

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)



- **Cardiovascular and (in)** -pam (diltiazem)
- **Phosphodiesterase and (in)** -sine (sildenafil)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -in (amoxicillin)
- **ARBs and (in)** -artan (losartan)
- **PRAs 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



- 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 C to F: C x 9/5 and add 32

- Convert F to C: F - 32 and multiply by 5/9

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 (Cobalamins), 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 - redness, inflammation (PRN) - granuloma, suppuration, abscess
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialyphoid Thrombocytopenic Purpura (TTP) - fever, rash
- Acute - vomiting, diarrhea, and/or abdominal pain
- Chronic - vomiting, diarrhea, and/or abdominal pain
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Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - purulent discharge, pain on urination
- Chlamydia - purulent discharge, pain on urination
- Syphilis - painless chancre, lymphadenopathy
- Trichomonas - yellow, frothy, irritating vaginal discharge
- Bacterial Vaginosis - yellow, frothy, irritating vaginal discharge

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
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- BUN: < 20 mg/dL

Hematology

- WBC: 4,000-11,000/mm3
- RBC: 4.5-6.0 million/mm3
- Hemoglobin: 12-16 g/dL
- Hematocrit: 36-46%
- 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 tissue response, immune suppression, increased cortisol production, increased blood pressure.
- Acute: Increased cortisol output, impaired tissue response, immune suppression, increased cortisol production, increased blood pressure.

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** - Reflex should occur when baby and head are suddenly moved and then pull back in response to head movement.
- **Rooting** - Infant should turn head toward nipple.
- **Sucking** - Infant should suck if nipple is placed in mouth.
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Nursing Boards Review For Nclex Rn

Diane Billings, Desiree Hensel



Nursing Boards Review For Nclex Rn:

Simple, Fast and Easy NCLEX Review Alan John Matus, 2018-03 This is an NCLEX Review Book for nurses who are preparing for the licensure examination and want a simple fast and easy way to study for the NCLEX Exam 2020 NCLEX-RN Test Prep Questions and Answers with Explanations Fun Science Group, U S Exam Prep Professionals Ltd, 2020-03-28 Pass the NCLEX RN Exam effortlessly on your 1st try with these 750 Practice Exam Questions and Answers with Rationales These expert written practice exam cram guide is aligned with the most recent NCLEX RN test plan It has been peer reviewed and covers the topics actually tested by the NCSBN and state nursing boards Written by professionals and leaders in the field of nursing with over 50 years of combined experience In this simple course the NCLEX RN Test Prep Questions and Answers with Explanations Study Guide to Pass the License Real Exam Effortlessly Exam Review for Registered Nurses not only will you learn to pass the state licensing exam you will also learn How to study for the Nursing exam quickly and effectively 7 Secrets to Passing any exam The best way to approach the licensing exam in order to pass the 1st time It will also answer questions like Do I need other course materials from companies like Kaplan or Pearson What kinds of questions are on the NCLEX RN Exam Should I use the NCLEX RN Exam Prep for Dummies Book This Study Guide contains 750 exam questions and answers with full explanations You will receive questions and answers that are similar to those on the actual licensing exam You deserve the BEST exam prep program there is to prepare you to pass and it gets no better than this The NCLEX RN Test Prep is one of the hardest state exam to pass in the United States We have compiled this simple exam cram book that quickly and easily prepares you to take your state licensing exam and pass it on the 1st try Our Exam Review is designed to help you pass the exam in the quickest easiest and most efficient manner possible

NCLEX-RN Exam Prep Wilda Rinehart, Diann Sloan, Clara Hurd, 2010-09-01 COMPREHENSIVE Succeed with comprehensive learning and practice tests Master the NCLEX RN 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 Learn important test taking strategies to maximize your score and diminish your anxiety Score Higher on the NCLEX RN Exam We provide you with the proven study tools and expert insight that will help you score higher on your exam Study Tips like the advice and instruction that a personal tutor might provide Notes Tips and Cautions provide you with hints and strategies that will help you reduce your mistakes on the exam Comprehensive discussion of all subject areas covered on RN Exam Practice Questions that include detailed explanations of correct and incorrect answers so you can learn the material from your success and mistakes Rinehart and Associates is a leading provider of classroom training for students studying for the NCLEX RN Exam Complete Review for NCLEX-RN Donna F. Gauwitz, 2007 Complete Review for NCLEX RN is a comprehensive review of all content you will encounter in your undergraduate nursing education Emphasis is on content you will see on the actual exam The text and CD ROM include over 4400 questions with rationales and every question is coded to

reflect the current test plan All questions are written at the application and analysis levels of learning to foster critical thinking The CD ROM accompanying this test contains software that allows the student to practice and learn in a similar environment to the actual exam The choices of learning or test modes on the CD ROM further enhance the testing experience A PDA download of 500 questions allows for additional practice and portability 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 Notes** Barbara Ann Vitale,2007 **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 RN exam. It provides a comprehensive outline review of the essential content areas tested on the NCLEX RN 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 RN exam.

