

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)** -idine (cimetidine)
- **ABx and (in)** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



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

- **Antibiotics and (in)** -vir (acyclovir)
- **ARBs and (in)** -artan (losartan)
- **PHAs 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 1.8 + 32
- multiply by 1.8 and add 32



- 1 pint = 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
- 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 (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.
- **4-6 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.
- **8-10 months**: stands straight at eight, 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 - extreme thirst
- Angiomyocardial Dysplasia (AMD) - granuloma, hyperplasia, edema
- Chronic Kidney - polyuria, polydipsia, polyuria
- Renal transplant rejection - fever, chills, hypertension
- Hypertension - headache, dizziness, blurred vision
- Acute - vomiting, diarrhea, pain relieved by NPO
- Myocardial infarction - chest pain, sweating, pain radiating to left shoulder, neck, and arm (preceded by NPO)
- Parkinson's disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal detachment - flashes of light, shadow with curtain vision
- Basilar Skull Fracture - raccoon eyes (periorbital ecchymosis) and Battle's sign (mastoid ecchymosis)

Sexual Transmitted Infections

- Herpes Simplex Type II - genital lesions on genitalia
- Gonorrhea - purulent discharge, pain in urethra
- Syphilis - chancre, rash
- Chlamydia - purulent discharge
- Bacterial vaginosis - green, yellow discharge and painful urination
- Chlamydia - white discharge and painful urination
- Candidiasis - white cheesy discharge vaginal discharge
- Trichomonas - yellow, frothy, frothy, and fish smelling vaginal discharge

Lab Values

Blood Gas

- PaO₂ 80-100 mm Hg
- PaCO₂ 35-45 mm Hg
- pH 7.35-7.45
- pO₂ 100-120 mm Hg
- pO₂ 100-120 mm Hg
- pO₂ 100-120 mm Hg

Cardiac markers

- Troponin I 0.03 ng/mL
- Creatinine protein 1.5-2.0 mg/dL
- BUN 10-20 mg/dL
- Creatinine serum 0.5-1.0 mg/dL

Hematology

- Hb 12-16 g/dL
- Hct 37-47%
- WBC 4,000-11,000 cells/mm³
- Platelets 150,000-400,000 cells/mm³
- PT 12-14 seconds
- aPTT 35-45 seconds
- INR 1.0-1.2
- INR 1.0-1.2
- INR 1.0-1.2

Lipoproteins & Triglycerides

- LDL 100-130 mg/dL
- HDL 40-60 mg/dL
- TG 100-150 mg/dL
- ApoB 100-130 mg/dL
- ApoA 100-130 mg/dL
- ApoB 100-130 mg/dL



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability
- Appropriate for children to 6 years
- Off age and older children with cognitive impairment

Types of Pain

- Chronic: Persistent, malignant 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 heart rate, blood pressure, anxiety, depression, fatigue, anger, inability to perform ADLs
- Acute: Increased heart rate, blood pressure, anxiety, depression, fatigue, anger, inability to perform ADLs

Factors that Influence Pain

- Past Experience
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

EPID - Treatment for maternal hypotension after an epidural anesthetic

- Stop infusion of epidural
- Turn the client on her left side
- If hypotension is present, push IV fluids

Newborn Reflexes

- **Rooting**: Infant should close if light touched to eye
- **Moro**: Infant should extend arms and head symmetrically and then pull back in response to loud noise or jolt
- **Palmar**: Infant should grasp finger if palm stroked
- **Babinski**: Infant should open mouth and turn to the side of touch when the infant's cheek is stroked
- **Rooting**: Infant should suck if mouth touched before may be used in premature infants
- **Babinski**: Feet should hyperextend if sole of foot stroked from heel to ball of foot
- **Grasp**: Infant should grasp finger out of mouth if tip of finger touches
- **Tonic neck**: With infant lying flat and the 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**: With infant prone, striking down one side of spine (2 inch from spine) should result in the pelvis turning to stretched side

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pharmacology Hands on exercises include study questions case studies and NCLEX review questions making it easier to apply your knowledge to clinical practice and develop clinical reasoning skills NCLEX review questions in each chapter include application level questions and alternate item format questions Case studies enhance your understanding of nursing responsibilities in therapeutic pharmacology Medications and Calculations chapter offers additional opportunities to test your knowledge and skill in drug dosage calculation 75 sample drug labels familiarize you with the real labels you will see in clinical practice Answers for all exercises are provided at the back of the book to make studying easier Study questions are provided in formats including matching completion and crossword puzzles NEW Updated content reflects the changes to Kee's Pharmacology textbook NEW Case study questions focus on developing your clinical reasoning skills NEW Rationales are added to the answer key for selected application level questions and case study questions NEW safety icons emphasize the nurse's role in patient safety NEW Case studies now feature open ended questions to promote development of clinical reasoning skills

Mosby's Review Questions for the NCLEX-RN Examination Patricia Mary Nugent, Phyllis K. Pelikan, Judith S. Green, 2011 Prepare for exam success with Mosby's Review Questions for the NCLEX RN Examination Over 5 000 exam style practice questions help you assess your strengths and weaknesses develop test taking skills and reduce your test anxiety Written by testing experts Patricia M Nugent Phyllis K Pelikan Judith S Green and Barbara A Vitale this book makes review easy by organizing material into the core clinical areas of medical surgical nursing mental health maternity and pediatrics Rationales are provided for both correct and incorrect answers and alternate item format questions ensure that you're prepared for the latest version of the exam A companion CD lets you review in three different practice modes to gain experience in computerized tests Convenient organization by core clinical area body system and disorders makes it easy to select the practice questions you prefer Over 5 000 questions provide plenty of practice with more than 3 000 questions in the book and over 2 000 additional questions on the CD Rationales for both correct and incorrect answers help you understand the reasoning behind each answer option Alternate item format questions include multiple response fill in the blank hot spot figure or illustration chart exhibit and drag and drop prioritizing to enhance your critical thinking skills Three practice modes study quiz and exam on the companion CD let you choose your style of review Content selection on the companion CD lets you to choose questions by client needs category nursing process step or content area so you can focus your study on your weakest areas Two 265 question comprehensive exams one in the book one on the CD let you practice with an NCLEX RN exam style test Coverage of new content on the 2010 NCLEX RN test plan prepares you for the exam with the most up to date information An increase to over 300 alternate item format questions provides additional practice with these important critical thinking questions 12 chart exhibit alternate item format questions introduce the newest alternate item format type

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