

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 (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
multiply by 32 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 - increased heart rate (HR) - tachycardia, hypertension, stress
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialphage (Bacterial Phage) - fever, chills
- Hypertension - Headache, dizziness, blurred vision
- Acute - vomiting, nausea, pain relieved by NPO
- Myocardial infarction (MI) - crushing, radiating pain radiating to left shoulder, neck, and arm (substernal pain)
- Parkinson's disease - pill rolling tremors
- Glaucoma - blurred vision
- Retinal detachment - flashes of light, shadow with vision loss
- Basilar Skull Fracture - Battle's sign (mastoid erythema), raccoon eyes (periorbital ecchymosis) and Raccoon's sign (nasal ecchymosis)

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
- Chlamydia - 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: 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%
- Platelets: 150,000-400,000/mm3
- PT: 12-14 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.2

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: Increased cortisol output, impaired immune response, increased depression, decreased mood, decreased quality of life.
- Acute: Increased cortisol output, impaired immune response, increased depression, decreased mood, decreased quality of life.

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 legs symmetrically and then pull back in response to loud noise or jolt.
- **Rooting**: Infant should turn head toward finger placed in mouth.
- **Sucking**: Infant should suck if mouth is stimulated.
- **Swallowing**: Infant should swallow if mouth is stimulated.
- **Grasp**: Infant should grasp finger placed in mouth if tip of finger touches.
- **Tonic neck**: Infant should turn head to one side if head is turned.
- **Startle**: Infant should startle if loud noise is heard.
- **Rooting**: Infant should turn head to one side if cheek is touched.
- **Grasp**: Infant should grasp finger placed in mouth if tip of finger touches.

Nclex Rn Review

Linda Anne Silvestri, Angela Silvestri



Nclex Rn Review:

Saunders Comprehensive Review for the NCLEX-RN® Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2022-06-25 Prepare for success on the NCLEX RN exam with this complete review Often called the best NCLEX exam review book ever Saunders Comprehensive Review for the NCLEX RN Examination reviews all nursing content areas related to the current test plan This new edition includes 5 700 NCLEX exam style questions in the book and online including alternate items formats and Next Generation NCLEX questions Don t make the mistake of assuming the quality of the questions is the same in all NCLEX exam review books because only this book includes the kinds of questions that consistently test the clinical judgment skills necessary to pass today s NCLEX exam Even better all answers include detailed rationales to help you learn from your answer choices as well as test taking strategies with tips on how to best approach each question Written by the most trusted names in NCLEX review Linda Anne Silvestri and Angela Elizabeth Silvestri this is THE book of choice for NCLEX preparation But don t just take our word for it read any customer review or ask your classmates to see why there s nothing else like it More than 5 700 practice questions in the text and on the Evolve website offer ample testing practice UNIQUE Detailed test taking strategy is included for each question offering clues for analyzing and uncovering the correct answer option with rationales provided for both correct and incorrect answers UNIQUE Pyramid Points icons indicate important information identifying content that is likely to appear on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts and identify content that typically appears on the NCLEX RN examination UNIQUE Priority Concepts two in each chapter discuss important content and nursing interventions and reflect the latest edition of Giddens Concepts for Nursing Practice text UNIQUE Priority Nursing Action boxes provide information about the steps you will take in clinical situations requiring clinical judgment and prioritization UNIQUE Audio review summaries on Evolve cover pharmacology acid base balance and fluids and electrolytes New graduate s perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information Alternate item format questions cover multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions 75 question comprehensive exam in the book covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Practice questions on Evolve are organized by content area cognitive level client needs area integrated process health problem clinical judgment and priority concepts allowing completely customizable exams or study sessions **NCLEX-RN Review Made Incredibly Easy**, 2004-11-09 Revised to meet the latest Board of Nurse Examiners criteria for the NCLEX RN this book uses the well known Incredibly Easy approach to make NCLEX review effective and enjoyable In a light hearted manner that reduces anxiety and aids retention the book thoroughly reviews every area of nursing adult care psychiatric care maternal neonatal care care of the child leadership and

