

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)** -in (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 + 32
- multiply by 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
- 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)
- 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 (Bacteremia) - fever, chills
- Hypertension - Headache, dizziness, blurred vision
- Acute - vomiting, nausea, pain related to HR
- 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 - painless discharge
- Bacteremia - green, 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
- pCO2: 35-45 mmHg

Cardiac markers

- Troponin: < 0.05 ng/mL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL
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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
- Consolability

Types of Pain

- Chronic: Persistent, malignant 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 cortisol output, impaired tissue response, immune suppression, increased cortisol production, increased blood pressure.
- Acute: Increased cortisol output, impaired tissue response, immune 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**: Infant should extend arms and legs 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 extend foot if sole of foot is stroked from heel to ball of foot.
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Nclex Rn Quick Study Guide

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Nclex Rn Quick Study Guide:

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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

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

NCLEX-RN Review Margaret M. Dahlhauser, 2006 A unique 3 in 1 study system for the most complete preparation available for the NCLEX RN R exam

Illustrated Study Guide for the NCLEX-RN® Exam E-Book JoAnn Zerwekh, 2018-10-25 Who says preparing for the NCLEX has to be boring Using colorful illustrations and fun mnemonic cartoons the Illustrated Study Guide for the NCLEX RN Exam 10th Edition brings the concepts found on the NCLEX RN to life This new edition is written in a concise outline format to make studying easier and the Evolve companion website includes approximately 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify personal strengths and weaknesses and review answers and rationales With new content covering culture and spirituality this study guide gives you a robust visual less intimidating way to remember key facts for the NCLEX exam 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition 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 and older adult lifespan considerations in each body system chapter 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

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The Ultimate NCLEX-RN Study Guide 2025-2026 Naomi Julia Rice, Are you ready to conquer the NCLEX RN and Midwifery exams with confidence The Ultimate NCLEX RN Study Guide 2025 2026 is designed to give you all the tools you need for success This comprehensive guide is packed with expert advice practice questions and essential tips to help you not only pass the exam but master it Whether you re focused on nursing or midwifery this book breaks down every critical topic from pharmacology to maternal health so you can study smarter not harder With a carefully crafted study plan effective test taking strategies and hundreds of practice questions you ll walk into your exam day feeling ready for anything Say goodbye to stress and hello to your future as a nursing professional Get ready to elevate your study game and achieve the success you ve worked so hard for This guide is your all in one resource for mastering the NCLEX and Midwifery exams in 2025 2026

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

NCLEX-RN® Review Made Incredibly Easy! Lippincott,2012-02-03 NCLEX RN Review Made Incredibly Easy Fifth Edition uses the well known Incredibly Easy approach to make NCLEX review more interesting and effective Fully revised and updated to match the latest NCLEX RN test plan this title provides solid clinical information and clear rationales written in a conversational easy to understand manner with wealth of unique memory aids to assist with knowledge retention It covers every area of nursing that students will see on the NCLEX exam including adult care pediatric care maternal neonatal care psychiatric care and professional issues Critical thinking questions accompany each chapter and each section and an additional 3 250 challenging NCLEX style practice questions including audio questions and graphic option questions are offered online

RN's Study Guide Vicky Li,2016-12-05 RN s Study Guide Nursing Essentials is a unique and user friendly resource that presents students with need to know information to help them thrive on their path to becoming a nurse Unlike other texts it condenses vast amounts of knowledge into manageable basics to help nursing students and professionals understand difficult material prepare for rigorous tests and provide optimal care for patients and their families With a concise and practical approach RN s Study Guide Nursing Essentials offers simplified introductions to the major health problems of different systems with important nursing tips and explanations Also included are useful medical terms anatomic pointers points to consider and precautions

NCLEX-RN Questions and Answers Made Incredibly Easy! Lippincott Williams & Wilkins,2012-03 Practice questions are the best way to prepare for success on the exam and only one book makes practicing for NCLEX RN Incredibly Easy NCLEX Q A Review Made Incredibly Easy provides 6 500 total questions in the text and online more than ever before Completely updated to reflect the latest test plan and featuring the high quality questions that help students pass the NCLEX exam the fifth edition features all question types appearing on the

test including audio and graphic option questions Page after page of study questions with clear rationales make for effective efficient study sessions and the Incredibly Easy approach promotes knowledge retention while decreasing study anxiety You ll actually enjoy learning stay motivated and improve your performance on the licensing exam Take the stress out of studying with More practice questions than ever before 3 000 practice questions included in the text Over 3 000 NCLEX style practice questions on the companion website including audio questions and graphic option questions All the question types featured on the exam NEW Audio questions available exclusively on thePoint NEW Graphic option questions Multiple response multiple choice questions Fill in the blank calculation questions Chart exhibit questions Drag and drop questions Hotspot questions Special strategy sections Get to know the exam structure as detailed in the current test plan Review strategies for success Insightful test taking tips

NCLEX-RN Review Made Incredibly Easy! Springhouse,2003 This second edition helps make preparing for the NCLEX more enjoyable Each chapter is organized in a similar way beginning with the review of crucial information and key concepts Every area of nursing is covered including adult care psychiatric care maternal neonatal care child care and professional issues