Lippincott Q&A Review for NCLEX-RN Diane Billings, Desiree Hensel, 2016-02-22 Lippincott Q A Review for NCLEX RN 12th edition is designed to help pre licensure nursing students prepare to take the licensing examination. The title includes more than 6 000 questions reviewing the four major content areas of pre licensure programs: obstetrics, pediatrics, medical surgical and mental health nursing. The textbook also includes six comprehensive examinations to provide students a realistic example of the NCLEX RN test in which items are randomized by subject area and difficulty. The questions align with the 2016 National Council of State Boards of Nursing (NCSBN) 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, information about the NCLEX RN study tips and a Content Mastery and Test Taking Self Analysis grid by which students can chart their own progress and modify study as needed.

NCLEX-RN Practice Questions: NCLEX Practice Tests & Exam Review for the National Council Licensure Examination for Registered Nurses Mometrix Test Preparation, Mometrix Media LLC, Nclex Exam Secrets Test Prep Team, 2017-03-07 NCLEX RN Practice Questions are the simplest way to prepare for the NCLEX RN test. Practice is an essential part of preparing for a test and improving a test taker's chance of success. The best way to practice taking a test is by going through lots of practice test questions. If someone has never taken a practice test then they are unprepared for the types of questions and answer choices that they will encounter on the official test. There is a tremendous advantage to someone taking the test that is already familiar with the questions and answer choices. Another advantage of taking practice tests is that you can assess your performance and see if you need to study and practice more or if you're already prepared enough to achieve success on your test day. If you do well on the practice test then you know you're prepared. If you struggle on the practice test then you know you may still have more work to do to get prepared. Taking lots of practice tests helps ensure that you are not surprised or disappointed on your test day. Our NCLEX RN Practice Questions give you the opportunity to test your knowledge on a set of questions. You can know everything that is going to be covered on the test and it will not do you any good on test day if you have not had a chance to practice. Repetition is a key to success and using practice test questions allows you to reinforce your strengths and improve your weaknesses. Detailed answer explanations are also included for each question. It may sound obvious but you have to know which questions you missed and more importantly why you missed them to be able to avoid making the same mistakes again when you take the real test. That's why our NCLEX RN Practice Questions include answer keys with detailed answer explanations. These in depth answer explanations will allow

you to better understand any questions that were difficult for you or that you needed more help to understand *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 psychometricians ensure our practice questions and study materials are true to the test 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 With NCLEX PN Prep Plus you can study on the go Log in from anywhere to watch video tutorials review strategies and take your online practice test *Review Questions for the NCLEX-RN* Sandra F. Smith,1997 For students and nurses preparing for PN licensure This book is the ideal review tool for course work NCLEX review and entry level nursing practice Review guidelines and test taking strategies facilitate course work as well as the exam A simulated NCLEX PN exam is provided on computer disk This is the perfect quick review prior to taking the boards an effective stand alone review aid and a useful extension of Content Review for the NCLEX PN 6 e also by Sandra Smith *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 *Nclex-RN Practice Questions: NCLEX Practice Tests & Exam Review for the National Council Licensure Examination for Registered Nurses* Exam Secrets Test Prep Staff Nclex,2018-04-12 NCLEX RN Practice Questions are the simplest way to prepare for the NCLEX RN test Practice is an essential part of preparing for a test and improving a test taker s chance of success The best way to practice taking a test is