management and law and ethics This edition includes a new chapter on how to prepare for the NCLEX plus 200 alternate format questions and answers added to the appendix and accompanying CD ROM The book also includes an entertaining graphic novel depicting the NCLEX process from application to license and valuable strategies for successfully passing the exam [Hurst Reviews NCLEX-RN Review](#) Marlene Hurst,2008-01-17 Ace the NCLEX RN with the help of nursing review pioneer Marlene Hurst Use Marlene s unique no cram pass with what you already know system and slash your study time in half Based on Marlene Hurst s phenomenally popular nursing seminars that train over 30 000 students annually this innovative review is loaded with the author s time tested strategies all designed to help you pass the NCLEX certification and course exams the first time around NCLEX RN Review breaks the mold of other review books by explaining how to apply critical thinking and test taking skills rather than how to re learn course content Marlene shows you how to effectively work with the think on your feet philosophy of the NCLEX RN not against it Features A complete NCLEX RN toolkit from the world s most sought after speaker on passing the NCLEX Over 1 000 skill building NCLEX style questions complete with answers and rationales Full of concise easy to remember strategies that cut study time in half An eye catching four color format Marlene Moments Marlene s humorous anecdotes of common student mistakes that offer a light hearted look at how new nurses learn to succeed What the NCLEX Lady Thinks valuable tips that reveal the rationale behind certain types of NCLEX questions and how to adjust your strategy accordingly Chapter ending NCLEX practice questions that solidify important information and show you how it will be tested on the NCLEX examination Downloadable material includes 300 additional NCLEX style questions plus downloadable MP3 audio tips from Marlene Hurst s award winning NCLEX reviews

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NCLEX-RN Review Edna B. Domingo,2012-06-14 There s no better or effective way to study for the NCLEX RN Exam than using a review book that uniquely categorizes questions based on the current NCLEX RN Test Plan Categorized questions based on the current NCLEX RN test plan prepares the nurse with confidence to pass NCLEX RN the first time Questions include Alternate item questions Integration of the nursing process Higher level concepts that require critical thinking synthesis and interpretation Knowledge base that requires comprehension analysis and application to nursing practice

NCLEX-RN Notes Barbara Ann Vitale,2013 A Davis s Notes Book Content review plus Q A perfect every time every place everywhere Prepare for the NCLEX wherever you are at home in the library or on the bus Here are tips strategies techniques and content all in one pocket sized resource You ll review all major content areas while you hone your test taking techniques What nurses are saying This is very helpful in the clinical setting When I see a patient I like to make sure I know about their disease and understand what needs to be done This little flip book is perfect It fits in the pocket of my scrubs and I carry it all day Nicole F Amazon com **NCLEX- RN Notes** Barbara Ann Vitale,2007 **NCLEX Review: Strategies and Skills** Didona,2014-08-14 **NCLEX-RN Review Made Incredibly Easy!** Candice Rome,2019-09-16 NCLEX RN REVIEW MADE INCREDIBLY EASY 6E is designed to help nursing students prepare to take the licensing examination The book blends critical content review in an easy to follow and bulleted format pharmacology tables that summarize core medication information and thousands of questions covering all the Client Need categories of NCLEX and the major content areas of pre licensure programs The product reviews core curriculum concerns and more than 3 000 questions that prompt active learning and higher order thinking Questions align with the National Council of State Boards of Nursing NCSBN 2019 RN test plan and are written in the style used on the licensing examination Other features include the use of all the types of alternate format questions found on the licensing examination detailed rationales for both correct and incorrect answers and information about the NCLEX RN An accompanying code gives student access to a 7 day free trial of Lippincott PassPoint RN

