

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 (Lisinopril)
- **Beta-blockers and (in)** -olol (propranolol)
- **H2-receptor blockers and (in)** -tidine (cimetidine)
- **SSRIs and (in)** -cetin or -cillin (sertraline, paroxetine)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



- **Sedatives and (in)** -epam (clonepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Anticholinergics and (in)** -ine (scopolamine)
- **ARBs and (in)** -artan (valsartan)
- **PPHs 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., litalin, hydromorphone (Dilaudid), meperidine (Demerol), and fentanyl)
- **Schedule III:** requires new prescription after six months or five refills (e.g., codeine, testosterone, ketamine)

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 90 multiply by 5/9 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 - 90 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)
- Genitals: 1%

Common Diets

- Gallbladder diseases - Low fat, calorie restricted
- Regular Gastritis - Low fiber, bland diet
- Hepatitis - High calories, 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 (Cobalamin), found in high amounts in 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.
- **8-10 months:** stands straight at night, has favorite toy, plays peek-a-boo.
- **10-12 months:** belly to butt.
- **12-24 months:** twelve and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

Common Signs and Symptoms

- Diabetes Mellitus: excessive thirst, frequent urination, weight loss, fatigue, blurred vision
- Chronic Kidney: polyuria, polydipsia, anuria
- Gastrointestinal: heartburn, indigestion, constipation, diarrhea, bloating, flatulence, nausea, vomiting
- Respiratory: coughing, wheezing, shortness of breath, chest pain, hemoptysis, sputum production, stridor, wheezing, rales, crackles, hyperinflation, tachypnea, hypoxemia
- Cardiovascular: chest pain, palpitations, tachycardia, bradycardia, hypertension, hypotension, edema, cyanosis, clubbing, xanthomas, retinal changes
- Endocrine: hyperthyroidism, hypothyroidism, Cushing's syndrome, Addison's disease, diabetes mellitus, growth hormone deficiency, hypoparathyroidism, hyperparathyroidism
- Hematologic: anemia, leukopenia, leukocytosis, thrombocytopenia, thrombocytosis, hemophilia, sickle cell disease, polycythemia, iron deficiency anemia
- Musculoskeletal: joint pain, swelling, stiffness, deformities, fractures, osteoporosis, osteoarthritis, rheumatoid arthritis, gout, fibromyalgia, myasthenia gravis, multiple sclerosis, Parkinson's disease, Huntington's disease, Alzheimer's disease, epilepsy, stroke, multiple sclerosis, Parkinson's disease, Huntington's disease, Alzheimer's disease, epilepsy, stroke

Sexual Transmitted Infections

- Syphilis: chancre, rash, fever, malaise, lymphadenopathy
- Gonorrhea: purulent discharge, dysuria, proctitis, urethritis
- Chlamydia: purulent discharge, dysuria, proctitis, urethritis
- Trichomonas: purulent discharge, dysuria, proctitis, urethritis
- Herpes: painful vesicles, ulcers, lymphadenopathy
- HIV: fever, weight loss, lymphadenopathy, opportunistic infections, Kaposi's sarcoma, Pneumocystis carinii pneumonia, toxoplasmosis, cryptococcosis, cryptococcal meningitis, cryptococcal pneumonia, cryptococcal peritonitis, cryptococcal endocarditis, cryptococcal osteomyelitis, cryptococcal arthritis, cryptococcal glaucoma, cryptococcal meningitis, cryptococcal peritonitis, cryptococcal endocarditis, cryptococcal osteomyelitis, cryptococcal arthritis, cryptococcal glaucoma

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
- pCO2: 35-45 mmHg
- HCO3-: 22-28 mEq/L

Cardiac markers

- Troponin: 0.01-0.05 ng/mL
- Creatinine: 0.6-1.2 mg/dL
- BUN: 6-20 mg/dL
- Creatinine: 0.6-1.2 mg/dL
- BUN: 6-20 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
- PTT: 25-35 seconds
- INR: 1.0-1.2
- APTT: 35-45 seconds
- TAT: 10-15 minutes
- TAT: 10-15 minutes

Lipoproteins & Triglycerides

- LDL: 100-160 mg/dL
- HDL: 40-60 mg/dL
- TG: 100-160 mg/dL
- Total: 150-200 mg/dL
- LDL: 100-160 mg/dL
- HDL: 40-60 mg/dL
- TG: 100-160 mg/dL
- Total: 150-200 mg/dL



Pain Assessment

- Face
- Legs
- Cry
- Activity
- Consistency
- Appropriate for children up to 6 years
- Off age and older children with cognitive impairment

