

# 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)
- **Alka 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)** -in (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 1.8 + 32
- multiply by 1.8 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 - Headache, dizziness, blurred vision
- Acute - vomiting, nausea, and pain (relieved by NPO)
- Myocardial infarction (MI) - crushing, radiating pain radiating to left shoulder, neck, and arm (preceding NPO)
- Parkinson's disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal detachment - flashes of light, shadow with vision loss
- Basilar Skull Fracture - Battle's sign (swollen mastoid process) and Raccoon's sign (swollen periorbital area)

### Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white, purulent discharge
- Syphilis - chancre (painless ulcer)
- Chlamydia - purulent discharge
- Bacteremia - green, white discharge and painful urination
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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: 100 mmHg
- SaO2: 95%

### Cardiac markers

- Troponin: < 0.05 ng/mL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL
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### 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: 12-15 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, 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: Chronic suppression, depression, disability, fatigue, anger, inability to perform ADLs.
- Acute: Increased cortisol output, impaired tissue response, chronic suppression, increased cortisol production, increased fluid retention.

### 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 head symmetrically and then pull back in response to loud noise or jolt.
- **Rooting**: Infant should turn head toward finger placed on cheek.
- **Sucking**: Infant should open mouth and turn to the side of touch when the infant's cheek is stroked.
- **Babinski**: Infant should curl if foot is stroked.
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# **Nclex Quick Reference Study Guide**

**JoAnn Graham Zerwekh, Jo Carol  
Claborn**



## **Nclex Quick Reference Study Guide:**

*RN's Study Guide* Vicky Li, 2016-12-05 Review Guides Certification Prep Pocket Guides      **Fundamental Nursing Skills and Concepts** Barbara Kuhn Timby, 2009 Now in its Ninth Edition this full color text combines theoretical nursing concepts step by step skills and procedures and clinical applications to form the foundation of the LPN LVN course of study This edition features over 100 new photographs exciting full color ancillaries end of unit exercises and extensively updated chapters on nursing foundations laws and ethics recording and reporting nutrition fluid and chemical balance safety asepsis infection control and medication administration Coverage includes new information on cost related issues emerging healthcare settings concept mapping malpractice documentation and reporting HIPAA and more All Gerontologic Considerations sections have been thoroughly updated by renowned experts      **Pharmacology E-Book** Linda E. McCuiston, Kathleen Vuljoin DiMaggio, Mary B. Winton, Jennifer J. Yeager, 2021-12-25 Selected for Doody's Core Titles 2024 in Pharmacology Gain a solid understanding of pharmacology and make it a part of patient centered nursing care Pharmacology A Patient Centered Nursing Process Approach 11th Edition makes it easy to learn the principles of pharmacology and drug dosage calculation A clear guide to pharmacotherapy and safe drug administration this book uses drug prototypes to provide need to know information about key drugs including dosage side effects interactions and more Nursing Process summaries enhance your skills in clinical judgment and patient care Written by a team of nursing experts led by Linda McCuiston this text provides the pharmacology knowledge you need to succeed on the NCLEX and as a professional nurse UNIQUE Prototype Drug charts provide easy access to key information for representative drugs including dosages side effects interactions contraindications pharmacokinetics and more UNIQUE Extensive Drug Calculations chapter features a math review as well as step by step instructions for frequently used methods of dosage calculation UNIQUE Nursing Process summaries highlight important nursing considerations related to drug therapy and emphasize patient teaching patient safety and relevant cultural content Critical Thinking case studies challenge you to apply your knowledge and analytical skills to realistic patient scenarios and include answer guidelines on Evolve Learning features include chapter outlines and objectives review questions and learning resources on the Evolve website Application level NCLEX study questions include at least one alternate style question per chapter preparing you for the growing pharmacology coverage on the NCLEX Examination Safety and Quality chapter discusses medication errors specific nursing measures to promote safety National Patient Safety Goals and other safety issues and concerns Prioritization coverage helps you learn to prioritize nursing care by listing nursing interventions in the order of priority and a smaller font size differentiates between need to know and nice to know content NEW Next Generation NCLEX NGN examination style case studies familiarize you to the way that content will be tested in the new NGN exam NEW Updated and clinically relevant drug content includes the latest drugs and drug therapies and removes drugs no longer being used NEW Updated Nursing Process summary boxes in each chapter

