

# NURSING MNEMONICS

## MENTAL HEALTH

### Anorexia - signs and symptoms

#### ANOREXIA

Amenorrhea  
No organic factors accounts for weight loss  
Obviously thin but feels FAT  
Refusal to maintain normal body weight  
Epigastric discomfort is common  
X-symptoms (peculiar symptoms)  
Intense fears of gaining weight  
Always thinking of foods

### Alcoholism-behavioral problems

#### 5 D's

Denial  
Dependency  
Demanding  
Destructive  
Domineering

### Alzheimer's Disease

#### 5 As

Amnesia - loss of memories  
Anomia - unable to recall names of everyday objects  
Apraxia - unable to perform tasks of movement  
Agnosia - inability to process sensory information  
Aphasia - disruption with ability to communicate

## MED SURG

### Dyspnea

#### 6 Ps

Pulmonary Bronchial Constriction  
Possible Foreign Body  
Pulmonary Embolus  
Pneumothorax  
Pump Failure  
Pneumonia

### Hyperglycemia vs Hypoglycemia

**Hyper** - hot/dry - sugar high  
**Hypo** - cold/clammy - needs candy

## MED SURG

### Arterial Blood Gas Evaluation

#### ROME

Respiratory  
Opposite  
Metabolic  
Equal

### Pulmonary Edema - treatment

#### MAD DOG

Morphine - causes vasodilation resulting in decreased BP  
Aminophylline - relaxes airways to make breathing easier  
Digitalis - improve heart function in pulmonary edema  
  
Diuretics (Lasix) - pull excess fluid off  
Oxygen - improve oxygenation  
Gases (Blood Gases ABGs) - assess respiratory status

### Hypoxia - signs/symptoms

#### RAT BED

Early Hypoxia:  
Restlessness  
Anxiety  
Tachycardia/ Tachypnea

#### Late Hypoxia:

Bradycardia  
Extreme Restlessness  
Dyspnea

### Asthma - management

#### ASTHMA

Adrenergic (Albuterol)  
Steroids  
Theophylline  
Hydration (IV)  
Mask (Oxygen)  
Antibiotics

### Pupillary reaction

#### PERRLA

Pupils  
Equally  
Round and  
Reactive to  
Light and  
Accommodate

## MED SURG

### Moles - malignant assessment

#### ABCD's

Asymmetry—is the mole irregular in shape?  
Border—is the border irregular, notched, or poorly defined?  
Color—does the color vary (for example, between shades of brown, red, white, blue, or black)?  
Diameter—is the diameter more than 6 mm?

### Hypoglycemia-signs/symptoms

#### TIRED

Tachycardia  
Irritability  
Restless  
Excessive Hunger  
Diaphoresis/ Depression  
Sulfate

### Cardiac Blood Flow

#### Toilet Paper My A\*\*

Tricuspid  
Pulmonic  
Mitral  
Aortic

### Cranial Nerves

#### Oh Oh Oh To Touch And Feel Very Good Velvet AH!

Olfactory  
Optic  
Oculomotor  
Trochlear  
Trigeminal  
Abducens  
Facial  
Vestibulocochlear  
Glossopharyngeal  
Vagus  
Accessory  
Hypoglossal

### Hypertension - complications

#### 4 C's

Coronary Artery Disease  
Coronary Rheumatic Fever  
Congestive Heart Failure  
Cerebral Vascular Accident

# Nursing Reference Guide

**American Academy of Pediatrics**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the American Academy of Pediatrics text.