Types of Pain

- Chronic: Persistent, recurrent 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 heart rate, blood pressure, respiratory rate, decreased immune response, decreased wound healing, decreased wound healing, decreased wound healing
- Acute: Increased heart rate, blood pressure, respiratory rate, decreased immune response, decreased wound healing, decreased wound healing

Factors that Influence Pain

- Past Experience
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

SPON: Treatment for maternal hypoxemia after an epidural anesthetic

- Drug infusion of O2
- Turn the client on her left side
- If hypoxemia is present, push IV fluids

Newborn Reflexes

- **Rooting:** infant should turn head to touch
- **Sucking:** infant should suck on thumb or finger
- **Grasping:** infant should grasp thumb or finger
- **Startle:** infant should startle when startled
- **Babinski:** infant should have Babinski reflex
- **Stepping:** infant should have stepping reflex
- **Galant:** infant should have Galant reflex
- **Tonic neck:** infant should have tonic neck reflex
- **Palmar:** infant should have palmar reflex
- **Plantar:** infant should have plantar reflex
- **Clonus:** infant should have clonus reflex
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Nclex Rn Test Study Guide

JoAnn Zerwekh



Nclex Rn Test Study Guide:

Illustrated Study Guide for the NCLEX-RN® Exam EBook JoAnn Zerwekh, 2022-01-13 Who says studying for the NCLEX can't be fun Illustrated Study Guide for the NCLEX RN Exam 11th Edition uses colorful drawings and mnemonic cartoons to help you review and remember the nursing content found on the NCLEX RN examination A concise outline format makes it easier to study key facts principles and applications of the nursing process More than 2 500 NCLEX exam style questions on the Evolve website allow you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by noted NCLEX expert JoAnn Zerwekh this study guide provides a visual unthreatening way to prepare for success on the NCLEX RN exam More than 2 500 review questions on the Evolve website allow you to practice test taking in Study or Exam mode UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE Integrated systems approach incorporates pediatric adult and older adult lifespan considerations for basic nursing care concepts UNIQUE Appendixes in each chapter summarize diagnostic tests medications and nursing procedures for quick reference Answers and rationales are provided for all review questions Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot questions Priority Concepts at the beginning of each chapter focus your attention on the chapter's key nursing concepts Nursing Priority boxes make it easier to distinguish priorities of nursing care Test Alert boxes highlight concepts frequently found on the NCLEX test plan Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify Self Care and Home Care content NEW Patient Scenarios and Next Generation NCLEX NGN Examination Style question types on the Evolve website provide practice with these new types of questions NEW Review of the NCLEX's clinical judgment model and six cognitive skills helps to prepare you for the nursing profession and taking the NCLEX RN examination NEW Pediatric content is moved into a separate new chapter and organized by body systems *Illustrated Study Guide for the NCLEX-RN® Exam - E-Book* JoAnn Zerwekh, 2015-12-16 Prepare for the NCLEX with this fun full color review Illustrated Study Guide for the NCLEX RN Exam 9th Edition uses colorful drawings and mnemonic cartoons to cover the nursing concepts and content found on the NCLEX RN examination A concise outline format makes studying easier and the Evolve companion website includes 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by NCLEX expert JoAnn Zerwekh this study guide offers a clear visual way to remember key facts for the NCLEX exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult maternity and older adult lifespan considerations in each body system chapter Practice questions on the Evolve companion website are available in both study and quiz modes and

separated by content area allowing you to customize your review based on your personal study needs UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help you to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on Self Care and Home Care UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition NEW Addition of SI Units and removal of trade name drugs reflects changes in the NCLEX RN test plan NEW Additional alternate item questions are included on Evolve and new questions incorporating video are also added NEW Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination NEW Additional memory notecard type illustrations are included in the book to accommodate visual learners

Illustrated Study Guide for the NCLEX-RN® Exam JoAnn Zerwekh, MSN, EdD, RN, 2015-11-20 Prepare for the NCLEX with this fun full color review Illustrated Study Guide for the NCLEX RN Exam 9th Edition uses colorful drawings and mnemonic cartoons to cover the nursing concepts and content found on the NCLEX RN examination A concise outline format makes studying easier and the Evolve companion website includes 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by NCLEX expert JoAnn Zerwekh this study guide offers a clear visual way to remember key facts for the NCLEX exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult maternity and older adult lifespan considerations in each body system chapter Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to customize your review based on your personal study needs UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help you to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify

