

# 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 (cimetidine)
- **Anti and (in)** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and (in)** -statin (atorvastatin)



- **Benzodiazepines and (in)** -pam (clonazepam)
- **Phenothiazines and (in)** -azine (promethazine)
- **Glucocorticoids and (in)** -one (prednisone)

- **Antibiotics and (in)** -in (tetracycline)
- **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, buprenorphine)

## 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



- 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 C to F: C x 9/5 and add 32

- Convert F to C: F - 32 and multiply by 5/9

## Rules of nines for calculating Total Body Surface Area (TBSA) for burns

- Head: 9%
- Arms: 18% (9% each)
- Back: 18%
- Legs: 36% (18% each)
- Genitalia: 1%

## Common Diets

- Gallbladder diseases - Low fat, calorie restricted
- Regular Gastritis - Low fiber, bland diet
- Hepatitis - High calorie, high protein
- Hyperlipidemias - 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 (Cobalamine), 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.
- **6-9 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.
- **12-23 months** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

## Common Signs and Symptoms

- Diabetes Mellitus - excessive thirst
- Anger - redness, inflammation (PRN) - granuloma, suppuration, abscess
- Chronic Kidney - polyuria, polydipsia, polyuria
- Bacteremialyphagous (Bacterial) - redness, swelling, pain
- Acute - swelling, redness, pain, redness, pain
- Chronic - swelling, redness, pain, redness, pain
- Acute - swelling, redness, pain, redness, pain
- Chronic - swelling, redness, pain, redness, pain

### Sexual Transmitted Infections

- Herpes Simplex Type II - painful vesicles on genitalia
- Gonorrhea - white, yellow, or green discharge
- Chlamydia - white, yellow, or green discharge
- Syphilis - white, yellow, or green discharge
- Trichomonas - yellow, foamy, frothy, and fishy smelling vaginal discharge

## Lab Values

### Blood Gas

- pH: 7.35-7.45
- PaO2: 80-100 mmHg
- PaCO2: 35-45 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

### 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: 12-15 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.5

### Lipoproteins & Triglycerides

- LDL: < 100 mg/dL
- HDL: > 40 mg/dL
- TG: < 150 mg/dL
- Total: < 200 mg/dL



## Pain Assessment

- Face
- Legs
- Cry
- Activity

### Types of Pain

- Chronic: Persistent, malignant 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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### Effects of Pain

- Chronic: Increased cortisol output, impaired tissue response, immune suppression, increased cortisol production, increased blood pressure.
- Acute: Increased cortisol output, impaired tissue response, immune suppression, increased cortisol production, increased blood pressure.

### Factors that Influence Pain

- Past Experience
- Anxiety
- Depression
- Age
- Gender
- Culture



## Maternity

### EPID - Treatment for maternal hypotension after an epidural anesthesia

- Stop infusion of opioids
- Turn the client on her left side
- If hypotension is present, push IV fluids

### Newborn Reflexes

- **Blinking** Eyes should close if light flashes in eyes.
- **Moro** Reflex: Infant should extend arms and legs symmetrically and then pull back in response to loud noise or jolt.
- **Rooting** Reflex: Infant should turn head toward touch.
- **Sucking** Reflex: Infant should suck if mouth touched. Reflex may be used in premature infants.
- **Babinski** Reflex: Infant should extend foot if sole of foot is touched.
- **Grasp** Reflex: Infant should grasp finger if finger touches palm.
- **Tonic neck** Reflex: Infant should turn head to side if head is turned.
- **Startle** Reflex: Infant should extend arms and legs if startled.
- **Rooting** Reflex: Infant should turn head toward touch.
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# Nursing Exam Study Guide

**JE Gale**



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