

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 pharmacology questions.

- **ACE inhibitors end in -pril** (lisinapril)
- **Beta-blockers end in -olol** (propranolol)
- **H2-receptor blockers end in -tidine** (famotidine)
- **Anti-andals** -acin or -icillin (erythromycin, penicillin)
- **Cholesterol lowering drugs end in -statin** (atorvastatin)
- **Sedatives end in -epam** (gabapentin)
- **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 (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 = 5ml
- 1 milligram = 100mcg
- 1 oz = 30ml
- 1 mg = 1000mcg
- 1 pint = 2 cups
- Convert C to F: C+90 multiply by 1/9 and substitute 90
- 1 quart = 2 pints
- 1 gram (gr) = 1000mg
- 1 kilogram (kg) = 2.2 lbs
- 1 lb = 16oz
- Convert F to C: F-90 multiply by 5/9 and substitute 90



Ratio of areas 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
- 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 climb.

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
- **Diagnose heart failure:** shortness of breath, swelling, fatigue, weight gain
- **Diagnose diabetes:** frequent urination, thirst, hunger, weight loss, blurred vision
- **Diagnose kidney disease:** back pain, fatigue, nausea, vomiting, changes in urination
- **Diagnose liver disease:** jaundice, dark urine, light-colored stools, abdominal pain

Sexually Transmitted Infections

- **Herpes Simplex Type 1:** painful sores on genitalia
- **Herpes Simplex Type 2:** painful sores on genitalia
- **Chlamydia:** genital discharge
- **Gonorrhea:** green, yellow discharge and painful urination
- **Chancroid:** white discharge and painful ulcers
- **Trichomonas:** white frothy discharge and genital discharge
- **Human Papillomavirus:** genital warts, genital discharge, genital discharge

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 ng/mL
- 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
- Hemoglobin: 12-16 g/dL
- Hematocrit: 37-47%
- PT: 11-13.5 seconds
- PTT: 25-35 seconds
- INR: 0.8-1.2
- HbA1c: 5.7-6.4%
- HbA1c: 5.7-6.4%
- HbA1c: 5.7-6.4%

Lipoproteins & Triglycerides

- LDL: 100-130 mg/dL
- HDL: 40-60 mg/dL
- TG: 100-150 mg/dL
- Total Cholesterol: 200 mg/dL



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability
- Age appropriate for children to 8 years
- 0-10 scale for older children with cognitive impairment

Types of Pain

- **Visceral:** Persistent, dull, aching pain that lasts more than 30 minutes.
- **Somatic:** Sudden onset of pain, specific to injury. Lasts from seconds to six months.
- **Neuropathic:** Burning, tingling, shooting pain.
- **Acute:** Increased heart rate, increased blood pressure, increased respiratory rate, increased heart rate, increased blood pressure, increased heart rate.

Factors that influence Pain

- Pain perception
- 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 IV fluids

Newborn Reflexes

- **Blinking:** eyes should close if light flashes in eyes.
- **Babinski:** infant should extend lateral toes and then symmetrically and then pull back in response to foot stroke or pin.
- **Breath-holding:** infant should grimace/frown/turn red.
- **Rooting:** infant should turn head and turn to the side of touch when the infant's cheek is stroked.
- **Sucking:** infant should suck if mouth touched before may be used in premature infants.
- **Startle:** infant should hyperextend if one of its feet are moved from heel to ball of foot.
- **Grasp:** infant should grasp thumb out of mouth if tip of tongue touches.
- **Trunk extension:** with 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.
- **Head turning:** with infant prone, stroking down one side of spine to back from upper should result in the pelvic being to crossed side.

Study Guide For Nclex Rn

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