

# NCLEX MNEMONIC

## Client In Traction Nursing Care "TRACTION"

Temperature (Extremity, Infection)

Ropes hang freely

Alignment

Circulation Check (5 P's)

Type & Location of fracture

Increase fluid intake

Overhead trapeze

No weights on bed or floor



# NCLEX MNEMONIC

## Canes and walkers "COAL" and "WWAL"

Cane  
Opposite  
Affected  
Leg

Walker  
With  
Affected  
Leg



# NCLEX MNEMONIC

## Osteoporosis Risk Factors "ACCESS"

Alcohol Use  
Corticosteroid Use  
Calcium low  
E-trogen low  
Smoking  
Sedentary lifestyle/s



# NCLEX MNEMONIC

## DUMPING SYNDROME

D - izziness

A - Abdominal cramping

T - tachycardia



# NCLEX MNEMONIC

## Hepatitis Transmission Routes

Hepatitis A and E transmitted  
by fecal-oral route



# NCLEX MNEMONIC

## PORTAL HYPERTENSION

A - scites

B - leeding

C - aput medusa

D - ecreased albumin

E - nlarged spleen



# NCLEX MNEMONIC

## Anti-TB drugs “STRIPE”

S - streptomycin

R - rifampicin

I - isoniazid

P - pyrazinamide

E - ethambutol



# NCLEX MNEMONIC

Chronic obstructive pulmonary disease  
"blue bloater vs. pink puffer"

Emphysema has letter P (and not B) so Pink Puffer.  
Chronic Bronchitis has letter B (and not P) so Blue Bloater.





# NCLEX MNEMONIC

## Ventilator Alarms “HOLD”

### HIGH ALARM

O - bstruction due to increased secretions, kink, coughing  
or gagging

### LOW PRESSURE ALARM

D - isconnection or leak in ventilator or in airway cuff or  
patient stops spontaneous breathing



# NCLEX MNEMONIC

## BETA 1 VERSUS BETA 2 EFFECTS

Beta 1 = one heart

Beta 2 = two lungs



# NCLEX MNEMONIC

## HEPARIN AND WARFARIN ANTIDOTES

In Heaven (heparin),  
there is peace (protamine Sulfate).

In war (warfarin),  
there are killings (Vitamin K).



# NCLEX MNEMONIC

## Deep Vein Thrombosis Diagnosis “DVT”

D - ilated veins/ discoloration

V - enography is gold standard

T - enderness of thigh and calf



# NCLEX MNEMONIC

## Bradycardia and Hypotension Drugs "IDEA"

Isoproterenol

Dopamine

Epinephrine

Atropine Sulfate



# NCLEX MNEMONIC

## Warfarin interactions "ACADEMIC QACS"

Amiodarone

Cimetidine

Aspirin

Dapsone

Erythromycin

Metronidazole

Indomethacin

Clofibrates

Quinidine

Azapropazone

Ciprofloxacin

Statins



# NCLEX MNEMONIC

## Treatment for MI

M - orphine

O - xygen

N - itroglycerin

A - spirin



# NCLEX MNEMONIC

## Virchow's Triad in Clot Formation

3 V's

V - enostasis

V - essel trauma

V - iscosity of blood





# NCLEX MNEMONIC

## Beta blocker contraindications

A - asthma

B - lock (heart block)

C - OPD

D - diabetes mellitus

E - electrolyte (hyperkalemia)



# NCLEX MNEMONIC

## Heart Auscultation Order "APETM"

Atrial

Pulmonic

Erb's point

Tricuspid

Mitral



# NCLEX MNEMONIC

## Thrombolytic agents “USA”

U - rokinase

S - treptokinase

A - lteplase (t-PA)



# NCLEX MNEMONIC

## CHF TREATMENT "Unload Fast"

Upright Position  
Nitrates (in low dose)  
Lasix  
Oxygen  
Aminophylline  
Digoxin

Fluids (decrease)  
Afterload (decrease)  
Sodium restriction  
Test (Dig level, ABGs, K level)



