

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 (lisinopril)
- **Beta-blockers and -in** -olol (propranolol)
- **H₂ receptor blockers and -in** -idine (cimetidine)
- **Anti and -in** -ycin or -cillin (erythromycin, penicillin)
- **Cholesterol lowering drugs and -in** -statin (atorvastatin)



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

- **Antibiotics and -in** -in (oxycloxacillin)
- **ARBs and -in** -artan (losartan)
- **Anti 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 teaspoon = 5 mL
- 1 tablespoon = 3 tsp
- 1 oz = 30 mL
- 1 cup = 8 oz
- 1 pint = 2 cups

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



- 1 quart = 2 pints
- 1 gram (g) = 1,000 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

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

- Head: 9%
- Arms: 18% (9% each)
- 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.
- **4-6 months** grasps, swatches 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.
- **8-9 months** stands straight at night, has favorite toy, plays peek-a-boo.
- **10-12 months** belly to butt.
- **13-23 months** twirls and up, drinks from a cup. Cries when parents leave, uses furniture to climb.

Common Signs and Symptoms

- Diabetes Mellitus - extreme thirst, frequent urination, weight loss, blurred vision
- Chronic Kidney Disease - polyuria, polydipsia, polyphagia, anorexia, nausea, vomiting
- Hypertension - headache, dizziness, nosebleeds, shortness of breath, chest pain, palpitations
- Anemia - weakness, fatigue, pale skin, shortness of breath, tachycardia
- Heart Failure - shortness of breath, swelling, fatigue, rapid weight gain
- Acute Coronary Syndrome - chest pain, sweating, nausea, vomiting, shortness of breath, rapid heart rate
- Stroke - sudden weakness, numbness, paralysis, confusion, speech difficulties, vision changes, severe headache

Sexual Transmitted Infections

- Gonorrhea - purulent discharge, pain with urination, dysuria
- Chlamydia - purulent discharge, pain with urination, dysuria
- Syphilis - painless chancre, rash, fever, malaise, lymphadenopathy
- HIV - weight loss, fever, night sweats, lymphadenopathy, opportunistic infections
- Hepatitis B - jaundice, dark urine, abdominal pain, fatigue, loss of appetite
- Hepatitis C - jaundice, dark urine, abdominal pain, fatigue, loss of appetite

Lab Values

Blood Gas

- pH: 7.35-7.45
- PaCO₂: 35-45 mmHg
- PaO₂: 80-100 mmHg
- HCO₃⁻: 22-28 mEq/L
- pO₂: 80-100 mmHg

Cardiac markers

- Troponin: < 0.05 ng/mL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL
- Creatinine: < 1.2 mg/dL
- BUN: < 20 mg/dL

Hematology

- WBC: 4,000-11,000/mm³
- Hemoglobin: 12-16 g/dL
- Hematocrit: 36-46%
- Platelets: 150,000-400,000/mm³
- PT: 12-14 seconds
- aPTT: 35-45 seconds
- INR: 1.0-1.2

Lipoproteins & Triglycerides

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



Pain Assessment

FLACC

- Face
- Legs
- Cry
- Activity
- Consolability

Types of Pain

- Nociceptive: Pain from tissue damage or injury
- Neuropathic: Pain from nerve damage or injury

Effects of Pain

- Increased heart rate, blood pressure, respiratory rate, and oxygen consumption
- Decreased immune response, decreased wound healing, increased risk of infection
- Increased risk of falls, decreased mobility, decreased quality of life

Factors that Influence Pain

- Past experiences
- Anxiety
- Depression
- Age
- Gender
- Culture



Maternity

WBC - Treatment for maternal hypotension after an epidural anesthetic

- Drug infusion of fluids
- Tilt the client on her left side
- If hypotension is present, push for fluids

