

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)
- **Anti 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, 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 x 1.8
multiply by 32 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)
- 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, blurred vision
- Chronic Kidney - polyuria, polydipsia, polyuria
- Rheumatoid Arthritis - joint swelling, pain, morning stiffness
- Hypertension - headache, dizziness, nosebleeds
- Asthma - wheezing, coughing, chest tightness, shortness of breath
- Myocardial Infarction - crushing chest pain, sweating, nausea, vomiting, shortness of breath
- Stroke - sudden weakness, numbness, tingling, slurred speech, vision changes
- Heart Failure - shortness of breath, swelling, fatigue, rapid weight gain

Sexual Transmitted Infections

- Gonorrhea - yellow, white, or green discharge and painful urination
- Chlamydia - white discharge and painful urination
- Syphilis - painless chancre, skin rash, fever, malaise
- HIV/AIDS - weight loss, fever, night sweats, swollen lymph nodes
- Herpes - painful blisters or sores, itching, burning, and fluid oozing from blisters

Lab Values

Blood Gas

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

Types of Pain

- Nociceptive: sharp, well-defined pain that lasts more than 30 minutes
- Neuropathic: burning, shooting, or tingling pain, often described as electric shocks

Effects of Pain

- Increased heart rate, blood pressure, respiratory rate, and oxygen consumption
- Decreased immune response, decreased wound healing, increased risk of infection
- Increased risk of falls, decreased mobility, decreased quality of life

Factors that Influence Pain

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



Maternity

WBC - Treatment for maternal hypotension after an epidural anesthetic

- Drug infusion of ephedrine
- Administer oxygen
- 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
- **Brudzinkski** - 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
- **Swallowing** - infant should show a positive response to a stimulus
- **Tonic neck** - infant should show a positive response to a stimulus
- **Startle** - infant should show a positive response to a stimulus
- **Stepping** - infant should show a positive response to a stimulus
- **Trunk extension** - infant should show a positive response to a stimulus
- **Trunk flexion** - infant should show a positive response to a stimulus
- **Trunk rotation** - infant should show a positive response to a stimulus
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web leaping lemmings is about a group of lemmings who all normally do the same things except for one larry likes to stand

out against the rest of the lemmings and do things like eat pizza while the other lemmings eat mold or hang out with puffins in the cold while the other lemmings hibernate

gmt games project 500 - Sep 05 2023

web leaping lemmings is a humorous hobby or family game for 2-6 players each player controls a cloned clan of lemmings that have been specially trained to compete with the other lemming clans all trying to scurry down a canyon and hurl themselves over a cliff distance and style points are important

leaping lemmings by purge reviews youtube - Oct 26 2022

web sep 22 2020 this video is about leaping lemmings by purge reviews leaping lemming is an attempt by gmt games to make a game for children