# NCLEX MNEMONIC

## Leukemia symptoms "ANT"

Anemia

Neutropenia

Thrombocytopenia



# NCLEX MNEMONIC

## ACE Inhibitor Side Effects

### "CAPTOPRIL"

Cough

Anaphylaxis

Palpitations

Taste

Orthostatic ↓BP

Potassium (↑K<sup>+</sup>)

Renal impairment

Impotence

Leucocytosis



# NCLEX MNEMONIC

## Treatment For Hypertension “ABCD”

A - ce inhibitors/ARBs

B - eta blockers

C - alcium blockers

D - iuretics



# NCLEX MNEMONIC

## PULMONARY EDEMA MANAGEMENT

M - orphine

A - minophylline

D - igitalis

D - iuretics

O - xygen

G - ases (ABG)





# NCLEX MNEMONIC

## EARLY SIGNS OF DIGOXIN TOXICITY

B - radycardia/Tachycardia

A - norexia

D - iarrhea

V - isual disturbances

A - bdominal Cramps

N - ausea and vomiting



# NCLEX MNEMONIC

## Prevention of Thrombophlebitis - 6 E's

Early ambulation

Exercise

Elastic stockings

Elevate legs

Encourage fluids

Extend knees



# NCLEX MNEMONIC

## Adrenal Gland Hormones

“3 S’s or GMA”

Sugar (Glucocorticoids)

Salt (Mineralcorticoids)

Sex (Androgens)



# NCLEX MNEMONIC

## Addison's Disease

Add Sone (steroid)



# NCLEX MNEMONIC

Mixing insulins  
“R.N.”

Draw up regular then NPH



# NCLEX MNEMONIC

## Corticosteroid Side Effects "Five S's"

Sick - easier to get sick

Sad - causes depression

Sex - increases libido

Salt - retains more and causes weight gain

Sugar - raises blood sugar



# NCLEX MNEMONIC

Hypoglycemia vs Hyperglycemia

"Hot and Dry"

"Cold and Clammy"

Hot and dry = sugar high

Cold and clammy = need some candy



# NCLEX MNEMONIC

## Causes of Diabetic Ketoacidosis "SAD"

Starvation

Alcohol

DM





# NCLEX MNEMONIC

## Pituitary hormones "FLAGTOP"

Follicle stimulating hormone  
Luteinizing hormone  
Adrenocorticotrophic hormone  
Growth hormone  
Thyroid stimulating hormone  
Oxytocin  
Prolactin



# NCLEX MNEMONIC

## SIDE EFFECTS OF STEROIDS

“Cushings Bad MD “

Cataracts

Up all night

Suppression of adrenal

Hypertension

Hump buffalo

Infections

Necrosis (avascular)

Gain weight

Striae

Bone loss

Acne

DM

Moon face

Depression



# NCLEX MNEMONIC

## Creatinine lab values

Same as lithium 0.6 - 1.2



# NCLEX MNEMONIC

## Sulfonamide side effects

3 S's

S - teven Johnson syndrome

S - kin rash

S - hiny crystals in urine



# NCLEX MNEMONIC

## PROSTATE SYMPTOMS

"no FUN"

Frequency

Urgency

Nocturia



# NCLEX MNEMONIC

## DRUGS CAUSING AGRANULOCYTOSIS

3 C's

Clozapine

Colchicine

Carbamazepine



# NCLEX MNEMONIC

## Myasthenia drugs

edrophonium is for diagnosis,  
pyridostigmine is to get rid of weakness



# NCLEX MNEMONIC

## Antiparkinsoninan drugs “SALA”

S - eligiline (Eldepryl)

A - nticholinergics (Cogentin, Artane)

L - dopa (Sinemet)

A - mantadine (Symmetryl)





# NCLEX MNEMONIC

## CHOLINERGIC (Parasympathetic) EFFECTS “sludge”

S - alivation

L - acrimation

U - rination

D - iarrhea

G - astric distress

E - mesis



# NCLEX MNEMONIC

Drugs for all seizures  
“CPP”

