

EXAM✓CRAM

The NCLEX-RN® Cram Sheet

This cram sheet contains the distilled, key facts about the licensure exam. Review this information just before you enter the testing center, paying special attention to those areas where you feel you need the most review. You can transfer any of these facts from your head onto a blank sheet provided by the testing center. We also recommend reading the glossary as a last-minute cram tool before entering the testing center. Good luck.

GENERAL TEST INFORMATION

- Maximum/Minimum 260**—The maximum time allotted for the test is 8 hours. Don't get frustrated if you need to take the entire number of items or take the entire allotted time. Get up and move around and take breaks if you need a time-out.
- Take deep breaths and imagine yourself studying in your favorite location**—Take a small item with you that you have had with you during your study time.
- Read the question and all answers carefully**—Don't jump to conclusions or make wild guesses.
- Look for keywords**—Avoid answers that include always, never, all, every, only, must, no, except, or none.
- Watch for specific details**—Avoid vague answers. Look for adjectives and adverbs.
- Eliminate answers that are clearly wrong or incorrect**—Eliminating any incorrect answer increases the probability of selecting the correct answer to 25%.
- Look for information given within the question and the answers**—For example, the phrase "client with diabetic ketoacidosis" should bring to mind the range of 7.35–7.45 or normal pH.
- Look for the same or similar wording in the question and the answers.**
- Watch for grammatical inconsistencies**—Subjects and verbs should agree, meaning singular subject, singular verb or plural subject, plural verb. If the question is an incomplete sentence, the correct answer should complete the question in a grammatically correct manner.
- Don't read into questions**—Reading into the question can create errors in judgment. If the question asks for an immediate response or prioritization of action, choose the answer that is critical to the life and safety of the client.

- Make an educated guess**—If you are unsure after carefully reading the question and all the answers, choose C as the answer with the most information.
- Don't hurry, you are not penalized for running out of time.** If you run out of time the computer calculates the last 60 items for consistency above or below the pass point.
- Serum electrolytes**—It is important for you to remember these normal lab values because they might be included in questions throughout the test.
 - Sodium: 135–145 mEq/L
 - Potassium: 3.5–5.5 mEq/L
 - Calcium: 8.5–10.5 mg/L
 - Chloride: 95–105 mEq/L
 - Magnesium: 1.5–2.5 mEq/L
 - Phosphorus: 2.5–4.5 mg/dL
- Hematology values**
 - HBC: 4.5–5.2 million
 - HSC: 5,000–10,000
 - PL: 200,000–400,000
 - Hgb: 12–16 gms women; 14–18 gms men
- ABG values**
 - HCO_3^- : 24–26 mEq/L
 - CO_2 : 35–45 mEq/L
 - PO_2 : 80%–100%
 - SaO_2 : 95%
- Chemistry values**
 - Glucose: 70–110 mg/dL
 - Specific gravity: 1.010–1.030
 - Bilirubin: 1–20 mg/dL
 - Serum creatinine: 0.6–1.35 mg/dL (≥ 2 in older adults)

*Information included in laboratory test may vary slightly according to methods used

- LBN: 100–180 U/L
- CPK: 21–232 U/L
- Uric acid: 2.5–7.5 mg/dL
- Triglyceride: <150 mg/dL
- Total cholesterol: 130–200 mg/dL
- Bilirubin: < 1.0 mg/dL
- Protein: 6.3–8.1 g/L
- Albumin: 3.4–5.0 g/L

12. Therapeutic drug levels

- Digoxin: 0.5–2.0 ng/mL
- Lithium: 0.6–1.5 mEq/L
- Diazepam: 10–20 mcg/mL
- Theophylline: 10–20 mcg/dL

13. Vital signs (adult)

- Heart rate: 60–100
- Respiratory rate: 12–20
- Blood pressure: 110–120 (systolic) 60–90 (diastolic)
- Temperature: 98.6° ± 1°

14. Maternity normals

- FHR: 120–160 BPM
- Variability: 6–10 BPM
- Contractions: normal frequency 2–3 minutes apart; normal duration = 50 sec.; intensity = 100 mmHg
- Amniotic fluid: 500–1200 mL (estimate using Rhine paper green/yellow; fluid Rhine paper blue)
- Apgar scoring: A = appearance, P = pulse, G = grimace, R = activity, I = reflexes (Done at 1 and 5 minutes with a score of 3 for absent, 1 for decreased, and 2 for strongly positive.)
- A&L: The umbilical cord has two arteries and one vein. Arteries carry deoxygenated blood. The vein carries oxygenated blood.

