

# 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 (lisinapril)
- **Beta-blockers and (in)** -olol (propranolol)
- **H2-receptor blockers and (in)** -tidine (famotidine)
- **Anti and (in)** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



- **Sedatives and (in)** -pam (diazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -vir (acyclovir)
- **ARBs and (in)** -artan (losartan)
- **PRNs 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 mg = 1 ml
- 1 ddg = 1 g
- 1 oz = 30 ml
- 1 tsp = 5 ml
- 1 pint = 2 cups
- Convert C to F: C x 1.8 multiply by 32 and subtract 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



## Ratio of area 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.
- **4-6 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.
- **8-10 months:** stands straight at night, has favorite toy, plays peek-a-boo.
- **10-12 months:** belly to butt.
- **12-23 months:** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

## Common Signs and Symptoms

- **Diabetic ketoacidosis:** acetone breath.
- **Anxiety:** tachycardia (HR > 100), tachypnea (RR > 20), diaphoresis, nausea.
- **Diabetic Neuropathy:** paresthesia, numbness, painless.
- **Diabetic retinopathy:** floaters, blurred vision.
- **Diabetic neuropathy:** numbness, tingling, pain.

## Sexual Transmitted Infections

- **Herpes Simplex Type II:** genital vesicles on genitalia
- **Herpes Simplex Type I:** cold sores on lips
- **Chlamydia:** genital discharge
- **Gonorrhea:** green, yellow, discharge and painful urination
- **Chancroid:** white discharge and painful urination

## Lab Values

### Blood Gas

- PaO<sub>2</sub>: 80-100 mm Hg
- PaCO<sub>2</sub>: 35-45 mmHg
- pH: 7.35-7.45
- HCO<sub>3</sub>: 22-28

### Cardiac markers

- Troponin I: 0.02 ng/ml
- Creatinine: protein 0.6 mg/dl
- BUN: 6-20 mg/dl
- Creatinine: 0.6-1.2 mg/dl

### Hematology

- WBC: 4,800-10,800
- Hgb: 12-16 g/dl
- Hct: 37-47%
- RBC: 4.2-5.4 million
- Platelets: 150,000-400,000 cells
- PT: 12-14 seconds (1.5-2.0 times the P on Warfarin)
- aPTT: 30-40 seconds (1.5-2.0 times the P on Heparin)
- INR: 1.0-1.5 (1.5-2.0, not on Warfarin 2.0-3.0)
- Hgb: 12-16 g/dl
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### Lipoproteins & Triglycerides

- HDL: 40-60 mg/dl
- LDL: 100-160 mg/dl
- APT: 40-100 mg/dl
- HDL: 40-60 mg/dl
- LDL: 100-160 mg/dl
- APT: 40-100 mg/dl
- Triglycerides: 100 mg/dl
- Total: 150 mg/dl



## Pain Assessment

### FLACC

- Face
- Legs
- Cry
- Activity
- Consolability
- Appropriate for children to 8 years of age and older children with cognitive impairment.

### 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.
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- **Acute:** Sudden onset of pain, specific to injury. Lasts from seconds to six months.

### Effects of Pain

- **Chronic:** Increased sympathetic, depression, disability, fatigue, anger, inability to perform ADLs.
- **Acute:** Increased heart rate, blood pressure, increased respiratory rate, increased blood pressure, increased blood pressure, increased blood pressure.

### Factors that Influence Pain

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



## Maternity

### EPIDURAL Treatment for maternal Hypertension after an epidural analgesia

- Drug infusion of fentanyl
- Tends to block the left side
- If Hypertension is present, push for fluids.

### Newborn Reflexes

- **Rooting:** infant should turn head to the side.
- **Moro:** infant should extend arms and legs and head symmetrically and then pull back in response to loud noise or pain.
- **Palmar:** infant should grasp finger.
- **Stepping:** infant should have smooth and turn to the side of touch when the infant's chest is touched.
- **Babinski:** infant should curl if touch (normal) reflex may be used in premature infants.
- **Ballistic:** infant should respond if one of side of feet touched from heel to ball of foot.
- **Grasp:** infant should push finger out of mouth if tip of tongue touches.
- **Trunk:** infant should turn head to the side and the head turned to the side, the infant should flex limbs on appropriate side and extend limbs on the side to which head is turned.
- **Startle:** infant should respond if one of side of feet touched from heel to ball of foot.
- **Trunk:** infant should turn head to the side and the head turned to the side, the infant should flex limbs on appropriate side and extend limbs on the side to which head is turned.
- **Startle:** infant should respond if one of side of feet touched from heel to ball of foot.

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**JE Gale**



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### **Table of Contents Nclex Rn Test Study Guide**

1. Understanding the eBook Nclex Rn Test Study Guide
  - The Rise of Digital Reading Nclex Rn Test Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Rn Test Study Guide
  - 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 Test Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Rn Test Study Guide
  - Personalized Recommendations
  - Nclex Rn Test Study Guide User Reviews and Ratings
  - Nclex Rn Test Study Guide and Bestseller Lists
5. Accessing Nclex Rn Test Study Guide Free and Paid eBooks

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- Nclex Rn Test Study Guide Budget-Friendly Options
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  - Nclex Rn Test Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nclex Rn Test Study Guide
  - Highlighting and Note-Taking Nclex Rn Test Study Guide
  - Interactive Elements Nclex Rn Test Study Guide
- 8. Staying Engaged with Nclex Rn Test Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nclex Rn Test Study Guide
- 9. Balancing eBooks and Physical Books Nclex Rn Test Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nclex Rn Test Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nclex Rn Test Study Guide
  - Setting Reading Goals Nclex Rn Test Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nclex Rn Test Study Guide
  - Fact-Checking eBook Content of Nclex Rn Test Study Guide
  - 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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