C - carbamazepine

P - phenytoin

P - phenobarbital



# NCLEX MNEMONIC

## Cholinergic Adverse Effects “DUMBELLS”

Diarrhea  
Urination  
Miosis  
Bradycardia

Emesis  
Lacrimation  
Lethargy  
Salivation



# NCLEX MNEMONIC

## DRUGS CAUSING CATARACT

A - miocardone

B - usulfan

C - hlorpromazine

D - examethasone



# NCLEX MNEMONIC

Osmotic diuretics

"GUM"

Glycerol

Urea

Mannitol



# NCLEX MNEMONIC

## Level of Consciousness Assessment

A - Alert

V - Response to Verbal Stimuli

P - Response to Pain

U - Unresponsive



# NCLEX MNEMONIC

## Charcoat's Triad in Multiple Sclerosis

S - scanning speech

I - intention tremors

N - nystagmus



# NCLEX MNEMONIC

## ICP VERSUS SHOCK “have opposite V/S!”

Increased BP  
Decreased heart rate  
Decreased respiratory rate  
Widened pulse pressure

Decreased BP  
Increased HR  
Increased respiratory rate  
Narrowed pulse pressure





# NCLEX MNEMONIC

Drugs for petit mal seizures  
“VALET”

Valproic acid  
Ethosuximide



# NCLEX MNEMONIC

## Antibiotics C/I During Pregnancy

M - metronidazole

C - chloramphenicol

A - aminoglycoside

T - tetracycline



# NCLEX MNEMONIC

CAPUT SUCCEDANEUM  
“CS”

crosses suture lines



# NCLEX MNEMONIC

Cord prolapse

Push then position



# NCLEX MNEMONIC

## Interventions for complications of L&D “LIONPit”

L - eft side

I - ncrease IV

O - xygenate

N -otify physician

P - itocin



# NCLEX MNEMONIC

## APGAR SCORING

A - appearance

P - pulse rate (apical)

G - grimace

A - activity

R - respiratory rate



# NCLEX MNEMONIC

## Severe pre-eclampsia complication "HELLP"

Hemolysis

Elevated

Liver function tests

Low

Platelet count



# NCLEX MNEMONIC

## Postpartum assessment "BUBBLE HER"

Breasts

Uterus

Bladder

Bowel function

Lochia

Episiotomy

Homan's sign

Emotional Status

Respiratory System





# NCLEX MNEMONIC

## ASSESSMENT TESTS FOR FETAL WELL-BEING

A - Amniocentesis

L - L/S Ratio (2:1)

O - Oxytocin Test

N - Non-Stress Test

E - Estriol Level



# NCLEX MNEMONIC

## VEAL CHOP

**V**ariable decelerations – **C**ord compression

**E**arly decelerations – **H**ead compression

**A**ccelerations – **O**kay

**L**ate decelerations – **P**lacental Insufficiency



# NCLEX MNEMONIC

## Drugs That Cause Hyperkalemia “K BANK”

K-sparing diuretics

Beta blockers

ACE inhibitors

NSAIDs

K supplements



# NCLEX MNEMONIC

## Hyperkalemia Treatment "KIND"

Kayexalate (orally/ enema)

Insulin

Na HCO<sub>3</sub>

Diuretics (Furosemide & Thiazides)



# NCLEX MNEMONIC

## SIGNS/SYMPTOMS OF HYPERKALEMIA

- M - muscle weakness
- U - rinary changes (oliguria)
- R - espiratory distress
- D - ecreased cardiac motility
- E - KG changes
- R - eflexes



# NCLEX MNEMONIC

## CAUSES OF HYPERKALEMIA

M – medication (ACE, NSAIDS)

A - acidosis

C- cellular destruction (burns)

H – hypoaldosteronism

I – intake of supplements

N - nephron failure

E – excretion impaired



# NCLEX MNEMONIC

## SIGNS/SYMPTOMS OF HYPERNATREMIA

F - ever (low grade), flushed skin

R - estless (irritable)