26. **ABG 9**—pHic acid + Bb. Hant. B stands for brain decreases the incidence of neural tube defects; the client should begin taking Bb three months prior to becoming pregnant.

27. Abnormalities in the laboring obstetric client—

Decelerations are abnormal findings on the fetal monitoring strip. Decelerations are classified as

- Early decelerations**—Begin prior to the peak of the contraction and end by the end of the contraction. They are caused by head compression. There is no need for intervention if the variability is within normal range (that is, there is a rapid return to the baseline fetal heart rate) and the fetal heart rate is within normal range.

- Variable decelerations**—Are noted as V-shaped on the monitoring strip. Variable decelerations can occur anytime during monitoring of the fetus. They are caused by cord compression. The intervention is to change the mother's position; if placenta is infusing, stop the infusion, apply oxygen, and increase the rate of IV fluids. Contact the doctor if the problem persists.

- Late decelerations**—Occur after the peak of the contraction and mirror the contraction in length and intensity. These are caused by placental insufficiency. The intervention is to change the mother's position; if placenta is infusing, stop the infusion, apply oxygen, and increase the rate of IV fluids. Contact the doctor if the problem persists.

22. **TORCH syndrome in the neonate**—This is a combination of diseases. These include toxoplasmosis, rubella (German measles), cytomegalovirus, herpes, and syphilis. Pregnant nurses should not be assigned to care for the client with toxoplasmosis or cytomegalovirus.

23. **STOP**—This is the treatment for maternal hypotension after an epidural anesthetic:

- Stop placenta if infusing.
- Turn the client on the left side.
- Administer oxygen.
- If hypotension is present, push IV fluids.

24. Anticoagulant therapy and monitoring

- Coumadin (sodium warfarin) PT: 10–12 sec. control
- Antidote: The antidote for Coumadin is vitamin K.
- Heparin/Lovenox/Enoxaparin PTT: 30–45 sec. control
- Antidote: The antidote for heparin is protamine sulfate
- Therapeutic level: It is important to maintain a bleeding time that is slightly prolonged so that clotting will not occur; therefore, the bleeding time with medication should be 1 1/2–2 times the control.

*The control is the premedication bleeding time.

25. Rule of nines for calculating TBSA for burns

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

Nclex Rn Exam Cram Sheet

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NCLEX-RN Exam Cram Wilda Rinehart, Diann Sloan, Clara Hurd, 2013-08-13 This is the eBook version of the print title. The eBook edition does not provide access to the test engine and practice test that accompanies the print book. The book offers a quick cram approach to the NCLEX that is very user friendly and not time intensive. The overall approach is very learner centered and the content is well paced. Catherine Dearman R N Ph D Covers exactly what you need to know to score higher on your NCLEX RN exam. 545 sample test questions help you gain confidence and decide when you're ready to take the actual exam. Includes the popular Cram Sheet tearcard to help you remember key concepts and do extra last minute studying. Exam Alerts identify important information found on the exam. Simplifies key medication aide concepts and techniques for easy learning. Covers the critical information you'll need to know to score higher on your NCLEX RN exam. Discover how the NCLEX RN exam works and how best to prepare for it. Understand essential disease processes, treatments, and diagnostic studies. Care for clients with respiratory, genitourinary, hematopoietic, gastrointestinal, musculoskeletal, endocrine, cardiovascular, neurological, and many other disorders. Serve maternal, infant, and pediatric clients. Provide compassionate and effective emergency and psychiatric care. Consider cultural, religious, and legal concerns associated with client care. Review all stages of the nursing process: assessment, diagnosis, planning, implementation, and evaluation. Address client needs for a safe, effective care environment, health promotion, and maintenance, and psychosocial and physiological integrity.

