

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

- **Antibiotics and (in)** -in (amoxicillin)
- **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



- 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 (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 Infection) - fever, chills
- Hypertension - Headache, dizziness, blurred vision
- Acute - vomiting, nausea, and pain related to HTN
- Myocardial infarction (MI) - crushing, squeezing pain radiating to left shoulder, neck, and arm (substernal HTN)
- 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)

Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white discharge, pain in the urethra
- Syphilis - chancre (ulcer) on the penis
- Chlamydia - painful urination
- 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: 100 mmHg
- SaO2: 95%

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: 1.0-1.5

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

Types of Pain

- Chronic: Persistent, malignant pain that lasts more than six months.
- Acute: Sudden onset of pain, specific to injury.

Effects of Pain

- Chronic: chronic suppression, depression, disability, fatigue, anger, inability to perform ADLs

- Acute: increased cortisol output, impaired tissue response, chronic suppression, increased cortisol production, increased fluid retention

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 symmetrically and then pull back in response to head extension
- **Rooting** - infant should turn head toward finger if placed on cheek
- **Grasp** - infant should grasp finger if placed on palm
- **Swallow** - infant should swallow if milk is placed in mouth
- **Babinski** - infant should extend foot if sole of foot is touched
- **Plantar** - infant should curl toes if sole of foot is touched
- **Palmar** - infant should curl fingers if palm is touched
- **Trunk** - infant should turn head and body toward finger if placed on back
- **Head** - infant should turn head and body toward finger if placed on back
- **Head** - infant should turn head and body toward finger if placed on back

Study Guide For Nclex

Doug Sowle



Study Guide For Nclex:

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 - E-Book JoAnn Zerwekh, Ashley Zerwekh Garneau, Tyler Zerwekh, 2025-10-27 Who says studying for the NCLEX can't be fun Illustrated Study Guide for the NCLEX RN Exam 12th 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 5 000 NCLEX exam style questions on the Evolve companion website including Next Generation NCLEX NGN style questions allow you to create practice exams identify strengths and weaknesses and review answers and rationales Bringing nursing concepts to life this study guide provides a

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Zerwekh, 2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference 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 A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination

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NCLEX Review: Strategies and Skills Didona,2014-08-14 **NCLEX-PN Content Review Guide** Kaplan Nursing,2019-03-05 Kaplan's NCLEX PN Content Review Guide provides comprehensive review of the essential content you

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Next Generation NCLEX-RN Exam Prep Doug Sowle, 2025-03-24 Are you ready to tackle the Next Generation NCLEX RN NGN and prove your clinical judgment skills The Next Generation NCLEX RN NGN represents a major shift in how nursing professionals are assessed moving beyond memorization to focus on critical thinking and clinical decision making This exam evaluates your ability to apply knowledge in real world healthcare settings testing not just what you know but how you think and respond under pressure This comprehensive guide is your essential companion in preparing for the NGN covering all the critical topics and question types you'll encounter From understanding the foundational principles of nursing practice like pharmacology safety and infection control to mastering specialized areas such as pediatric nursing maternal care and mental health this book provides in depth content and practical strategies to help you succeed Each section is crafted to enhance your clinical judgment preparing you to handle the complex and often unpredictable scenarios that the NGN will present One of the key features of this book is the emphasis on the NGN question formats that have been designed to assess your clinical decision making skills You'll learn how to approach case studies clinical judgment questions multiple response items and the increasingly common drag and drop and fill in the blank questions With this book you'll gain the confidence to navigate these diverse formats and think critically to arrive at the best answers for each scenario But this book isn't just about theory it's about preparing you for exam day and beyond You'll also find expert tips for time management test taking strategies and techniques for managing test anxiety ensuring that you are calm focused and ready to perform at your best We understand

that the road to passing the NGN can be daunting which is why we've crafted a guide that is both informative and practical giving you a clear roadmap to follow throughout your study journey Whether you're a nursing student about to take the exam or a seasoned nurse looking to refresh your knowledge this book offers the resources you need to succeed Step confidently into the NGN and demonstrate that you have what it takes to provide high quality patient centered care in today's healthcare environment Get ready to ace the Next Generation NCLEX RN with this essential guide *NCLEX RN 2020 and 2021 Study Guide* Tpb Publishing, 2020-08-05 Test Prep Books NCLEX RN 2020 and 2021 Study Guide NCLEX RN Examination Prep and Practice Test Questions Updated Edition for the New 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 Studying can be hard We get it That's why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test Practice Test Questions We want to give you the best practice you can find That's why the Test Prep Books practice questions are as close as you can get to the actual NCLEX RN test Answer Explanations Every single problem is followed by an answer explanation We know it's frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns [Illustrated Study Guide for the NCLEX-PN® Exam](#) JoAnn Zerwekh, Jo Carol Claborn, 2006-11 With its concise outline format summarizing essential nursing content and multiple illustrations this updated guide is the perfect study companion for the NCLEX PN exam It includes a review of the latest NCLEX test plan and new alternate item format questions plus chapters on pharmacology lifespan basic nursing concepts and body systems to provide the most complete study guide available for the NCLEX PN exam *NCLEX-RN Study Guide* BarCharts, Inc, Julie Henry, 2012-12-31 Taking the NCLEX RN is a turning point in any nursing student's education so it is no wonder that many nursing students stress about studying for the exam Let BarCharts help you prepare with our NCLEX RN Study Guide an essential tool for exam preparation Following the same fluff free format as our best selling Nursing guide the NCLEX RN

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