I - ncreased fluid retention and increased BP

E - dema (peripheral and pitting)

D - ecreased urinary output, dry mouth



# NCLEX MNEMONIC

## SIGNS/SYMPTOMS OF HYPONATREMIA

S- stupor/coma

A - anorexia, N&V

L - lethargy

T - tendon reflexes decreased

L - limp muscles (weakness)

O - orthostatic hypotension

S - seizures/headache

S - stomach cramping





# NCLEX MNEMONIC

## SIGNS/SYMPTOMS OF HYPERCALCEMIA

**“Bones, Stones and Moans”**

bone demineralization, nephrolithiasis, pain



# NCLEX MNEMONIC

## SIGNS/SYMPTOMS OF HYPOCALCEMIA

C - onvulsions or Chvostek's sign

A - rrhythmias

T - etany or Trosseau's sign

S - pasms and stridor



# NCLEX MNEMONIC

## SIGN/SYMPTOMS OF HYPERNATREMIA

S - Skin flushed

A - Agitation

L - Low-grade fever

T - Thirst



# NCLEX MNEMONIC

## DRUGS CAUSING SLE SYMPTOMS

S - ulfonamide

H - ydralazine

I - soniazid

P - henytain

P - rocainamide



# NCLEX MNEMONIC

## Drugs causing QT prolongation “APACHE”

- A - midardone
- P - rocainamide
- A - rsenium
- C - isapride
- H - aloperidol
- E - rythromycin



# NCLEX MNEMONIC

## Drugs causing gynecomastia “DISCOS”

D - igoxin

I - soniazid

S - pironolocatone

C - imetidine

O - estrogens

S - tillbestrol



# NCLEX MNEMONIC

## Therapeutic Drug Levels - Magic 2's

Digitalis - .5-2.5 = 2

Lithium - .6-1.2 = 2

Theophylline - 10-20 = 20

Dilantin - 10-20 = 20



# NCLEX MNEMONIC

Benzodiazepine antidote - Romazicon (Flumanezil)

“Ben is off with flu”





# NCLEX MNEMONIC

## 5 INTERVENTIONS FOR PSYCHIATRIC PATIENTS

Safety

Setting limits

Establish trusting relationship

Medications

Leas restrictive methods/environment



# NCLEX MNEMONIC

## Serotonin syndrome “HARM”

H - yperthermia

A - utonomic instability (delirium)

R - igidity

M - yoclonus



# NCLEX MNEMONIC

## ALCOHOL ADDICTION SCREENING

C - ut down

A - nnoyed

G - uilty

E - ye opener



# NCLEX MNEMONIC

## EFFECTS OF “CO”-CAINE

(co = constrict blood vessels = increased BP)



# NCLEX MNEMONIC

## REPORTING CRITICAL CONDITIONS

U - nrelieved by interventions

S - udden

A - marked change



# NCLEX MNEMONIC

## RN SCOPE OF PRACTICE

T - eaching

I - V medications

A - ssesment



# NCLEX MNEMONIC

## BEFORE CALLING PHYSICIAN

### 5 R's

**R** - eview patient assessment

**R** - eview vital signs

**R** - eview records: MAR, Labs, Recent Orders, Progress Notes

**R** - eview care pathway, policies and procedures

**R** - eady relevant Information (e.g. chart, medication sheet, vital signs, code status, POLST, allergies)



# NCLEX MNEMONIC

## AIRBORNE INFECTIONS

M - Measles

T - TB

C - Chickenpox





# NCLEX MNEMONIC

## Donning: Gown, Mask, Google, and Gloves

First you put on your dress (Gown), then you put on your lipstick (mask), then your Shades (googles) and lastly your drive (gloves) to wherever you're going.