include the Clinical Judgment Model steps along with the nursing process      *Review Questions for the NCLEX-RN* Sandra Fucci Smith,1997 This book discusses test preparation and provides many useful tips and testing strategies to facilitate course work as well as the exam A simulated NCLEX RN exam is provided on computer disk      **Pharmacology** Joyce LeFever Kee,Evelyn R. Hayes,Linda E. McCuiston,2014-01-30 Previous edition has subtitle a nursing process approach

Brunner & Suddarth's Textbook of Medical-Surgical Nursing Jan Hinkle,Kerry H. Cheever,2017-09-25 Publisher's Note  
Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Trusted by instructors preferred by students Brunner Suddarth's Textbook of Medical Surgical Nursing 14th Edition makes fundamental coverage of medical surgical nursing practices more approachable than ever Comprehensively updated to keep pace with today's changing health care environment this edition layers essential patient care procedures with engaging case studies and vignettes that bring concepts to life and prepare students to confidently apply what they've learned in nursing practice Fully updated and enhanced this new edition provides a fully integrated solution that promotes clinical judgment performance and success on the NCLEX examination and in nursing practice      *Subject Guide to Books in Print* ,1996      **Sandra Smith's Review for NCLEX-RN** Sandra Fucci Smith,1988 Recently Acquired Critical Thinking questions simulated NCLEX tests study guidelines test taking tips a CD ROM and more than 2500 Q As are included in this all in one resource Topics include Alternative Complementary Therapies Management Principles Legal Issues Nursing Concepts Pharmacology Infection Control Disaster Nursing Bioterrorism Medical Surgical Nursing Oncology Nursing Laboratory Tests Maternal Newborn Nursing Pediatric Nursing Psychiatric Nursing Gerontological Nursing      **Fundamentals of Nursing** Barbara Kozier,2004 For years Kozier and Erb's Fundamentals of Nursing Concepts Process and Practice has been the leading textbook that helps students embark on their careers in nursing The seventh edition retains many of the features that have made this textbook the number one choice of nursing students and faculty for so long Book jacket      *Review for NCLEX-PN* Sandra Fucci Smith,1994      **Sandra Smith's Review for NCLEX-PN** Sandra Fucci Smith,2005 Recently Acquired Questions based on Critical Thinking Principles NCLEX Procedures Study Guidelines Test taking Tips and a CD ROM with more than 2300 Q As are included in this all in one resource Topics include Management Principles Legal Issues Nursing Through the Life Cycle General Nursing Concepts Pharmacology Nutritional Management Laboratory Tests Infection Control Disaster Nursing Bioterrorism Medical Surgical Nursing Emergency Nursing Oncology Nursing Geriatric Nursing Maternal Newborn Gynecological Nursing Pediatric Nursing Mental Health Nursing      **NCLEX Exam Prep** Wilda Rinehart,Diann Sloan,Clara Hurd,2007 COMPREHENSIVE Succeed with comprehensive learning and practice tests Master the NCLEX RN R and NCLEX PN R exam materials in all tested subject areas Prepare with four comprehensive practice tests Analyze your test readiness and areas for further study with topic focused chapter tests CD ROM based practice exam includes an interactive Computer Adaptive Test CAT engine for a