Lippincott's Q&A Review for NCLEX-RN Diane Billings,Desiree Hensel,2014-08-08 The 11th edition of Lippincott s Q A Review for NCLEX RN provides the highest quality practice questions detailed rationales and preparation strategies needed to succeed on the NCLEX RN examination This revised reprint has been updated to ensure that content will help both

U S and Canadian students to succeed on the licensure examination with enhanced laboratory values medication information and diversity representation The practice tests are organized into four major content areas obstetrics pediatrics medical surgical and mental health nursing and are followed by 6 comprehensive tests with a random selection of questions from all content areas Other features include rationales for both incorrect and correct answers choices all the types of alternate format questions found on the NCLEX an overview of the licensing examination test taking strategies for each question format and study tips including instructions for creating a personal study plan Lippincott's Review for NCLEX-RN Diane McGovern Billings,2005 The thoroughly updated edition reflects the current NCLEX test plan and contains more than 5 000 test questions to help students practice taking the exam The book contains more questions than any other NCLEX RN review and includes more pharmacology related questions **Comprehensive Review for NCLEX-RN** Mary Ann Hogan (Nurse),2023-04 This volume of the popular Pearson Nursing Reviews Rationales series is designed to serve as the ultimate study guide to prepare you for the NCLEX RNa exam It provides a comprehensive outline review of the essential content areas tested on the NCLEX RNa exam including critical areas such as management delegation leadership decision making pharmacology and emergency care This book incorporates these topics throughout and provides practice questions simulating the level of difficulty on the actual NCLEX RNa exam **NCLEX-PN Content Review Guide** Kaplan Nursing,2023-08-01 Kaplan s NCLEX PN Content Review Guide provides comprehensive review of the essential content you need to ace the NCLEX PN exam The Best Review Covers all the must know content required to pass the NCLEX PN Content is organized in outline format and easy access tables for efficient review Chapters follow the NCLEX s Client Need Categories so you know you have complete content coverage Kaplan s acclaimed Decision Tree and expert strategies help you master critical reasoning Used by thousands of students each year to succeed on the NCLEX RN Expert Guidance Kaplan s expert nursing faculty reviews and updates content annually We invented test prep Kaplan www kaptest com has been helping students for 80 years and our proven strategies have helped legions of students achieve their dreams **NCLEX-PN Prep Plus** Kaplan Nursing,2020-03-03 The NCLEX PN exam is not just about what you know it s about how you think Kaplan s NCLEX PN Prep Plus uses expert critical thinking strategies and targeted sample questions to help you put your expertise into practice apply the knowledge you ve gained in real life situations and face the exam with confidence In NCLEX PN Prep Plus Kaplan s all star nursing faculty teaches you essential strategies and critical thinking techniques you need to apply your knowledge Proven Strategies Realistic Practice 9 critical thinking pathways to break down what exam questions are asking 6 end of chapter practice sets to help you put critical thinking principles into action 2 full length practice tests to gauge your progress one in the book one online Detailed rationales for all answer choices correct and incorrect Techniques for mastering the computer adaptive test format Expert Guidance In depth content review organized along the exam s Client Needs framework 60 minutes of video tutorials on the ins and outs of the NCLEX PN Kaplan s learning engineers and expert

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students in practical and vocational nursing programs prepare to take the licensing examination More than 2 000 questions span all areas of nursing practice Seventeen specialty tests contain questions across all the Client Need categories of the NCLEX PN A two part Comprehensive Examination contains 263 items more than the maximum of 205 questions asked on the NCLEX PN to provide an outlet for comprehensive review and test practice Every test section concludes with a review of Correct Answers Rationales and Test Taking Strategies A detailed section of Frequently Asked Questions provides details about the design and process of the NCLEX PN as well as tips for students on how to prepare Questions fully align with the National Council of State Boards of Nursing NCSBN 2017 PN test plan and are written in the style used on the licensing examination including the use of all the types of alternate format questions found on the licensing examination A free trial of PassPoint PN provides book purchasers an opportunity to practice with additional questions and gives a sneak preview of the full PassPoint PN product

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