by going through lots of practice test questions If someone has never taken a practice test then they are unprepared for the types of questions and answer choices that they will encounter on the official test There is a tremendous advantage to someone taking the test that is already familiar with the questions and answer choices Another advantage of taking practice tests is that you can assess your performance and see if you need to study and practice more or if you re already prepared enough to achieve success on your test day If you do well on the practice test then you know you re prepared If you struggle on the practice test then you know you may still have more work to do to get prepared Taking lots of practice tests helps ensure that you are not surprised or disappointed on your test day Our NCLEX RN Practice Questions give you the opportunity to test your knowledge on a set of questions You can know everything that is going to be covered on the test and it will not do you any good on test day if you have not had a chance to practice Repetition is a key to success and using practice test questions allows you to reinforce your strengths and improve your weaknesses Detailed answer explanations are also included for each question It may sound obvious but you have to know which questions you missed and more importantly why you missed them to be able to avoid making the same mistakes again when you take the real test That s why our NCLEX RN Practice Questions include answer keys with detailed answer explanations These in depth answer explanations will allow you to better understand any questions that were difficult for you or that you needed more help to understand [NCLEX-RN Notes](#) Barbara A. Vitale,2007-03 A Davis s Notes book Prepare for the NCLEX wherever you are at home the library on the bus or in line at the movie theater The publishers of RNotes R and Davis s NCLEX RN R Success and the co author of Test Success and Fundamentals Success present the most portable reference ever for preparing for your licensure exam The pocket sized NCLEX RN R Notes weighs little but it s no lightweight It contains studying and test taking tips strategies techniques and nursing content in quick snippets to allow you to maximize your time to review In addition to the tips and review within its pages there s a NCLEX RN R Notes mini CD ROM enclosed with the book providing multiple choice and alternate format questions and answers with rationales for test review with a focus on common test taking errors with strategic tips on how to avoid them Click Here for a Special Mail In Rebate Offer [NCLEX RN 2019 & 2020 Study Guide](#) Test Prep Books,2019-04-12 Test Prep Books NCLEX RN 2019 2020 Study Guide NCLEX RN Examination Test Prep Practice Test Questions for the National Council Licensure Examination for Registered Nurses Updated for the NEW 2019 Outline Made by Test Prep Books experts for test takers trying to achieve a great score on the NCLEX RN exam This comprehensive study guide includes Quick Overview Find out what s inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what s on it Management of Care Safety and Infection Control Health Promotion and Maintenance Psychosocial Integrity Basic Care and Comfort Pharmacological and Parenteral Therapies Reduction of Risk Potential Physiological Adaptation Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer NCLEX R and NCLEX RN R

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,2015 **Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book** Patricia A. Bradley,Karin L. Page-Cutrara,Linda Anne Silvestri,Angela Silvestri,2023-03-28 A truly Canadian edition of Elsevier s best selling NCLEX exam review book Elsevier s Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It s THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts 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 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format

questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions UNIQUE Audio review summaries on the Evolve companion website cover pharmacology acid base balance and fluids and electrolytes **NCLEX-RN Practice Test Questions** Ascencia Nursing Exam Prep Team,2019-04-08 Offers real life examples graphics information and a quick yet comprehensive review of everything on the exam **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 **Saunders Comprehensive Review for the NCLEX-PN® Examination - E-Book** Linda Anne Silvestri,Angela Silvestri,2020-12-23 Get the best review for the NCLEX PN exam from the leading NCLEX experts Written by Linda Anne Silvestri and Angela E Silvestri Saunders Comprehensive Review for the NCLEX PN Examination 8th Edition provides everything you need to prepare for success on the NCLEX PN The book includes a review of all nursing content areas more than 4 500 NCLEX exam style questions detailed rationales test taking tips and strategies and new Next Generation NCLEX NGN style questions An Evolve website simulates the exam taking experience with a choice of practice questions along with realistic practice tests Based on Silvestri s proven Pyramid to Success this complete review is a perennial favorite of students preparing for the NCLEX More than 4 500 practice questions are included in the book and on Evolve Detailed rationales are provided for both correct and incorrect answer options Alternate item format questions include multiple response prioritizing fill in the blank figure chart and video clips Test taking strategies provide useful hints for analyzing and uncovering correct answer options Pyramid Points and Pyramid Alerts identify content that typically appears on the NCLEX PN exam Pyramid to Success sections at the beginning of each unit provide an overview of content guidance for your review and the subject s relative importance in the NCLEX PN text plan What Should You Do boxes in each chapter help you develop critical thinking skills with answers at the end of the chapter UNIQUE A 75 question pre test on Evolve provides feedback on your strengths and weaknesses and the results generate an individualized study calendar NEW Next Generation NCLEX NGN style questions ensure that you are ready for the biggest change to the NCLEX PN test plan in many years New The current NCLEX PN test plan is incorporated throughout the book and the Evolve companion website

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