# NCLEX MNEMONIC

## Removing: Gloves, Goggles, Gown, and Mask

First you turn off your car (gloves), then you take off your shades (goggles) because you are indoors, you take off your dress (gown) and finally you wipe off your lipstick (Mask)



# NCLEX MNEMONIC

## TRANSMISSION-BASED PRECAUTIONS

AIRBORNE	DROPLET PRECAUTIONS	CONTACT PRECAUTIONS
<p>My - measles Chicken - chickenpox Hez - herpes zoster TB - TB</p>	<p><b>SPIDERMAN</b></p> <p>s - sepsis s - scarlet fever s - streptococcal pharyngitis p - parvovirus b19 p - pertussis p - pneumonia i - influenza d - diptheria (pharyngeal) e - epiglottitis r - rubella m - mumps m - meningitis m - mycoplasma or meningeal pneumonia an - adenovirus</p>	<p><b>MRS. WEE</b></p> <p>m - multidrug resistant organism r - RSV s - skin infections w - wound infections e - enteric infections - C. diff. e - eye infections</p>

# NCLEX MNEMONIC

## Seven Warning Signs of Cancer

C - Change in bowel or bladder habits

A - A sore throat that does not heal

U - Unusual bleeding or discharge

T - Thickening or lump in breast or elsewhere

I - Indigestion or dysphagia

O - Obvious change in wart or mole

N - Nagging cough or hoarseness



# NCLEX MNEMONIC

**ATROPINE**

**"A goes with B"**

Used to treat bradycardia



# NCLEX MNEMONIC

## OPIOID EFFECTS “Bad Americans”

Bradycardia & hypotension  
Anorexia  
Diminished pupillary size  
Analgesia  
Miosis  
Euphoria  
Respiratory depression

Increased smooth muscle activity  
(biliary tract constriction)  
Constipation  
Ameliorate cough reflex  
Nausea and vomiting  
Sedation



# NCLEX MNEMONIC

## Cyanotic defects "3 T's"

Tetralogy of Fallot  
Truncus Arteriosus  
Tricuspid Atresia



# NCLEX MNEMONIC

## Cleft lip post op care "CLEFT LIP"

Choking precautions  
Lie on back  
Evaluate Airway  
Feed Slowly  
Teaching

Larger nipple opening  
Incidence increased in  
males  
Prevent crust formation  
and aspiration





# NCLEX MNEMONIC

## EMERGENCY MEDS "drugs to LEAN on"

Lidocaine

Epinephrine

Atropine Sulfate

Narcan



# NCLEX MNEMONIC

## Pediatric Hypoxia Symptoms "FINES"

Feeding difficulty  
Inspiratory Stridor  
Nares Flares  
Expiratory Grunting  
Sternal Retractions



# NCLEX MNEMONIC

## Diet For Severe Dehydration "BRAT"

Banana

Rice

Apple

Toasted Bread



# NCLEX MNEMONIC

## Foods To Avoid With Celiac Disease "BROW"

Barley

Rye

Oats

Wheat



# NCLEX MNEMONIC

## Causes of Metabolic Acidosis “LUSK”

Lactic

Uremic

Salicylate

Ketoacidosis



# NCLEX MNEMONIC

DO NOT delegate what you can EAT!

E - evaluate

A - assess

T - teach



# NCLEX MNEMONIC

No Pee, no K

Do not give potassium without adequate  
urine output



# NCLEX MNEMONIC

If a client is in distress, do not  
assess ! Safety comes first!





# NCLEX MNEMONIC

## Converting temperatures

TO CONVERT CENTIGRADE TO F

$F = C \times \frac{9}{5} + 32$ , multiply  $\frac{9}{5}$  and subtract 32

TO CONVERT FAHRENHEIT TO C

$C = \frac{F - 32}{1.8}$ , multiply  $\frac{5}{9}$  and subtract 32



# NCLEX MNEMONIC

## Household measures

1 tsp (teaspoon) = 5 ml

1 T (tbsp) = 3 tsp = 15 ml

1 oz = 30 ml

1 cup = 8 oz

1 quart = 2 pints

1 pint = 2 cups

1 gr (grain) = 60 mg

1 g (gram) = 1000 mg

1 kg = 2.2 lbs

1 lb = 16 oz

