

# 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 (clonazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -icin (acyclovir)
- **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
- Anger - reduced heart rate (HR) - tachycardia, tachypnea, anxiety
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialphage (Bacterial Infection) - fever, chills
- Hypertension - Headache, dizziness, blurred vision
- Acute - vomiting, nausea, pain relieved by NPO
- Myocardial infarction (MI) - crushing, radiating pain radiating to left shoulder, neck, and arm (substernal pain)
- 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), raccoon eyes (periorbital ecchymosis) and Raccoon's sign (nasal ecchymosis)

### Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white to yellow discharge
- Syphilis - chancre (painless ulcer)
- 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: 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%
- 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

### 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 blood volume

### 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: Infant should extend arms and head symmetrically and then pull back in response to loud noise or jolt.
- **Rooting** Reflex: Infant should turn head to touch or suck.
- **Babinski** Reflex: Infant should extend foot when the sole of foot is touched.
- **Grasp** Reflex: Infant should grasp finger or thumb.
- **Startle** Reflex: Infant should extend arms and head when startled.
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- **Stepping** Reflex: Infant should extend legs when held in a stepping position.
- **Galant** Reflex: Infant should turn head to touch when the back of the neck is touched.
- **Tonic Neck** Reflex: Infant should turn head to touch when the back of the neck is touched.
- **Babinski** Reflex: Infant should extend foot when the sole of foot is touched.
- **Gr**

# Cheat Sheet For Nclex Rn

**Ulugbek Khakimov**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## Cheat Sheet For Nclex Rn:

*Nclex-RN Cheat Sheet Companion* Ulugbek Khakimov, 2024-04 The NCLEX RN Cheat Sheet is an essential tool for those seeking to successfully complete this important test This book provides a compact informative guide to preparing for the NCLEX RN exam helping you brush up on your knowledge and gain confidence in your abilities Including key concepts core topics and practical tips this cheat sheet is structured to make the most of your time and help you focus on the most important aspects of the material With extensive coverage of key areas of clinical practice and sample questions found on the exam this book will help you assess your knowledge and prepare for success on the NCLEX RN Whether you re a nursing school graduate or a nurse seeking certification the NCLEX RN Cheat Sheet will be your trusted guide to professional success Gain confidence in your knowledge with this practical and informative cheat sheet      **NCLEX-RN Review Made Incredibly Easy**, 2004-11-09 Revised to meet the latest Board of Nurse Examiners criteria for the NCLEX RN this book uses the well known Incredibly Easy approach to make NCLEX review effective and enjoyable In a light hearted manner that reduces anxiety and aids retention the book thoroughly reviews every area of nursing adult care psychiatric care maternal neonatal care care of the child leadership and management and law and ethics This edition includes a new chapter on how to prepare for the NCLEX plus 200 alternate format questions and answers added to the appendix and accompanying CD ROM The book also includes an entertaining graphic novel depicting the NCLEX process from application to license and valuable strategies for successfully passing the exam      Nursing Student Book Collection Jon Haws, 2015-10-15 Interior images are black in print copy and white to save you It s time to take your NCLEX r prep to the next level 358 pages Decrease Your NCLEX r Prep Time With 1 Book Imagine saving hours of time sifting through nursing text books trying to translate powerpoints and saving Imagine nursing school becoming enjoyable Studying for your next nursing exam wouldn t stress you out Bestselling author Jon Haws RN CCRN has combined 4 of his top selling nursing student books into one massive resource to help you demolish nursing school and crush the NCLEX r Even if you are still in school or a new nurse this collection of books will work for you Nursing Student Book Collection will change nursing school for you 4 Bestselling nursing books for the price of 2 Over 42 000 words and dozens of images graphs and charts Books Included in This Book 36 Nursing Cheat Sheets NCLEX r MedSurg Essentials with pictures Nursing Case Studies 15 MedSurg Case Studies Nursing Priorities 5 Step Approach to Making Quick Decisions in Nursing Care If you download Nursing Student Book Collection today you ll get two bonuses a discount to MedMaster Course our online Pharmacology Course and a PDF of our NCLEX r Lab Values Cheat Sheet We ve been there nursing school is hard Any resource that cuts your study time improves your learning and saves your money is golden Download today to get your life back and accelerate your NCLEX r      **Nursing Cheat Sheets** Jon Haws, 2019-01-04 FULL COLOR Nursing Cheat Sheets It s Time To ACE the NCLEX Ready to take your studies to the next level At NRSNG we get it understanding nursing concepts can be difficult Wouldn t it be nice to be able to carry around a