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**Nursing Today** JoAnn Graham Zerwekh,Jo Carol Claborn,2003 Reflecting rapid changes in the field the fully updated fourth edition of this successful text focuses on the information students need to make a successful transition from the classroom to practice It provides a solid understanding of the problems and opportunities professional nurses face and it details the practical skills essential for success New and expanded coverage is included on nursing management the delegation of nursing care community based care and alternative complementary health care Specific career management tools covering communication in the workplace time management resume writing and interviewing tips basics of budgeting and a full chapter on the NCLEX RN exam give readers the practical advice they need to succeed Lively cartoons student objectives and exercises boxed information and thought provoking questions keep readers alert and focused on essential information A solid chapter on delegation by well known experts provides an in depth practical introduction to this core component of every nurse s practice A chapter on conflict resolution and management presents practical content focusing on strategies for win win solutions to conflict A new chapter on Nursing Informatics focuses on the importance of utilizing and integrating computers and technology in health care New Faculty and Learning Resources provide web based interactive tools that include teaching tips lecture outlines and illustration PowerPoint slides test questions in the latest NCLEX format suggestions for students activities and content updates with teaching suggestions     *Adult Health Nursing* Barbara Lauritsen Christensen,Elaine Oden Kockrow,2003 An ideal companion text to Foundations of Nursing this clearly written colorful and attractively designed resource prepares the LPN LVN for today s medical surgical nursing practice Content focuses on the nursing process and nursing actions addressing contemporary issues that include care of the older adult cultural considerations delegation to unlicensed assistive personnel patient family teaching and home long term care Used together these two texts provide all the content covered in the entire LPN LVN curriculum The nursing process is applied consistently and logically to the discussion of disorders and appears in complete summary form at the end of every chapter Full color art photography and design add visual appeal to text content An Overview of Anatomy and Physiology opens all body systems chapters Objectives are divided into Anatomy Physiology and Medical Surgical categories Nursing Care Plans are developed around specific case studies with an emphasis on patient goals outcomes and questions to promote critical thinking Clinical Pathways reflect collaborative care Assessment is separated out into Subjective and Objective Data Nursing Diagnosespaired with disorder appropriate Nursing Interventions are screened and highlighted in the text Critical Thinking

Questions are found at the end of every Nursing Care Plan Therapeutic Dialogue boxes focus on communication through real life examples of nurse patient dialogue Patient Teaching boxes examine discharge instructions and health promotion for patients and families Home Health Considerations boxes discuss issues facing patients and caregivers in the home care setting Older Adult Considerations boxes bring a gerontologic perspective to the analysis of specific disorders Cultural and Ethnic Considerations boxes teach students about specific cultural preferences and how to address the needs of cultural diversity when planning nursing care Medications tables provide quick access to action dosage precautions and nursing considerations for commonly used drugs      **Forthcoming Books** Rose Arny,1998-06      **Workbook for**

**Maternal-newborn Nursing & Women's Health Care, Seventh Edition** Marcia L. London,Sally B. Olds,Patricia Ladewig,2003-08 A workbook to accompany Maternal newborn nursing women s healthcare Sally B Olds et al      Photo Guide of Nursing Skills Sandra Fucci Smith,Donna Duell,Barbara C. Martin,2002 For Fundamentals and Skills courses This photo atlas provides a full color presentation of all basic and intermediate skills for fundamental level students Its unique and easy to use format presents each procedure in logical steps complete with appropriate illustrations descriptions and rationales A critical thinking section focuses on unexpected outcomes when performing skills and encourages students to problem solve in a clinical context using alternative nursing actions      *American Book Publishing Record* ,2006

*Pediatric Nursing* Jane W. Ball,Ruth McGillis Bindler,2003 Exceptionally user friendly and up to date this pediatric nursing book features a very visual approach with abundant four color photos and drawings throughout extensive marginal notes chapter opening vignettes and other pedagogical devices plus a heavy emphasis on community nursing It details the core essentials of pediatric nursing practice while also providing the critical thinking skills necessary for future challenges Chapter titles include Nurse s Role Hospital Community Settings and Home Growth Pediatric Assessment Nursing Care Hospitalized Child Nursing Considerations Child in Community Child with Life Threatening Illness or Injury Pain Assessment and Management F Immune Function Infections and Communicable Diseases Respiratory Cardiovascular Hematologic Cellular Growth Gastrointestinal genitourinary Eye Ear Nose Throat Neurologic Musculoskeletal Endocrine and Skin Integrity

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