

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)
- **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)
- Back: 18%
- Legs: 36% (18% each)
- Genitals: 1%

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, nausea, vomiting
- Hypertension - headache, dizziness, nosebleeds, shortness of breath, chest pain, fatigue
- Anemia - weakness, fatigue, pale skin, shortness of breath, tachycardia
- Heart Failure - fatigue, shortness of breath, swelling, rapid weight gain, cough, wheezing
- Acute Myocardial Infarction - chest pain, sweating, nausea, vomiting, shortness of breath, fatigue
- Stroke - sudden weakness, numbness, paralysis, confusion, speech difficulties, vision changes, loss of consciousness

Sexual Transmitted Infections

- Gonorrhea - purulent discharge, pain with urination, dysuria
- Chlamydia - purulent discharge, pain with urination, dysuria
- Syphilis - chancre, rash, fever, malaise, lymphadenopathy
- HIV - fever, weight loss, night sweats, lymphadenopathy, opportunistic infections
- Hepatitis B - jaundice, dark urine, abdominal pain, fatigue, loss of appetite
- Hepatitis C - fatigue, loss of appetite, abdominal pain, jaundice
- Herpes - painful blisters, ulcers, itching, burning, pain with urination

Lab Values

Blood Gas

- pH: 7.35-7.45
- PaCO₂: 35-45 mmHg
- PaO₂: 80-100 mmHg
- HCO₃⁻: 22-28 mEq/L
- pO₂: 75-100 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

- Nociceptive: Pain from tissue damage or injury
- Neuropathic: Pain from nerve damage or injury
- Psychogenic: Pain from psychological factors

Effects of Pain

- Increased heart rate, blood pressure, respiratory rate
- 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

100% Treatment for maternal hypotension after an epidural anesthetic

- Stop infusion of anesthetic
- 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
- **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
- **Moro** - infant should show a positive response to a stimulus

Nclex Cheat Sheet

Callie Parker

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.

Nclex Cheat Sheet:

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