

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 end in** -pril (lisinapril)
- **Beta-blockers end in** -olol (propranolol)



- **B2-receptor blockers end in** -olol (carvedilol)
- **Anti and in** -ycin or -cidin (erythromycin, penicillin)
- **Cholesterol lowering drugs end in** -statin (atorvastatin)

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

- **Antibiotics end in** -in (acyclovir)
- **ARBs end in** -artan (losartan)
- **PPHs end in** -azole (omeprazole)
- **Anticoagulants end 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 (Demoral), 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 = 5ml
- 1 milligram = 100µg
- 1 oz = 30ml
- 1 mg = 1000µg
- 1 pint = 2 cups



- 1 quart = 2 pints
- 1 gram (g) = 1000mg
- 1 kilogram (kg) = 2.2 lbs
- 1 lb = 16 oz

- Convert C to F: C x 1.8 multiply by 32 and add 32

- Convert F to C: F - 32 multiply by 5/9 and subtract 10

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.
- **4-5 months:** grasps, swallows and roll over tummy to back. Can babble and ear-drum 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.
- **12-23 months:** towels and up, drinks from a cup. Cries when parents leave, uses furniture to cruise.

Common Signs and Symptoms

- **Diagnose meningitis:** severe headache, fever, stiff neck, photophobia (Pain, pressure, tearing, tearing, tearing)
- **Diagnose Myocardial infarction:** chest pain, sweating, nausea, vomiting, dizziness
- **Diagnose stroke:** sudden weakness, numbness, tingling, slurred speech, confusion, loss of consciousness

- **Angine:** crushing, radiating pain - relieved by NITs
- **Myocardial infarction (MI):** crushing, radiating pain lasting > 20 minutes, rest, and/or aspirin (aspirin 80mg)
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Sexual Transmitted Infections

- **Herpes Simplex Type II:** genital ulcers on genitalia
- **Genital Herpes:** ulcers, blisters, pain, itching, burning
- **Chlamydia:** genital ulcers
- **Gonorrhea:** green, yellow discharge and genital ulcers
- **Chancroid:** white discharge and genital ulcers
- **Trichomonas:** white frothy discharge and genital ulcers
- **Syphilis:** painless, firm, round, fixed chancre

Lab Values

Blood Gas

- pH: 7.35-7.45
- PaCO2: 35-45 mmHg
- PaO2: 80-100 mmHg
- HCO3-: 22-28 mEq/L
- SaO2: 95-100%

Cardiac markers

- Troponin: 0-0.05 µg/L
- Creatinine: 0.6-1.2 mg/dL
- BUN: 7-20 mg/dL
- Creatinine: 0.6-1.2 mg/dL

Hematology

- WBC: 4,800-10,800/mm³
- RBC: 4.5-5.5 million/mm³
- Hematocrit: 37-47%
- Hemoglobin: 12-16 g/dL
- Platelets: 150,000-400,000/mm³
- PT: 11-13.5 seconds (1.5-2.0 times the PT-INR)
- aPTT: 35-45 seconds (1.5-2.0 times the PT-INR)
- INR: 0.8-1.2 (1.0-1.5)

Lipoproteins & Triglycerides

- HDL: 40-60 mg/dL
- LDL: 100-160 mg/dL
- TG: 0-150 mg/dL
- Total: 150-200 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.
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Effects of Pain

- **Chronic:** Increased morbidity, depression, disability, fatigue, anger, inability to perform ADLs.
- **Acute:** Increased morbidity, depression, disability, fatigue, anger, inability to perform ADLs.

Factors that Influence Pain

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



Maternity

SBOP - Treatment for maternal hypotension after an epidural analgesia

- Stop infusion of Opioids
- Turn the client on her left side
- If hypotension is present, push 10 fluids

Newborn Reflexes

- **Rooting:** infant should turn head to touch on face
- **Sucking:** infant should suck on thumb
- **Grasping:** infant should grasp finger
- **Startle:** infant should startle when startled
- **Babbling:** infant should babble when stimulated
- **Stepping:** infant should step when held
- **Galant:** infant should turn head to touch on face
- **Tonic neck (Babinski):** when infant lying flat and the head turned to one side, the infant should flex limbs on opposite side and extend limbs on the side to which head is turned
- **Plantar (Babinski):** when infant prone, stroking down one side of foot to back then up should result in the pelvic being in crossed side

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Shasha Hu



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