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**36 Nursing Cheat Sheets for Students** Jon Haws, 2015-03-23 It's Time To ACE the NCLEX r Ready to take your studies to the next level This ebook contains the most needed most referenced and sometimes most confusing information in an easy to read understand and remember way 36 nursing reference pages in full color ranging in topics from respiratory to medication you will love having this handy book on your phone while in clinical or class Stop Wasting Time Look we've all been there nursing school is hard You never know what is MOST important and what you should be focusing on Not any more With this easy to read and use book you have exactly what you need right at your finger tips With tables pictures graphs and more you are ready to soar Perfect for the new nurse or nursing student looking to save time and energy in their studies Topics Include Injection Sites IM Common Laboratory Values Blood Gas Analysis Blood Gas Interpretation Blood Compatibility Anticoagulant Therapy Heart Murmurs Glasgow Coma Scale Cranial Nerves Wallace Rule of Nines Burn Severity Edema Scale Wigger Diagram Heart Sounds Normal EKG 12 Lead EKG Placement EKG Strip Interpretation Abnormal EKG 5 Lead EKG Placement Heart Murmurs Shock Hierarchy of O2 Delivery Wound Pressure Ulcer Staging IV Fluid Therapy Medication Antidotes Insulin Onset Peak and Durations Common Drug Stems Common Critical Care Drips Common Light Sensitive Drugs Celsius to Fahrenheit Conversion Nursing Calculations Nursing Math Conversions APGAR Scoring Breath Sounds Maslow Hierarchy of Needs Head to Toe Assessment Checklist Adult Vital Signs What are you waiting for

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**Clinical Nursing Skills** Christy Bowen, 2024-09-16 Clinical Nursing Skills is designed to equip nursing students with the practical knowledge and hands on skills necessary to provide comprehensive patient care The material emphasizes the application of clinical judgment in a variety of settings ensuring that students are prepared to deliver high quality care across different patient populations and clinical scenarios The content utilizes concepts promoting the development of clinical judgment by building upon the systematic model developed by the National Council of State Boards of Nursing NCSBN Clinical Nursing Skills provides detailed instructions on basic procedures such as hygiene mobility vital signs assessment medication administration and wound care It also guides students through more complex skills including intravenous therapy catheterization tracheostomy care and emergency interventions By integrating the Clinical Judgment Measurement Model the material helps students recognize analyze prioritize create act and evaluate outcomes in various clinical situations fostering critical thinking and clinical decision making By studying Clinical Nursing Skills students will gain the confidence and competence needed to perform essential nursing tasks make informed clinical decisions and provide compassionate patient centered care which will prepare students for success in their clinical rotations and future professional practice This is an adaptation of Clinical Nursing Skills by OpenStax You can access the textbook as pdf for free at openstax org Minor editorial changes were made to ensure a better ebook reading experience Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4 0 International License [75 Nurse Cheat Sheets](#) Aaron Reed, Aaron Reed Crna, 2015-10-18 MASTER THE MOST IMPORTANT INFO Trim the fat and get the quick facts Condense your knowledge base so you can skip the fluff save time and master your nursing career The largest collection of nursing labs medications assessments procedures acronyms diagrams mnemonics equations conversions scales graphs pictures 20 pages of abbreviations and Spanish translations This enormous mobile phone and eBook reference will replace all of your expensive and bulky laminated clinical sheets We have poured through the textbooks and publications to serve you the meat and potatoes Includes detailed tables diagrams algorithms and charting tools As well as Abbreviations ABG Analysis ABG Interpretation ACLS Bradycardia Stroke Tachycardia Acute Coronary Syndrome algorithms ACLS Cardiac arrest Post Cardiac Arrest algorithms Admit Notes APGAR Artificial airway endotracheal tube laryngoscope size by age Blood Chemistry Blood Compatibility Blood Gas Formulas Blood Products BLS Algorithm Body Mass Index Body Surface Area Braden Scale Cardiac Volumes Pressures Cardioversion Defibrillation Fluid Challenge by Age Chest Pain Coagulation Studies Code Drugs Colloids Complete Blood Count Conversions mcg mg mL kg lbs mmHg cmH2O Cranial Nerves Crystalloids Daily Body Fluids Deep Tendon Reflex Scale Discharge Note Electrolyte Imbalances Glasgow Coma Scale Height Conversion Table High alert Medications History Physical Exam Ideal Body Weight Intracranial Pressure Symptoms Insulin onset peak duration appearance Lead Placement Levels of Consciousness characteristics Lung Volume Descriptions Lung Volumes Obstructive vs Constrictive Maintenance Hourly Fluids Major Nerves motor action sensation Mechanical Ventilation Parameters