NCLEX-RN Exam Cram Wilda Rinehart, Diann Sloan, Clara Hurd, 2016-12-07 This text covers exactly what you need to know to score higher on your NCLEX RN exam. Sample test questions help you gain confidence and decide when you're ready to take the actual exam. The book offers a quick cram approach to the NCLEX that is very user friendly and not time intensive. The overall approach is very learner centered and the content is well paced. Catherine Dearman R N Ph D Covers exactly what you need to know to score higher on your NCLEX RN exam. 500 sample test questions help you gain confidence and decide when you're ready to take the actual exam. Includes the popular Cram Sheet tearcard to help you remember key concepts and do extra last minute studying. Exam Alerts identify important information found on the exam. Simplifies key medication aide concepts and techniques for easy learning. Covers the critical information you'll need to know to score higher on your NCLEX RN exam. Discover how the NCLEX RN exam works and how best to prepare for it. Understand essential disease processes, treatments, and diagnostic studies. Care for clients with respiratory, genitourinary, hematopoietic, gastrointestinal, musculoskeletal, endocrine, cardiovascular, neurological, and many other disorders. Serve maternal, infant, and pediatric clients. Provide compassionate and effective emergency and psychiatric care. Consider cultural, religious, and legal concerns associated with client care. Review all stages of the nursing process: assessment, diagnosis, planning, implementation, and evaluation. Address client needs for a safe, effective care environment, health promotion, and maintenance, and psychosocial and physiological integrity.

NCLEX-PN Practice Questions Exam Cram Wilda Rinehart, Diann Sloan, Clara

Hurd,2017-06-16 This is the eBook of the printed book and may not include access to the practice test software The NCLEX PN Practice Questions Exam Cram Fifth Edition provides 1 000 questions for the nursing student who wants to be better prepared for the exam Revised and completely updated for the 2017 changes to the exam this new edition replaces the successful previous editions that proved so popular with nursing students Anxiety about the exam is high among nursing students and results from the focus group say the more practice questions to study the better The Exam Cram questions cover topics the student will likely encounter on the real exam including alternative items Like all of the Exam Cram books the NCLEX PN Practice Questions Exam Cram contains a cram sheet for last minute review of important information in a concise easy to remember format *NCLEX-RN Practice Questions Exam Cram* Wilda Rinehart,Diann Sloan,Clara

Hurd,2013-06-05 You were so right when you said that we should be prepared to answer many management type questions I enthusiastically recommend your review to anyone preparing to take the NCLEX Susan Hardy R N Covers exactly what you need to know to score higher on your NCLEX RN exam Includes more than 1340 sample test questions to help you determine whether you re ready to take the actual exam Our popular Cram Sheet tear card helps you remember key concepts and facts Use our innovative Quick Check Answer Key System to quickly find answers as you work your way through the questions Score Higher on the NCLEX RN Exam The book features 6 practice exams giving you an effective tool to assess your readiness for the NCLEX RN exam Written by Leading Experts *NCLEX-RN Exam Cram* Wilda Rinehart,Diann Sloan,Clara

Hurd,2011 The definitive late stage preparation tool for the new NCLEX RN exam this guide contains 16 case studies designed to strengthen candidates management and judgment skills provides 900 sample questions all with clear detailed Answer Rationales and a CD ROM **NCLEX-RN Exam Cram** Wilda Rinehart,Diann Sloan,Clara Hurd,2010-11-16 1200 Questions with Detailed Answers Covers exactly what you need to know to score higher on your NCLEX RN exam Includes more than 1 250 sample test questions to help you determine whether you re ready to take the actual exam Our popular Cram Sheet tear card helps you remember key concepts and facts Use our innovative Quick Check Answer Key System™ to quickly find answers as you work your way through the questions Written by Leading Nursing Experts Wilda Rinehart has R N B S N M S N F N C and F P N P degrees Her experience includes staff nurse in surgery labor and delivery public health nurse and family planning nurse practitioner She also was an instructor of surgical and obstetrical nursing Diann Sloan has R N B S N M S N F N C as well as MS Ed and Ph D in Education degrees She has worked as a staff nurse in surgical nursing pediatrics and neonatal intensive care and as a pediatric nurse clinician She has also been an instructor of pediatric and psychiatric nursing Clara Hurd has R N B S N M S N and G N C degrees She is currently serving as an item writing consultant with Prentice Hall Publishing She has 31 years of experience and has worked as a staff nurse in medical surgical nursing and the surgical intensive care unit Ms Hurd has taught in associate and baccalaureate nursing programs Score Higher on the NCLEX RN Exam Category Test Preparation and Review Covers Nursing NCLEX RN is a registered trademark

