

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** -idine (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 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)
- 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
- Hyperlipidemia - 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, polyphagia, anorexia, weight loss, fatigue, muscle cramps, itching, nausea, vomiting
- Hypertension - headache, dizziness, nosebleeds, shortness of breath, chest pain, fatigue, blurred vision
- Asthma - wheezing, coughing, chest tightness, shortness of breath, fatigue, weight loss, muscle cramps, itching, nausea, vomiting
- Heart Failure - fatigue, weight gain, swelling, shortness of breath, chest pain, fatigue, blurred vision
- Stroke - sudden weakness, numbness, paralysis, confusion, speech difficulties, vision changes, loss of consciousness

Sexual Transmitted Infections

- Herpes Simplex Type II - genital ulcers, pain, itching, burning, redness, swelling, discharge
- Syphilis - chancre, rash, fever, fatigue, muscle aches, joint pain, headache, dizziness, blurred vision
- Chlamydia - genital discharge, pain, itching, burning, redness, swelling, discharge
- Gonorrhea - green, yellow, white discharge and painful urination
- Chancroid - white discharge and painful urination
- Trichomonas - white discharge and painful urination
- HIV/AIDS - yellow, white, gray, red, brown, and black vaginal discharge

Lab Values

Blood Gas

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

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: 36-46%
- 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

- Chronic: Persistent, recurrent 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: Increased heart rate, blood pressure, anxiety, depression, insomnia, fatigue, weight loss, muscle wasting, decreased immune system.
- Acute: Increased heart rate, blood pressure, anxiety, depression, insomnia, fatigue, weight loss, muscle wasting, decreased immune system.

Factors that Influence Pain

- Past Experiences
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

WOB Treatment for maternal hypoxemia after an epidural anesthetic

- Drug infusion of opioids
- Turn the client on her left side
- If hypoxemia is present, push for fluids

Newborn Reflexes

- **Blinking** Eyes should close if light flashes in eyes.
- **Moro** Reflex: when infant is startled, arms and legs extend symmetrically and then pull back to response to loud noise or pain.
- **Rooting** Reflex: when infant's cheek is touched, turns head to touch.
- **Sucking** Reflex: when infant's mouth is touched, turns head to touch.
- **Swallowing** Reflex: when infant's mouth is touched, turns head to touch.
- **Grasp** Reflex: when infant's fingers are touched, turns head to touch.
- **Startle** Reflex: when infant is startled, arms and legs extend symmetrically and then pull back to response to loud noise or pain.
- **Stepping** Reflex: when infant's feet are touched, turns head to touch.
- **Galant** Reflex: when infant's back is touched, turns head to touch.
- **Trunk** Reflex: when infant's back is touched, turns head to touch.
- **Plantar** Reflex: when infant's feet are touched, turns head to touch.
- **Palmar** Reflex: when infant's palms are touched, turns head to touch.
- **Head** Reflex: when infant's head is touched, turns head to touch.
- **Neck** Reflex: when infant's neck is touched, turns head to touch.
- **Arm** Reflex: when infant's arms are touched, turns head to touch.
- **Leg** Reflex: when infant's legs are touched, turns head to touch.
- **Foot** Reflex: when infant's feet are touched, turns head to touch.
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