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academe the text addresses ways to test the waters of the new role It outlines preparation requirements and discusses learning styles curriculum development theoretical frameworks cultural diversity and students with learning disabilities It addresses tenure and promotion collegiality service leadership mentoring writing for publication and scholarship Additionally the text prepares students for the interview process and includes sample CVs patient education handouts and course objectives Learning objectives review questions and case vignettes in each chapter along with tables and bulleted information further contribute to the text's value as an outstanding resource for both academic and hospital settings New to the Second Edition New chapter devoted to the role of the hospital based educator New chapter on global health and education health care policy and the future of nursing education Noted experts discuss simulation gaming and education legal concerns and global health nursing New clinical teaching models and pedagogies Emphasizes the use of technology Examines the current and future nursing workforce Emerging and evolving nursing programs Innovative trends in curricula design New information on infectious diseases and genomics Key Features Provides highly practical step by step information on all components of being a nurse educator faculty member Helps nurses transition from service role to educator faculty role Includes advice from novice and seasoned nurse educators nurse leaders and nursing theorists Includes learning objectives and review questions in each chapter Provides sample forms and documents for CVs and developing course content Critical Clinicals Ron Robertson, Marlee Liberman, Shelby Tuskey, Josh Lawler, Stephanie Ballard-Stucjus, 2020

**The Psychiatric Cheat Sheet** Harsha Willow Ramsey, 2024-12-30 Master Psychiatric Nursing and Mental Health Care with Confidence Are you looking for a trusted resource to deepen your knowledge of mental health care refine your clinical skills and prepare effectively for exams This comprehensive guide is designed for nursing students mental health practitioners and educators who seek clarity practical tools and actionable insights to excel in the field of psychiatric nursing Packed with evidence based practices practical tools and real world applications this book is your ultimate companion for mastering the complexities of mental health care What You'll Discover Inside Complete Coverage of Psychiatric Nursing Essentials Explore key topics including advanced motivational interviewing techniques trauma informed care and holistic approaches that integrate complementary practices for patient centred care Exam Ready Tools and Strategies Benefit from mnemonics cheat sheets and a detailed study schedule designed to simplify exam preparation and help you retain critical information Detailed Medication Insights Learn about antidepressants antipsychotics anxiolytics and mood stabilisers complete with dosing guidance side effects and patient education tips to ensure safe and effective care Real Life Case Studies Gain practical knowledge through real world examples equipping you with strategies for managing complex scenarios like crisis interventions chronic conditions and comorbidities Trauma Informed and Holistic Care Checklists Access actionable frameworks to deliver compassionate evidence based care that supports patients physical emotional and mental well being Cheat Sheets for Drug Interactions and Interventions Use quick reference guides to stay organised and confident



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