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NCLEX-RN Exam Prep Wilda Rinehart,Wilda Rinehart Gardner,Diann Sloan,Clara Hurd,2014 Annotation Updated to cover the changes in the exam announced to be released April 2013 Will include additional case studies and updated drug coverage NCLEX-RN® Exam Cram Wilda Rinehart,1900 CD features two practice exams Succeed with topical reviews practice exams and preparation tools The book offers a quick cram approach to the NCLEX that is very user friendly and not time intensive The overall approach is very learner centered and the content is well paced Catherine Dearman R N Ph D Covers exactly what you need to know to score higher on your NCLEX RN exam Includes 500 sample test questions to help you determine whether you re ready to take the actual exam Our popular Cram Sheet tearcard helps you remember key concepts Exam Alerts provide i **NCLEX-RN Practice Questions** Wilda Rinehart,Diann Sloan,Clara Hurd,2013 Previous ed published as NCLEX RN practice questions 2011 **Next Generation NCLEX-RN Exam Prep Study Guide** HTL Publishing,2025-07-14 UNLOCK E LEARNING WEB SECTION WITH 1500 FLASHCARDS AND MULTIPLE CHOICE QUESTIONS A Smarter Faster and More Reliable Way to Prepare Specifically designed for the new NCLEX RN format this comprehensive study guide provides a structured high yield system to help you focus on what truly matters without wasting time on outdated methods or irrelevant content Whether you re a full time student a working professional or returning to your studies after a break this book adapts to your pace It s not about studying more it s about studying better What Makes This NCLEX RN Prep Different Streamlined Learning for Busy Students Every chapter focuses on the essential concepts tested on the exam Complex material is broken down into clear accessible explanations that make even the most challenging topics easier to understand and remember It s built for real world nursing students who need efficiency without sacrificing

depth 1 500 NCLEX Style Practice Questions Practice is the cornerstone of success This guide includes 300 carefully crafted exam level questions inside the book plus 1 200 additional questions available online via a QR code All questions are modeled after the actual NCLEX in tone structure and difficulty preparing you for what you ll face on test day Full Mastery of the NGN Format With the launch of the Next Generation NCLEX mastering the new item types is essential This book includes case studies clinical judgment exercises and NGN style scenarios designed to develop your critical thinking and decision making skills exactly what the new format demands Complete Topic Coverage Without the Overload From fundamentals of care and pharmacology to patient safety delegation and prioritization every key area is addressed The content is organized to build a strong foundation first then reinforce it with high yield review and targeted application Detailed Rationales and Proven Strategies Each question is paired with a clear explanation so you don t just memorize answers you learn the reasoning behind them You ll also discover expert test taking strategies to help you manage your time avoid common traps and stay calm under pressure Start your prep with the confidence that you re using a system built to deliver results right from the first page

NCLEX-PN Exam Cram Wilda Rinehart,Diann Sloan,Clara Hurd,2011-08-11 Succeed with topical reviews practice exams and preparation tools The book offers a quick cram approach to the NCLEX that is user friendly and not time intensive The overall approach is learner centered and the content is well paced Catherine Dearman RN PhD Covers exactly what you need to know to score higher on your NCLEX PN exam Includes 400 sample test questions to help you determine whether you re ready to take the actual exam Our popular Cram Sheet tearcard helps you remember key concepts Exam Alerts provide important information found on the exam Simplifies pharmacology for easy learning Written by Leading Nursing Experts Wilda Rinehart has R N B S N M S N F N C and F P N P degrees Her experience includes staff nurse in surgery labor and delivery public health nurse and family planning nurse practitioner She also was an instructor of surgical and obstetrical nursing Diann Sloan has R N B S N M S N F N C as well as MS Ed and Ph D in Education degrees She has worked as a staff nurse in surgical nursing pediatrics and neonatal intensive care and as a pediatric nurse clinician She has also been an instructor of pediatric and psychiatric nursing Clara Hurd has M S N R N and C N E degrees She has worked with Pearson as a consultant on item writing She has 31 years of experience and has worked as a staff nurse in medical surgical nursing and the surgical intensive care unit Ms Hurd has taught in associate and baccalaureate nursing programs Category Test Preparation and Review Covers Nursing NCLEX PN is a registered trademark of the National Council of State Boards of Nursing Inc NCSBN which does not sponsor or endorse this product

