

Nursing Exam Cram Sheet for the NCLEX-RN

The final mountain that nursing students must summit before becoming a registered nurse is the NCLEX. Preparing for the NCLEX can be stressful as taking in colossal amounts of information has never been easy. This is where this cram sheet can help—it contains condensed facts about the licensure exam and key nursing information. When exam time comes, you can write and transfer these vital information from your head to a blank sheet of paper provided by the testing center.

1. Test Information

- **Six hours**—the maximum time allotted for the NCLEX is 6 hours. Take breaks if you need a time out or need to move around.
- **75/265**—the minimum number of questions you can answer is 75 and a maximum of 265.
- **Read the question and answers carefully**—do not jump into conclusions or make wild guesses.
- **Look for keywords**—Avoid answers with absolutes like *always, never, all, every, only, must, except, none, or no*.
- **Don't read into the question**—Never assume anything that has not been specifically mentioned and don't add extra meaning to the question.
- **Eliminate answers that are clearly wrong or incorrect**—to increase your probability of selecting the correct answer.
- **Watch for grammatical inconsistencies**—Subjects and verbs should agree. If the question is an incomplete sentence, the correct answer should complete the question in a grammatically correct manner.

- **Rephrase the question**—putting the question into your own words can pluck the unneeded info and reveal the core of the stem.
- **Make an educated guess**—if you can't make the best answer for a question after carefully reading it, choose the answer with the most information.

2. Vital Signs

- **Heart rate:** 60–100 bpm
- **Respiratory rate:** 12–20 rpm
- **Blood pressure:** 110/120/60 mmHg
- **Temperature:** 37 °C (98.6 °F)

3. Hematology values

- **RBCs:** 4.5–5.0 million
- **WBCs:** 5,000–10,000
- **Platelets:** 200,000–400,000
- **Hemoglobin (Hgb):** 12–16 gm (female), 14–18 gm (male)
- **Hematocrit (Hct):** 37–47 (female), 40–54 (male)

4. Serum electrolytes

- **Sodium:** 135–145 mEq/L
- **Potassium:** 3.5–5.5 mEq/L
- **Calcium:** 8.5–10.9 mEq/L
- **Chloride:** 95–105 mEq/L
- **Magnesium:** 1.5–2.5 mEq/L
- **Phosphorus:** 2.5–4.5 mEq/L

5. ABG Values

- **pH:** 7.35–7.45
- **HCO₃**: 24–26 mEq/L
- **CO₂**: 35–45 mEq/L
- **PaO₂**: 80%–100%
- **SaO₂**: >95%

6. Acid-Base Balance

- Remember ROME (respiratory opposite/metabolic equal) to remember that in respiratory acid/base disorders the pH is opposite to the other components.
- Use the Tic-Tac-Toe Method for interpreting ABGs. Read more about it [here \(https://nurseslabs.com/nclex/abg-tic-tac-toe/\)](https://nurseslabs.com/nclex/abg-tic-tac-toe/)

7. Chemistry Values

- **Glucose:** 70–110 mg/dL
- **Specific Gravity:** 1.010–1.030
- **BUN:** 7–22 mg/dL
- **Serum creatinine:** 0.6–1.35 mg/dL
- **LDH:** 100–190 U/L
- **Protein:** 6.2–8.1 g/dL
- **Albumin:** 3.4–5.0 g/dL
- **Bilirubin:** <1.0 mg/dL
- **Total Cholesterol:** 130–200 mg/dL
- **Triglyceride:** 40–50 mg/dL
- **Uric acid:** 3.5–7.5 mg/dL
- **CPK:** 21–232 U/L

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**Wilda Rinehart, Wilda Rinehart
Gardner**



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Table of Contents Nclex Rn Exam Cram

1. Understanding the eBook Nclex Rn Exam Cram
 - The Rise of Digital Reading Nclex Rn Exam Cram
 - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Rn Exam Cram
 - 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 Rn Exam Cram
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Rn Exam Cram
 - Personalized Recommendations
 - Nclex Rn Exam Cram User Reviews and Ratings
 - Nclex Rn Exam Cram and Bestseller Lists
5. Accessing Nclex Rn Exam Cram Free and Paid eBooks
 - Nclex Rn Exam Cram Public Domain eBooks
 - Nclex Rn Exam Cram eBook Subscription Services
 - Nclex Rn Exam Cram Budget-Friendly Options
6. Navigating Nclex Rn Exam Cram eBook Formats
 - ePub, PDF, MOBI, and More
 - Nclex Rn Exam Cram Compatibility with Devices
 - Nclex Rn Exam Cram Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nclex Rn Exam Cram
 - Highlighting and Note-Taking Nclex Rn Exam Cram
 - Interactive Elements Nclex Rn Exam Cram
8. Staying Engaged with Nclex Rn Exam Cram

-
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nclex Rn Exam Cram
9. Balancing eBooks and Physical Books Nclex Rn Exam Cram
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nclex Rn Exam Cram
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Nclex Rn Exam Cram
 - Setting Reading Goals Nclex Rn Exam Cram
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Nclex Rn Exam Cram
 - Fact-Checking eBook Content of Nclex Rn Exam Cram
 - 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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