content on Self Care and Home Care UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition NEW Addition of SI Units and removal of trade name drugs reflects changes in the NCLEX RN test plan NEW Additional alternate item questions are included on Evolve and new questions incorporating video are also added NEW Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination NEW Additional memory notecard type illustrations are included in the book to accommodate visual learners **Illustrated Study Guide for the NCLEX-RN® Exam** JoAnn Zerwekh,Jo Carol Claborn,2010-01-05 Fun and engaging this must have review resource covers the nursing concepts and content found on the latest NCLEX RN examination It features a concise outline format that s perfect for studying as well as 2 020 review questions to test your knowledge and help you prepare for the exam Colorful illustrations and mnemonic cartoons clarify essential nursing concepts and offer a visual way for you to remember key facts for the NCLEX exam Answers and rationales are provided for every practice question Unique An integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter Unique Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts A full color user friendly design enhances content and helps you quickly locate special features Appendixes for each chapter summarize medications and nursing procedures for quick reference Practice questions at the end of each chapter and on the companion CD 2 020 in all provide a wealth of NCLEX examination preparation in both print and electronic formats The companion CD features practice questions available in both study and quiz exam modes that are divided by content area and allow you to create a customized review experience based on your personal study needs Electronic alternate item format questions on the CD such as priority drag and drop and hot spot illustrated point and click questions prepare you for the interactive question types you ll encounter on the computerized NCLEX examination Answers and rationales for all review questions help you understand why correct answers are right and incorrect options are wrong An Alert feature highlights key nursing concepts frequently found on the NCLEX examination Separate chapters on pharmacology and nursing management help you focus on these areas of emphasis on the NCLEX examination Additional practice questions raise the total to 2 020 in the book and on the companion CD More figures charts and cartoons further illustrate important anatomy procedures and disease processes Application and analysis questions challenge you to use your critical thinking skills and closely mirror the types of questions on the NCLEX RN examination UNIQUE A pediatric disorders icon makes it easy to distinguish pediatric disorders from adult disorders in chapters with system integrated content The detailed table of contents includes disorder headings to help you quickly find information on specific disorders within system integrated content *Illustrated Study Guide for the NCLEX-RN® Exam*8 JoAnn Zerwekh,2012-11-13 It s a fun visual review for the NCLEX **Illustrated Study Guide for the NCLEX RN Exam 8th Edition** covers all the nursing concepts and content found on the latest NCLEX RN examination A

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Practical Approach 7th Edition brings these concepts to life through engaging text diverse learning activities and real life examples Easy to understand language and a how to approach equip you to become a sensible resilient critical thinker with the clinical reasoning skills you need to think think through complex issues and make sound clinical decisions This edition emphasizes readiness for clinical practice and the Next Generation NCLEX exam with a focus on systems thinking interprofessional practice nursing skills for the 21st century and Quality and Safety for Nursing Education QSEN competencies Clear straightforward approach and motivational writing style provides vivid examples memorable anecdotes and real life case scenarios to make content come alive Focus on application how to with supporting rationales theory makes difficult concepts easy to learn Critical Thinking Indicators feature evidence based descriptions of behaviors that foster critical thinking in nursing practice Highlighted features and sections that promote deep learning include This Chapter at a Glance Learning Outcomes Key Concepts Guiding Principle boxes Critical Moments boxes Other Perspectives features Think Pair Share activities H M O Help Me Out cartoons real life clinical scenarios Key Points Critical Thinking Exercises and more Cultural spiritual and lifespan content explores the nurse s role in hospitals long term care settings and entire communities presenting a broad approach to critical thinking Inclusion of ethics and standards based professional practice reflects the increased demand for accountability in today s professional climate Timely coverage of the latest in nursing education and critical thinking includes concept based learning QSEN and IOM standards problem focused versus outcome focused thinking prioritization and delegation developing a culture of safe healthy work environments expanding roles related to diagnosis and management improving grades and passing tests the first time NCLEX exam preparation ensuring that documentation reflects critical thinking communication and interpersonal skills strategies for common workplace challenges and more

Saunders 2018-2019 Strategies for Test Success - E-Book Linda Anne Silvestri,Angela

Silvestri,2017-06-22 Get more than just practice questions get comprehensive test and nursing school preparation that s proven to help you succeed Written by the most trusted expert in NCLEX exam prep Saunders 2018 2019 Strategies for Test Success Passing Nursing School and the NCLEX Exam 5th Edition is an invaluable guide that teaches you how to master the things that matter most on the NCLEX exam and your nursing school exams critical thinking problem solving and time management In this guide you ll find not only 1 200 practice questions and rationales that reflect the latest NCLEX RN and NCLEX PN test plans but you ll also get a wealth of proven tips and real world hints to help you overcome test anxiety develop effective study habits and confidently evaluate and identify the correct answer for a variety of test question types including alternate item formats It s a must have resource for any nursing student who needs not just practice but well rounded preparation A Reducing Test Anxiety chapter offers simple strategies to control test induced stress and gain the confidence needed to pass exams A Developing Study Skills chapter provides helpful tips on improving time management for more efficient exam preparation 1 200 review questions are included in the book and online providing a 2 in 1 approach to

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