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edition improves upon the prior editions that have served as one of the most popular late stage study tools for Nursing candidates Anxiety about the exam is high among nursing students and results from the focus group say the more practice questions to study the better The Exam Cram questions cover every topic the student will encounter on the real exam including more new format interactive questions The Exam Cram gives the student as much experience with the real exam as possible The NCLEX PN Practice Questions Exam Cram Fifth Edition offers a cram sheet for last minute study as well as the CD testing engine for that testing experience a proven combination for exam success [NCLEX-RN Exam Cram](#) Wilda Rinehart,Diann Sloan,Clara Hurd,2016-11-30 This is the eBook version of the print title The eBook edition does not provide access to the test engine and practice test that accompanies the print book The book offers a quick cram approach to the NCLEX that is very user friendly and not time intensive The overall approach is very learner centered and the content is well paced Catherine Dearman R N Ph D Covers exactly what you need to know to score higher on your NCLEX RN exam Sample test questions help you gain confidence and decide when you re ready to take the actual exam Includes the popular Cram Sheet tearcard to help you remember key concepts and do extra last minute studying Exam Alerts identify important information found on the exam Simplifies key medication aide concepts and techniques for easy learning Covers the critical information you ll need to know to score higher on your NCLEX RN exam Discover how the NCLEX RN exam works and how best to prepare for it Understand essential disease processes treatments and diagnostic studies Care for clients with respiratory genitourinary hematopoietic gastrointestinal musculoskeletal endocrine cardiovascular neurological and many other disorders Serve maternal infant and pediatric clients Provide compassionate and effective emergency and psychiatric care Consider cultural religious and legal concerns associated with client care Review all stages of the nursing process assessment diagnosis planning implementation and evaluation Address client needs for a safe effective care environment health promotion and maintenance and psychosocial and physiological integrity [NCLEX-PN Practice Questions](#) Wilda Rinehart,Wilda Rinehart Gardner,Diann Sloan,Clara Hurd,2014-07-31 Includes a CD ROM with 6 additional practice exams and answer keys **NCLEX-PN Exam Prep** Wilda Rinehart,Diann Sloan,Clara Hurd,2014-11-26 This is the eBook version of the print title The eBook edition does not provide access to the test engine that accompanies the print book Score Higher on the NCLEX PN Exam We provide you with the proven study tools and expert insight that will help you score higher on your exam www.pearsonITcertification.com Study Tips like the advice and instruction that a personal tutor might provide Notes Tips and Cautions provide you with hints and strategies that will help you reduce your mistakes on the exam Comprehensive discussion of all subject areas covered on the NCLEX PN Exam Practice Questions that include detailed explanations of correct and incorrect answers so you can learn the material from your success and mistakes COMPREHENSIVE Succeed with comprehensive learning and practice tests Master the NCLEX PN exam materials in all tested subject areas Prepare with four comprehensive practice tests Analyze your test readiness and areas for further study with topic focused chapter

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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

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CNA Certified Nursing Assistant Exam Cram Linda Whinton, Marty Walker, 2017-06-07 This is the eBook version of the print title and might not include access to the practice test software that accompanies the print book Access to the digital edition of the Cram Sheet is available through product registration at Pearson IT Certification or see the instructions in the back pages of your eBook CNA Certified Nursing Assistant Exam Cram Second Edition is the perfect study guide to help you pass the CNA Certified Nursing Assistant exam It provides coverage and practice questions for every current exam topic and is fully revised to reflect the latest NNAAP test plan The book presents you with an organized test preparation routine through the use of proven series elements and techniques Exam Alerts sidebars and notes interspersed throughout the text keep you focused on what you need to know Exam prep questions help you assess your knowledge and the Cram Sheet tear card is the perfect last minute review Covers the critical information you'll need to know to score higher on your CNA Certified Nursing Assistant exam Discover the roles and responsibilities of the nursing assistant to promote health and safety of residents Review specialized care Rely on new clinical skills performance checklist

Illustrated Study Guide for the NCLEX-RN® Exam 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

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