

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)



- **Benzodiazepines and (in)** -pam (diazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **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

- Convert C to F: C x 9/5 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 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, frequent urination, weight loss, fatigue, blurred vision
- Chronic Kidney Disease - polyuria, polydipsia, polyuria, nocturia, weight loss, fatigue, blurred vision
- Hypertension - headache, dizziness, nosebleeds, blurred vision
- Heart Failure - shortness of breath, fatigue, weight gain, swelling, rapid weight gain
- Asthma - wheezing, coughing, chest tightness, difficulty breathing
- Myocardial Infarction (MI) - crushing chest pain radiating to left shoulder, neck, and arm, sweating, N/V
- Parkinson's Disease - pill-rolling tremors, rigidity, bradykinesia
- Alzheimer's Disease - memory loss, confusion, personality changes
- Stroke - sudden weakness, numbness, or paralysis of face, arm, or leg, sudden speech difficulty, sudden vision changes

Sexually Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia, recurrent blisters, itchy, painful
- Syphilis - chancre, rash, fever, malaise, lymphadenopathy
- Chlamydia - painful urination, discharge
- Gonorrhea - green, yellow, or white discharge, painful urination, discharge
- Chlamydia - white discharge, painful urination, discharge
- Trichomonas - yellow, frothy, itchy, and fishy smelling 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
- 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%
- 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
- Consolability

Types of Pain

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

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 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/Startle** - Infant should extend arms and head symmetrically and then pull back in response to loud noise or jolt.
- **Rooting** - Infant should turn head toward finger if cheek stroked.
- **Sucking** - Infant should open mouth and turn to the side of touch when the infant's cheek is stroked.
- **Babinski** - Infant should curl if foot stroked from heel to ball of foot.
- **Spinae** - Infant should push back tongue out of mouth if tip of tongue touched.
- **Tonic neck (fencing)** - With infant lying flat and the head turned to one side, the infant should flex limbs on opposite side and extend limbs on the side to which head is turned.
- **Stepping** - With infant prone, holding under one side of torso, the infant should lift the pelvic limbs in stepping motion.

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Study Guide for Fundamentals of Nursing Carol R. Taylor, 2022-07-22 Study Guide to Accompany Fundamentals of Nursing The Art and Science of Person Centered Nursing Care Tenth Edition Created in conjunction with Fundamentals of Nursing The Art and Science of Patient Centered Care Tenth Edition this valuable Study Guide helps students review and apply important concepts to prepare for exams and their nursing careers Assessing Your Understanding provides a variety of exercises such as matching and fill in the blank questions to help students retain key information Applying Your Knowledge challenges students with critical thinking questions reflective practice exercises to help cultivate QSEN competencies and patient care studies Practicing for NCLEX provides multiple choice and alternate format questions to help students review content and become familiar with the NCLEX format

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Introduction to Medical-Surgical Nursing Adrienne Dill Linton, PhD, RN, FAAN, 2015-02-06 The leading medical surgical text for LPN LVN students Linton s Introduction to Medical Surgical Nursing 6th Edition offers just the right level of information to equip today s students to effectively care for adults

and older adults Covering both medical surgical and psychiatric mental health conditions and disorders this comprehensive text addresses the LPN LVN s role in a variety of care settings including acute care and long term care with a special emphasis on assignment and supervision responsibilities It also emphasizes culturally competent care and holistic nursing while thoroughly covering all relevant NCLEX PN test plan content No other resource offers the breadth of topics at a level that is so perfectly tailored to the LPN LVN student Foundational units on basic concepts related to the health care system care settings the nursing process leadership nutrition the older adult growth and nutrition legal ethical considerations evidence based nursing care and many more essential topics avoid repetition later in the text and create a foundation to build your understanding of disorders by body system Safety alerts are highlighted throughout the text with a Safety Considerations icon A separate unit on psychiatric mental health nursing covers psychosocial responses to illness psychiatric disorders and substance abuse eliminating the need for a separate psychiatric mental health nursing text Content related to the NCLEX PN test plan is emphasized throughout the text including health promotion nutrition legal ethical issues HIPAA and prevention of medication medical errors Separate chapters on common high profile disorders including hypertension diabetes and shock provide an in depth understanding for patient care Focus on assignment and supervision helps you assign tasks to nurse assistants patient care techs and unlicensed assistive personnel and makes sure they understand the difference between delegation management supervision and assignment of tasks on the health care team UNIQUE In depth pharmacology coverage includes the Pharmacology Tutorial covering drug classifications how drugs work and nursing responsibilities Pharmacology Capsules boxes providing medication information precautions for use interactions and side adverse effects and Pharmacology and Medications tables including classification use action side adverse effects and nursing interventions A separate unit on gerontologic nursing provides comprehensive coverage of the care of the older adult and related disorders No other LPN LVN med surg text offers as much coverage of this primary patient group Diagnostic Tests and Procedures tables offer quick reference to MRI CT Doppler flow lumbar puncture tests for neurologic disorders and much more Health Promotion Considerations boxes highlight timely wellness and disease prevention topics Patient Teaching Plans provide bulleted lists of nursing instructions for patients stressing the role and responsibility of the LPN LVN to reinforce patient education Nutrition Considerations boxes are spotlighted at appropriate points throughout the text to emphasize the role that nutrition plays in disease and nursing care Nursing care plans reinforce the nursing process and focus on critical thinking Cultural Considerations boxes discuss the importance of providing culturally competent care related to various clinical situations Put on Your Thinking Cap boxes allow you to pause and consider the practical implications of what you have just read Get Ready for the NCLEX PN Examination sections at the end of chapters include key points review questions and case studies that address the various NCLEX Client Needs categories NEW Continued emphasis on evidence based practice and the most current research findings include specific examples of how scientific evidence can

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Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills

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