

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)
- Legs: 36% (18% each)
- Genitalia: 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** twelves and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

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, difficulty breathing
- Myocardial Infarction (MI) - crushing chest pain radiating to left shoulder, arm, and jaw, sweating, N/V, Dizziness, fainting
- Parkinson's Disease - pill rolling tremors, rigidity, bradykinesia
- Stroke - sudden weakness or numbness of face, arm, or leg, sudden confusion, sudden vision changes, sudden headache, sudden loss of consciousness
- Bowel Block - abdominal pain, distention, constipation, vomiting, bloody stool

Sexual Transmitted Infections

- Herpes Simplex Type II - genital ulcers, pain, itching, burning, redness, swelling, discharge
- Syphilis - primary chancre, secondary rash, fever, malaise, lymphadenopathy
- Chlamydia - genital discharge, pain, burning, itching, redness, swelling, discharge
- Gonorrhea - green, yellow, or white discharge and painful urination
- Chancroid - white discharge and painful urination
- Trichomonas - white discharge and painful urination
- HIV/AIDS - yellow, white, or gray discharge, weight loss, fever, night sweats, enlarged lymph nodes

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
- 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: 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, decreased immune system, decreased wound healing, decreased pain tolerance.
- Acute: Increased heart rate, blood pressure, anxiety, depression, insomnia, decreased immune system, decreased wound healing, decreased pain tolerance.

Factors that Influence Pain

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



Maternity

WOB: Treatment for maternal hypoxemia after an epidural anesthetic

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

Newborn Reflexes

- **Blinking**: Eyes should close if light flashes in eyes.
- **Moro**: Infant should extend arms and legs symmetrically and then pull back to response to loud noise or jolt.
- **Rooting**: Infant should turn head toward touch of finger if lips are touched.
- **Swallowing**: Infant should swallow if nipple is touched.
- **Grasp**: Infant should grasp if finger is touched.
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Nclex Study Guide

BM King



Nclex Study Guide:

Reviewing **Nclex Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Nclex Study Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://crm.avenza.com/public/Resources/HomePages/pogil%20activities%20for%20high%20school%20chemistry%20molarity%20answers.pdf>

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