

# 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** -tidine (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)
- **HRAs and -in** -azole (metoprolol)
- **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:  $C \times 1.8 + 32$   
multiply by 1.8 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:  $F - 32 \div 1.8$   
multiply by 1.8 and subtract 32

## Rules of nines for calculating Total Body Surface Area (TBSA) for burns

- Head: 9%
- Arms: 18% (9% each)
- Legs: 36% (18% each)
- Genitals: 1%
- Back: 18%

## 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.
- **4-5 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 pain, swelling, redness
- Hypertension - headache, dizziness, nosebleeds
- Asthma - wheezing, coughing, chest tightness
- Heart Failure - shortness of breath, swelling, fatigue
- Anemia - weakness, pale skin, fatigue
- Sickle Cell Anemia - pain crises, fatigue, jaundice

## Sexual Transmitted Infections

- Gonorrhea - yellow, white, or green discharge
- Chlamydia - white, yellow, or green discharge
- Syphilis - painless ulcer, rash, fever
- HIV/AIDS - weight loss, fever, night sweats
- Herpes - painful blisters, sores
- HPV - genital warts, abnormal Pap smears

## Lab Values

### Blood Gas

- pH: 7.35-7.45
- PaCO2: 35-45 mmHg
- PaO2: 80-100 mmHg
- HCO3-: 22-28 mEq/L
- pO2: 95-100 mmHg

### 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
- Hemoglobin: 12-16 g/dL
- Hematocrit: 36-46%
- Platelets: 150,000-400,000/mm3
- PT: 11-13.5 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

- Face
- Legs
- Cry
- Activity

### Types of Pain

- Nociceptive: sharp, well-localized pain that lasts more than 30 minutes
- Neuropathic: burning, shooting, or tingling pain, often described as electric shocks
- Chronic: persistent pain that lasts more than 3 months
- Acute: sudden onset of pain, specific to injury

### Effects of Pain

- Increased heart rate, blood pressure, respiratory rate
- Decreased immune response, decreased wound healing
- Increased risk of infection
- Increased risk of falls

### Factors that Influence Pain

- Past experiences
- Anxiety
- Depression
- Age
- Gender
- Culture



## Maternity

### Wound Treatment for Maternal Hypertension after an epidural anesthesia

- Drug infusion of nitroglycerin
- Turn 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
- **Startle** - infant should show a positive response to a stimulus
- **Tonic neck** - infant should show a positive response to a stimulus
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**Lauren Gardner**



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