## **Nursing Reference Guide:**

*The Nursing Mother's Quick Reference Guide and Planner* Kathleen Huggins, 2020-02-11 This is a shorter version of the best selling book on breastfeeding *The Nursing Mother's Companion* by Kathleen Huggins This concise easy to use on the fly version of that classic book is ideal for busy time pressed new moms and their helpers and partners It also includes planner pages to help keep track of nursing and pumping sessions and other important details Breastfeeding is natural but it is not always instinctive for either mothers or babies Kathleen Huggins's *The Nursing Mother's Companion* has been a top selling book on breastfeeding for more than 7 editions over 30 years with more than 1.1 million copies sold It is respected and recommended by professionals including The International Lactation Consultant Association Dr T Berry Brazelton and The American Academy of Pediatrics and it is well loved by new parents for its encouraging and accessible style Now in this shorter quick reference version moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book Plus this edition adds a planner component for scheduling nursing sessions pump rentals and pumping sessions weight and wellness checks anticipated dates for weaning and more Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully This up to date book covers Expressing storing and feeding breast milk How to cope with breastfeeding obstacles and challenges Managing pumping and nursing when you return to work New mom care for the postpartum period Introducing solid foods How to choose a breast pump Deciding when to wean and how to do it

**Nursing Diagnosis Reference Manual** Sheila M. Sparks, Sheila Sparks Ralph, Cynthia M. Taylor, 1998 This pocket size manual includes alphabetically organized entries within logical life cycle sections This edition also includes 15 new community based plans of care to help nurses work with nontraditional clinical placements Plans of care have been revised to reflect the most recent NANDA conference Also includes new guidance on how to use plan of care information in the development of clinical pathways *NPocket*, 2012-07 **Sparks & Taylor's Nursing Diagnosis Reference Manual** Linda Phelps, 2019-11-25 This clearly written easy to use reference manual delivers the evidence based information nursing students and practicing nurses need to make confident diagnoses and construct care plans that meet patients healthcare needs The perfect reference for any clinical classroom or simulation setting this updated edition integrates the nursing process throughout and makes it easier than ever to access the latest NANDA I nursing diagnoses UPDATED 2018 2020 NANDA I diagnosis and standards Nursing Interventions Classification NIC and Nursing Outcomes Classification NOC labels incorporated throughout reinforce clinical confidence and quality of care NEW 17 new diagnoses keep students on the cutting edge of nursing practice UPDATED QSEN competency icons throughout reinforce important considerations for safe care UPDATED Alphabetical organization helps students find diagnosis information quickly and easily Selected Nursing Diagnoses by Medical Diagnosis Appendix I delivers clearly written authoritative care plans for every stage in the life cycle Related Factors sections

strengthen students diagnostic capabilities Quick Reference tables list diagnoses by life stages for access at a glance **Top 60 Signs for Nurses** Mark Dennis, William Talbot Bowen, Lucy Cho, 2017-06-23 Presented in a useful handbook style Top 60 Signs for Nurses Quick reference guide for best practice care outlines the evidence base and clinical value of each clinical sign to assist with interpretation Each of the signs is related back to the mechanism of action along with clearly documented research to demonstrate the evidence base associated with this sign Signs are ordered alphabetically within each chapter outlining a specific body system Extensive reference lists of up to date literature strengthen the authority of the content Clinical Pearls highlight the main signs which students and graduate nurses should look out for to help them identify conditions with which the patients present **Evidence-Based Practice for Nursing and Healthcare Quality**

**Improvement** Geri LoBiondo-Wood, Judith Haber, Marita G. Titler, 2018-07-25 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Quality Improvement 2019 AJN Book of the Year Award Recipient in the Advanced Practice Nursing category Equip yourself to expertly conduct EBP or quality improvement projects Written by renowned EBP experts LoBiondo Wood Haber Titler Evidence Based Practice for Nursing and Healthcare Quality Improvement provides a straightforward yet comprehensive guide to planning and conducting EBP and quality improvement projects This brand new full color richly illustrated textbook begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information The book's content and approach have been developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context **NEW** Written by renowned EBP experts LoBiondo Wood Haber Titler to provide a straightforward yet comprehensive guide to planning and conducting EBP and QI projects **NEW** A straightforward practical approach begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information **NEW** Developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context **Department of Nursing Referencing Guide, Study and Style Guide** Cheryl Cordery, 1993