Newborn Reflexes

- **Babinski** - infant should show a plantar reflex in response to a stimulus
- **Brudzinksky** - infant should show a positive response to a stimulus
- **Clonus** - infant should show a positive response to a stimulus
- **Grasp** - infant should show a positive response to a stimulus
- **Rooting** - infant should show a positive response to a stimulus
- **Sucking** - infant should show a positive response to a stimulus
- **Swallowing** - infant should show a positive response to a stimulus
- **Tonic neck** - infant should show a positive response to a stimulus
- **Startle** - infant should show a positive response to a stimulus
- **Moro** - infant should show a positive response to a stimulus

Nclex Study Guide 2015

Barbara J. Irwin, Judith A. Burckhardt

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Table of Contents Nclex Study Guide 2015

1. Understanding the eBook Nclex Study Guide 2015
 - The Rise of Digital Reading Nclex Study Guide 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Nclex Study Guide 2015
 - 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 Study Guide 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nclex Study Guide 2015
 - Personalized Recommendations
 - Nclex Study Guide 2015 User Reviews and Ratings
 - Nclex Study Guide 2015 and Bestseller Lists
5. Accessing Nclex Study Guide 2015 Free and Paid eBooks
 - Nclex Study Guide 2015 Public Domain eBooks
 - Nclex Study Guide 2015 eBook Subscription Services
 - Nclex Study Guide 2015 Budget-Friendly Options
6. Navigating Nclex Study Guide 2015 eBook Formats

- ePub, PDF, MOBI, and More
- Nclex Study Guide 2015 Compatibility with Devices
- Nclex Study Guide 2015 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nclex Study Guide 2015
 - Highlighting and Note-Taking Nclex Study Guide 2015
 - Interactive Elements Nclex Study Guide 2015
- 8. Staying Engaged with Nclex Study Guide 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nclex Study Guide 2015
- 9. Balancing eBooks and Physical Books Nclex Study Guide 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nclex Study Guide 2015
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nclex Study Guide 2015
 - Setting Reading Goals Nclex Study Guide 2015
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nclex Study Guide 2015
 - Fact-Checking eBook Content of Nclex Study Guide 2015
 - 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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d local tournaments hosted by jka dojos 2 all tournaments in all countries shall abide by this present document item 3 rules of conduct for all participants all participants shall act in accordance to the highest standards of ability and of fair play in the spirit of karate do and strive to the utmost respect and dignity towards

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november 17 and 18 2023 in arnhem the netherlands will be held kwf world kyokushin karate championships among children juniors and seniors thursday november 16 12 00 19 00 registration of the teams 20 00 22 00 referee briefing t b d general meeting friday november 17 6 tatami 10 00 12 00 kata championships all categories

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karate styles embracing these rules are often called knockdown karate styles and these include both organizations that originated from kyokushin such as shidōkan karate ashihara karate enshin karate shindenkai and seidokaikan the style that originated the k 1 as well as styles that originated independently from kyokushin such as

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each opponent faced will be fresh and not fatigued or injured each of the rounds are done under test conditions where either of the fighters are allowed to deliver knock out blows the challenge was devised by masutatsu oyama the founder of kyokushin and

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normally knockdown rules include no protectors or guards are used with exception to groin guards and teeth protection 3 minutes match time the fighter that achieves an ippon one point will win the match and the fight is stopped

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5 fight duration the length of each round is one minute match times may be extended up to 2 minutes if divisions are under 5 opponents 6 legal techniques no head contact open hand strikes punches elbow strikes knee kicks and straight kicks to the body and legs circular kicks to the body and legs

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rules all world open tournaments operate under knockdown karate rules which involve standup bareknuckle fighting with basically no protection the more characteristic rules in knockdown karate compared to other styles are that you are not allowed to punch in the face and a point system that only counts hits that actually hurt the opponent

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kyokushin is the basis of glove karate a knockdown karate format wearing boxing gloves and allowing punches to the head glove karate rules are used in kyokushin karate iran in popular culture kyokushin karate has featured in following videogames the move sets of ryu and ken from capcom's street fighter franchise are based on kyokushin

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