quality patient centered care in today s healthcare environment Get ready to ace the Next Generation NCLEX RN with this essential guide     [Saunders 2020-2021 Strategies for Test Success - E-Book](#) Linda Anne Silvestri,Angela Silvestri,2019-06-16 Help alleviate your pre test jitters with this essential nursing resource Written by the most trusted experts in NCLEX prep Saunders 2020 2021 Strategies for Test Success 6th Edition introduces tools for overcoming test anxiety and tactics for developing effective study habits Essentially it teaches you how to master the things that matter most on your nursing school exams critical thinking problem solving and time management This essential guide features over 1 200 practice questions and rationales to help you tackle anything from a routine quiz to the NCLEX It also includes a wealth of proven tips and real world hints to help you confidently evaluate and identify the correct answer for a variety of test question types including alternate item formats Plus additional questions on the Evolve website gives you even more preparation material 1 200 review questions are included in the book and online providing a 2 in 1 approach to learning strategies and test taking skills Increased focus on critical thinking uses different strategies to help you develop clinical judgment skills and the ability to question data and client abnormalities Helpful Tips for the Nursing Student highlight the most important concepts needed for exam success UNIQUE Student to Student Hints highlight real life strategies that have helped other students graduate from nursing school and pass the NCLEX exam Practice questions coded for the beginning

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## **Table of Contents Nclex Study Guide**

1. Understanding the eBook Nclex Study Guide
  - The Rise of Digital Reading Nclex Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nclex Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Study Guide
  - Personalized Recommendations
  - Nclex Study Guide User Reviews and Ratings
  - Nclex Study Guide and Bestseller Lists
5. Accessing Nclex Study Guide Free and Paid eBooks
  - Nclex Study Guide Public Domain eBooks
  - Nclex Study Guide eBook Subscription Services
  - Nclex Study Guide Budget-Friendly Options
6. Navigating Nclex Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Nclex Study Guide Compatibility with Devices
- Nclex Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nclex Study Guide
  - Highlighting and Note-Taking Nclex Study Guide
  - Interactive Elements Nclex Study Guide
- 8. Staying Engaged with Nclex Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nclex Study Guide
- 9. Balancing eBooks and Physical Books Nclex Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nclex Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nclex Study Guide
  - Setting Reading Goals Nclex Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nclex Study Guide
  - Fact-Checking eBook Content of Nclex Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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