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**Film Reference Guide for Medicine and Allied Sciences**, 1968 *Family Nurse Practitioner Certification Review and Clinical Reference Guide* Virginia Layng Millonig, Mary A. Baroni, Sally K. Miller, 2001 *Nursing Practice* Ian Peate, Karen Wild, 2018-02-05 The second edition of the successful and definitive nursing textbook *Nursing Practice* is designed to support the student throughout the entire nursing degree Structured around the latest Nursing and Midwifery Council Code of Conduct it explores a range of clinical and professional issues that the student will need to know in one complete and accessible volume Thoroughly updated and with full colour high quality illustrations throughout this new edition features an additional chapter on the principles of supporting families and carers in practice advice on revalidation as well as a number of learning features and activities to help consolidate learning *Nursing Practice* provides invaluable information to enable not just student nurses but also those who are qualified and members of the extended nursing family to develop a deeper understanding of their patients needs and to ensure that they are practicing safely and effectively *A Pocket Guide for Medical-surgical Nursing* Carol J. Neel, Mark B. Wallerstein, 1985

**Community Assessment Reference Guide for Community Health Nursing** Mary Jo Dummer Clark, 2008 This collection of 38 assessment tools and inventories helps nurses provide excellent nursing care for individuals families and population groups Assessment tools guide nurses in assessing health status while inventories are checklists of interventions or risk factors for selected community health problems These tools provide direction for the development of nursing diagnoses planning interventions and evaluating the outcomes of care

[Nurse Resource Guide](#) Becky a Kwitowski, Stacy J Brzezinski, Rn Bsn Kwitowski, BC Becky a, Rn Msn Brzezinski, Ccrn Stacy J, 2014-10-25 Nursing students and novice nurses expect their work place to resemble what they were taught in school Nursing schools have provided students with an excellent knowledge base and the beginning of critical thinking The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse provides an in the trenches support for patient assessment critical thinking and procedural recommendations This is what every new and returning nurse needs to have handy when working at the bedside Patients family members physicians and your peers need to know nurses provide safe quality patient care The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse is a valuable tool to help you develop the framework of your quality nursing care The acute care setting in this day and age is so fast paced and the patient population is so acutely ill it requires the quick and accurate assessment and correct interventions to provide best quality care and outcomes for your patients The hardest part of becoming a well rounded nurse is learning to critically think The ability to know what is essential in each patient s care requires nurses to have vital information at their fingertips allowing them to recognize significant changes in the patient s condition The NURSE RESOURCE GUIDE A Quick Reference for the Bedside Nurse will help you to develop and

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## **Table of Contents Nursing Reference Guide**

1. Understanding the eBook Nursing Reference Guide
  - The Rise of Digital Reading Nursing Reference Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Nursing Reference 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 Nursing Reference Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nursing Reference Guide
  - Personalized Recommendations
  - Nursing Reference Guide User Reviews and Ratings
  - Nursing Reference Guide and Bestseller Lists
5. Accessing Nursing Reference Guide Free and Paid eBooks

- Nursing Reference Guide Public Domain eBooks
- Nursing Reference Guide eBook Subscription Services
- Nursing Reference Guide Budget-Friendly Options
- 6. Navigating Nursing Reference Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Nursing Reference Guide Compatibility with Devices
  - Nursing Reference Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nursing Reference Guide
  - Highlighting and Note-Taking Nursing Reference Guide
  - Interactive Elements Nursing Reference Guide
- 8. Staying Engaged with Nursing Reference Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nursing Reference Guide
- 9. Balancing eBooks and Physical Books Nursing Reference Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nursing Reference Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nursing Reference Guide
  - Setting Reading Goals Nursing Reference Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nursing Reference Guide
  - Fact-Checking eBook Content of Nursing Reference 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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