

# Nursing Cram Sheet for the NCLEX-RN

The final mountain that nursing students must summit before becoming a registered nurse is the NCLEX. Preparing for the NCLEX can be stressful as taking in colossal amounts of information has never been easy. This is where this cram sheet can help-- it contains condensed facts about the licensure exam and key nursing information. When exam time comes, you can write and transfer this vital information from your head to a blank sheet of paper provided by the testing center.

## 1. TEST INFORMATION

- **Six hours** – the maximum time allotted for the NCLEX is 6 hours. Take breaks if you need a time out or need to move around.
- **75/265** – the minimum number of question you can answer is 75 and a maximum of 265.
- **Read the question and answers carefully** – do not jump into conclusions or make wild guesses.
- **Look for keywords** – avoid answers with absolutes like *always*, *never*, *all*, *every*, *only*, *must*, *except*, *none*, or *no*.
- **Don't read into the question** – Never assume anything that has not been specifically mentioned and don't add extra meaning to the question.
- **Eliminate answers that are clearly wrong or incorrect** – to increase your probability of selecting the correct answer!
- **Watch for grammatical inconsistencies** – Subjects and verbs should agree. If the question is an incomplete sentence, the correct answer should complete the question in a grammatically correct manner.
- **Rephrase the question** – putting the question into your own words can pluck the unneeded info and reveal the core of the stem.
- **Make an educated guess** – if you can't make the best answer for a question after carefully reading it, choose the answer with the most information.

## 2. VITAL SIGNS

- **Heart rate:** 60 – 100 bpm
- **Respiratory rate:** 12-20 rpm
- **Blood pressure:** 110-120/60 mmHg
- **Temperature:** 37 °C (98.6 °F)

## 3. HEMATOLOGY VALUES

- **RBCs:** 4.5 – 5.0 million
- **WBCs:** 5,000 – 10,000
- **Platelets:** 200,000 – 400,000
- **Hemoglobin (Hgb):** 12 – 16 gm (F); 14 – 16 gm (M).
- **Hematocrit (Hct):** 37 – 47 (F); 40 – 54 (M)

## 4. SERUM ELECTROLYTES

- **Sodium:** 135 – 145 mEq/L
- **Potassium:** 3.5 – 5.5 mEq/L
- **Calcium:** 8.5 – 10.9 mEq/L
- **Chloride:** 95 – 105 mEq/L
- **Magnesium:** 1.5 – 2.5 mEq/L
- **Phosphorus:** 2.5 – 4.5 mEq/L

## 5. ABG VALUES

- **pH:** 7.35 – 7.45
- **HCO<sub>3</sub><sup>-</sup>:** 24 – 26 mEq/L
- **CO<sub>2</sub>:** 35 – 45 mEq/L
- **PaO<sub>2</sub>:** 80% – 100%
- **SaO<sub>2</sub>:** >95

## 6. ACID-BASE BALANCE

- Remember ROME (respiratory opposite/metabolic equal) to remember that in respiratory acid/base disorders the pH is opposite to the other components.
- Use the Tic-Tac-Toe Method for interpreting ABGs. Read more about it [here](https://bit.ly/8qpfctecoe)

## 7. CHEMISTRY VALUES

- **Glucose:** 70 – 110 mg/dL
- **Specific Gravity:** 1.010 – 1.030
- **BUN:** 7-22 mg/dL
- **Serum creatinine:** 0.6 – 1.35 mg/dL
- **LDH:** 100-190 U/L
- **Protein:** 6.2 – 8.1 g/dL
- **Albumin:** 3.4 – 5.6 g/dL
- **Bilirubin:** <1.0 mg/dL
- **Total Cholesterol:** 130 – 200 mg/dL
- **Triglyceride:** 40 – 50 mg/dL
- **Uric acid:** 3.5 – 7.5 mg/dL
- **CPK:** 21-232 U/L

## 8. THERAPEUTIC DRUG LEVELS

- **Carbamazepine (Tegretol):** 4 – 10 mcg/ml
- **Digoxin (Lanoxin):** 0.8 – 2.0 ng/ml
- **Gentamycin (Garamycin):** 5 – 10 mcg/ml (peak), <2.0 mcg/ml (valley)
- **Lithium (Eskalith):** 0.5 – 1.5 mEq/L
- **Phenobarbital (Solfoton):** 15 – 40 mcg/ml
- **Phenytoin (Dilantin):** 10 – 20 mcg/dL
- **Theophylline (Aminophylline):** 10 – 20 mcg/dL
- **Tobramycin (Tobrex):** 5 – 10 mcg/mL (peak), 0.5 – 2.0 mcg/mL (valley)
- **Valproic Acid (Depakene):** 50 – 100 mcg/ml
- **Vancomycin (Vanocin):** 20 – 40 mcg/ml (peak), 5 to 10 mcg/ml (trough)

## 9. ANTICOAGULANT THERAPY

- **Sodium warfarin (Coumadin) PT:** 10 – 12 seconds (control). The antidote is Vitamin K.
- **INR (Coumadin):** 0.9 – 1.2

# Nclex Rn Cramsheet For Medications

**M Mark**



## **Nclex Rn Cramsheet For Medications:**

The book delves into Nclex Rn Cramsheet For Medications. Nclex Rn Cramsheet For Medications is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nclex Rn Cramsheet For Medications, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Nclex Rn Cramsheet For Medications
    - Chapter 2: Essential Elements of Nclex Rn Cramsheet For Medications
    - Chapter 3: Nclex Rn Cramsheet For Medications in Everyday Life
    - Chapter 4: Nclex Rn Cramsheet For Medications in Specific Contexts
    - Chapter 5: Conclusion
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  6. In chapter 5, this book will draw a conclusion about Nclex Rn Cramsheet For Medications. This chapter will summarize the key points that have been discussed throughout the book.
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## **Table of Contents Nclex Rn Cramsheet For Medications**

1. Understanding the eBook Nclex Rn Cramsheet For Medications
  - The Rise of Digital Reading Nclex Rn Cramsheet For Medications
  - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Rn Cramsheet For Medications
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nclex Rn Cramsheet For Medications
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Rn Cramsheet For Medications
  - Personalized Recommendations
  - Nclex Rn Cramsheet For Medications User Reviews and Ratings
  - Nclex Rn Cramsheet For Medications and Bestseller Lists
5. Accessing Nclex Rn Cramsheet For Medications Free and Paid eBooks
  - Nclex Rn Cramsheet For Medications Public Domain eBooks
  - Nclex Rn Cramsheet For Medications eBook Subscription Services
  - Nclex Rn Cramsheet For Medications Budget-Friendly Options
6. Navigating Nclex Rn Cramsheet For Medications eBook Formats
  - ePub, PDF, MOBI, and More
  - Nclex Rn Cramsheet For Medications Compatibility with Devices
  - Nclex Rn Cramsheet For Medications Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nclex Rn Cramsheet For Medications
  - Highlighting and Note-Taking Nclex Rn Cramsheet For Medications
  - Interactive Elements Nclex Rn Cramsheet For Medications
8. Staying Engaged with Nclex Rn Cramsheet For Medications

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nclex Rn Cramsheet For Medications
9. Balancing eBooks and Physical Books Nclex Rn Cramsheet For Medications
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nclex Rn Cramsheet For Medications
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nclex Rn Cramsheet For Medications
- Setting Reading Goals Nclex Rn Cramsheet For Medications
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nclex Rn Cramsheet For Medications
- Fact-Checking eBook Content of Nclex Rn Cramsheet For Medications
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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