

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** -idine (cimetidine)
- **Anti and -in** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and -in** -statin (atorvastatin)



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

- **Antibiotics and -in** -in (oxycloxacillin)
- **ARBs and -in** -artan (losartan)
- **Anti 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, 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 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)
- Genitals: 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 (Cobalamin), 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.
- **6-7 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.
- **13-23 months** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to climb.

Common Signs and Symptoms

- Diabetes Mellitus - extreme thirst, frequent urination, weight loss, fatigue, blurred vision
- Chronic Kidney Disease - polyuria, polydipsia, polyuria
- Rheumatoid Arthritis - joint swelling, pain, morning stiffness
- Hypertension - headache, dizziness, nosebleeds
- Asthma - wheezing, coughing, chest tightness, shortness of breath
- Myocardial Infarction - crushing chest pain, sweating, nausea, vomiting, lightheadedness
- Stroke - sudden weakness, numbness, paralysis, slurred speech, confusion
- Heart Failure - shortness of breath, swelling, fatigue
- Anemia - fatigue, weakness, pale skin, shortness of breath

Sexual Transmitted Infections

- Gonorrhea - yellow, white, or green discharge, pain during urination
- Chlamydia - white discharge and painful urination
- Syphilis - painless chancre, rash, fever, fatigue, muscle aches
- Herpes - painful blisters, sores, itching, burning, and fluid oozing from blisters
- HIV/AIDS - fever, fatigue, weight loss, swollen lymph nodes, persistent cough, diarrhea

Lab Values

Blood Gas

- pH: 7.35-7.45
- PaCO₂: 35-45 mmHg
- PaO₂: 80-100 mmHg
- HCO₃⁻: 22-28 mEq/L
- pO₂: 75-100 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
- 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: 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

- Nociceptive: sharp, well-defined pain that lasts more than 30 minutes
- Neuropathic: burning, shooting, or tingling pain, often described as electric shocks

Effects of Pain

- (Pain) causes increased heart rate, blood pressure, and respiration
- (Pain) causes decreased appetite, sleep, and mood
- (Pain) causes decreased immune response, increased risk of infection

Factors that Influence Pain

- Past Experiences
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

WBC - Treatment for maternal hypotension after an epidural anesthetic

- Drug infusion of fluids
- Tilt the client on her left side
- If hypotension is present, push for fluids

Newborn Reflexes

- **Babinski** - infant should show a plantar reflex in response to a stimulus
- **Brudzinksky** - infant should show a positive response to a stimulus
- **Clonus** - infant should show a positive response to a stimulus
- **Grasp** - infant should show a positive response to a stimulus
- **Rooting** - infant should show a positive response to a stimulus
- **Sucking** - infant should show a positive response to a stimulus
- **Swallowing** - infant should show a positive response to a stimulus
- **Tonic neck** - infant should show a positive response to a stimulus
- **Startle** - infant should show a positive response to a stimulus
- **Stress** - infant should show a positive response to a stimulus

Study Guide For Nclex Exam

SA Dillow



Study Guide For Nclex Exam:

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Illustrated Study Guide for the NCLEX-RN Exam JoAnn Graham Zerwekh, Jo Carol Claborn, 2006 Covering the key nursing concepts and content areas found on the latest NCLEX RN licensure examination this updated study guide summarizes essential nursing content Chapter appendixes summarize related medications diagnostic tests and nursing procedures NCLEX examination style review questions close every chapter A companion CD ROM is included *NCLEX-RN Study Guide! Complete Review of NCLEX Examination Concepts Ultimate Trainer & Test Prep Book To Help Pass The Test!* Kim Nguyen, 2020-11-16 If you want to pass the NCLEX RN Test but don't have a lot of time for studying keep reading You are no doubt a busy student with a lot of things going on It can be challenging to find the time to read your textbook in preparation for the NCLEX Exam However the truth is that the NCLEX exam is a challenging test and you are given a maximum of 6 hours to complete the test Thorough preparation cannot be overlooked therefore That is why the author Kim Nguyen a nursing professional developed the NCLEX Study Guide This Edition is a complete review edition It reviews all essential concepts found on the exam from all categories of the test It comes in text format so that you can listen to it while at the gym or stuck in traffic Its sections include Preparing for the NCLEX RN Exam Basic Care Comfort Health Promotion and Maintenance Management of Care Pharmacological and Parenteral Therapies Physiological Adaptation Psychosocial Integrity Reduction of Risk Potential Safety and Infection Control MUCH MUCH MORE Each section is divided into further subsections making sure all aspects of the exam are covered If you read our study guide and take the time to really understand the concepts we are confident you will pass the NCLEX RN Exam and be on your way to a new career in nursing

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