NCLEX High-Risk: The Disaster Prevention Manual for Nurses Determined to Pass the RN Licensing Examination Marian C. Condon,Karen S. March,2010-05-07 NCLEX High Risk The Disaster Prevention Manual for Nurses Determined to Pass the RN Licensing Examination provides senior nursing students and graduate nurses who are at risk of failing the NCLEX RN with proven methods to maximize their chances of success Focusing on two key weakness areas test question analysis and basic nursing knowledge readers will be guided through comprehensive self diagnostic processes related to both of these areas and then through whatever remedial work is needed Readers will be equipped to take the NCLEX RN with confidence Key features Presents in depth material on test taking strategies and test item analysis Provides readers with essential principles for answering questions on certain topics such as nurse physician interactions and prioritization Introduces the Nugget Method which enables readers to identify critical information that is missing from their nursing knowledge and commit it to their long term memory Guides readers in using their performance on the comprehensive tests to gauge their readiness to take or retake the NCLEX Offers nurse educators an essential tool for helping their students

NCLEX-RN Questions and Answers Made Incredibly Easy Lippincott Williams & Wilkins,2003 The second edition of NCLEX RN Questions Answers Made Incredibly Easy is a completely updated NCLEX review book Over 3 500 questions and answers with rationales are included The book is divided into six parts Part 1 provides studying and test taking strategies for the test itself Parts 2 6 cover adult care psychiatric care maternal neonatal care pediatric care and professional issues The professional issues section is new to this edition and includes chapters on management leadership and legal and ethical issues Six comprehensive sample tests with 75 questions each are also included The book continues the light hearted approach of the Incredibly Easy Series and familiar cartoon characters from the series provide support for the reader and point out vital information

Lippincott's Fast Facts for NCLEX-RN

Lippincott,2012-03-29 Lippincott's Fast Facts for NCLEX RN is a targeted study tool providing 5 000 essential nursing facts for review for the NCLEX RN exam Arranged in a bullet point format for fast and easy review these essential nuggets of information are organized around the major subject areas on the exam adult health maternal neonatal nursing pediatric nursing psychiatric nursing pharmacology and management of care The number of nursing facts and concise presentation are perfect for testing yourself on critical information needed to pass the exam With an appendix providing study tips test taking strategies and other insider information you can test your knowledge study more efficiently and approach the exam with confidence *ACLS Review Made Incredibly Easy* Lippincott Williams & Wilkins,2007 This quick review study guide for the American Heart Association's Advanced Cardiac Life Support training course and examination provides detailed and thoroughly illustrated information on all the fundamentals of ACLS including airway management arrhythmia recognition and treatment cardiovascular pharmacology defibrillation procedures I V techniques special resuscitation situations and more In addition real life case scenarios are included in a Megacode review From publisher description **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 concise outline format makes studying easier and 2 300 NCLEX exam style review questions including alternate item formats are included to test your knowledge at the end of each chapter and on the Evolve companion website Written by NCLEX expert JoAnn Zerwekh this study guide uses colorful illustrations and mnemonic cartoons to help you remember key concepts for the NCLEX RN 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 and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Electronic alternate item format questions on Evolve prepare you for the interactive question types on the computerized NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to create a customized review experience based on your personal study needs Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong NEW 2 300 review questions are now included on the Evolve companion website Two NEW alternate item question types are added graphic options and questions incorporating audio UPDATED content reflects the latest NCLEX RN test plan and incorporated important clinical updates NEW Page references to an Elsevier textbook are provided with each question for further study and self remediation NEW Disorder names are highlighted in color in the index for quick reference EXPANDED coverage of management of care reflects the increased percentage of this content on the NCLEX RN test plan **NCLEX Study Guide For The Practical Nurse** Averel D. Carby,2014-05-28 Strategy plan to take the NCLEX test for Practical Vocational nurses

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Table of Contents Nclex Rn Quick Study Guide

1. Understanding the eBook Nclex Rn Quick Study Guide
 - The Rise of Digital Reading Nclex Rn Quick Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Rn Quick Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nclex Rn Quick Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Rn Quick Study Guide
 - Personalized Recommendations
 - Nclex Rn Quick Study Guide User Reviews and Ratings
 - Nclex Rn Quick Study Guide and Bestseller Lists

5. Accessing Nclex Rn Quick Study Guide Free and Paid eBooks
 - Nclex Rn Quick Study Guide Public Domain eBooks
 - Nclex Rn Quick Study Guide eBook Subscription Services
 - Nclex Rn Quick Study Guide Budget-Friendly Options
6. Navigating Nclex Rn Quick Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nclex Rn Quick Study Guide Compatibility with Devices
 - Nclex Rn Quick Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nclex Rn Quick Study Guide
 - Highlighting and Note-Taking Nclex Rn Quick Study Guide
 - Interactive Elements Nclex Rn Quick Study Guide
8. Staying Engaged with Nclex Rn Quick Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nclex Rn Quick Study Guide
9. Balancing eBooks and Physical Books Nclex Rn Quick Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nclex Rn Quick Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nclex Rn Quick Study Guide
 - Setting Reading Goals Nclex Rn Quick Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nclex Rn Quick Study Guide
 - Fact-Checking eBook Content of Nclex Rn Quick Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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