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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
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Canes and walkers
"COAL" and "WWAL"

Cane
Opposite
Affected
Leg

Walker
With
Affected
Leg
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Osteoporosis Risk Factors
"ACCESS"

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

D - izziness
A - Abdominal cramping
T - achycardia
Hepatitis A and E transmitted by fecal-oral route
PORTAL HYPERTENSION

A - scites
B - leeding
C - aput medusa
D - ecreased albumin
E - nlarged spleen
Anti-TB drugs
“STRIPE”
S - treptomycin
R - ifampicin
I - soniazid
P - yrazinamide
E - thambutol
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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.
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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
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BETA 1 VERSUS BETA 2 EFFECTS

Beta 1 = one heart
Beta 2 = two lungs
HEPARIN AND WARFARIN ANTIDOTES

In Heaven (heparin),
there is peace (protamine Sulfate).
In war (warfarin),
there are killings (Vitamin K).
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Deep Vein Thrombosis Diagnosis “DVT”

D - ilated veins/ discoloration
V - enography is gold standard
T - enderness of thigh and calf
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Bradycardia and Hypotension Drugs
"IDEA"
Isoproterenol
Dopamine
Epinephrine
Atropine Sulfate
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Warfarin interactions
"ACADEMIC QACS"

Amiodarone  Clofibrates
Cimetidine   Quinidine
Aspirin     Azapropazone
Dapsone     Ciprofloxacin
Erythromycin Statins
Metronidazole
Indomethacin
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Treatment for MI

M - morphine
O - oxygen
N - nitroglycerin
A - aspirin
Virchow’s Triad in Clot Formation
3 V’s

V - enostasis
V - essel trauma
V - iscosity of blood
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Beta blocker contraindications

A - asthma
B - lock (heart block)
C - OPD
D - diabetes mellitus
E - electrolyte (hyperkalemia)
Heart Auscultation Order
"APETM"

Atrial
Pulmonic
Erb's point
Tricuspid
Mitral
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Thrombolytic agents “USA”

U - rokinase
S - treptokinase
A - Lteplase (t-PA)
Upright Position
Nitrates (in low dose)
Lasix
Oxygen
Aminophylline
Digoxin

Fluids (decrease)
Afterload (decrease)
Sodium restriction
Test (Dig level, ABGs, K level)
Leukemia symptoms
"ANT"

Anemia
Neutropenia
Thrombocytopenia
ACE Inhibitor Side Effects
"CAPTOPRIL"

- Cough
- Anaphylaxis
- Palpitations
- Taste
- Orthostatic ↓BP
- Potassium (↑K+)
- Renal impairment
- Impotence
- Leucocytosis
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Treatment For Hypertension
“ABCD”

A - ce inhibitors/ARBs
B - eta blockers
C - alcium blockers
D - iuretics
PULMONARY EDEMA MANAGEMENT

M - orphine
A - minophylline
D - igitalis
D - iuretics
O - xygen
G - ases (ABG)
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EARLY SIGNS OF DIGOXIN TOXICITY

B - radycardia/Tachycardia
A - norexia
D - iarrhea
V - isual disturbances
A - bdominal Cramps
N - ausea and vomiting
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Prevention of Thrombophlebitis - 6 E’s

Early ambulation
Exercise
Elastic stockings
Elevate legs
Encourage fluids
Extend knees
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Adrenal Gland Hormones
“3 S’s or GMA”

Sugar (Glucocorticoids)
Salt (Mineralcorticoids)
Sex (Androgens)
Addison’s Disease

Add Sone (steroid)
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Mixing insulins
“R.N.”

Draw up regular then NPH
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
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Hypoglycemia vs Hyperglycemia
"Hot and Dry"
"Cold and Clammy"

Hot and dry = sugar high
Cold and clammy = need some candy
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Causes of Diabetic Ketoacidosis
"SAD"

Starvation
Alcohol
DM
Pituitary hormones
"FLAGTOP"

- Follicle stimulating hormone
- Luteinizing hormone
- Adrenocorticotropic hormone
- Growth hormone
- Thyroid stimulating hormone
- Oxytocin
- Prolactin
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SIDE EFFECTS OF STEROIDS

“Cushings Bad MD “

Cataracts  Necrosis (avascular)
Up all night  Gain weight
Suppression of adrenal  Striae
Hypertension  Bone loss
Hump buffalo  Acne
Infections  DM
Infections  Moon face
Infections  Depression
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Creatinine lab values

Same as lithium 0.6 - 1.2
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Sulfonamide side effects
3 S’s

S - teven Johnson syndrome
S - kin rash
S - hiny crystals in urine
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PROSTATE SYMPTOMS

"no FUN"

Frequency
Urgency
Nocturia
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DRUGS CAUSING AGRANULOCYTOSIS

3 C’s

Clozapine
Colchicine
Carbamazepine
Myasthenia drugs

edrophonium is for diagnosis,
pyridostigmine is to get rid of weakness
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Antiparkinsoninan drugs
“SALA”

S - eligilene (Eldepryl)
A - nticholinergics (Cogentin, Artane)
L - dopa (Sinemet)
A - mantadine (Symmetryl)
CHOLINERGIC (Parasympathetic) EFFECTS

“sludge”

S - alivation
L - acrimation
U - rination
D - iarrhea
G - astric distress
E - mesis
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Drugs for all seizures
“CPP”

C - arbamazepine
P - henytoin
P - henobarbital
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Cholinergic Adverse Effects
“DUMBELLS”

Diarrhea          Emesis
Urination         Lacrimation
Miosis            Lethargy
Bradycardia       Salivation
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DRUGS CAUSING CATARACT

A - miodarone
B - usulfan
C - hlorpromazine
D - examethasone
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Osmotic diuretics
"GUM"

Glycerol
Urea
Mannitol
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Level of Consciousness Assessment

A - Alert
V - Response to Verbal Stimuli
P - Response to Pain
U - Unresponsive
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Charcoat’s Triad in Multiple Sclerosis

S - canning speech
I - ntention tremors
N - ystagmus
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ICP VERSUS SHOCK
“have opposite V/S!”

Increased BP  Decreased BP
Decreased heart rate  Increased HR
Decreased respiratory rate  Increased respiratory rate
Widened pulse pressure  Narrowed pulse pressure
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Drugs for petit mal seizures
“VALET”

Valproic acid
Ethosuximide
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Antibiotics C/I During Pregnancy

M - etronidazole
C - hloramphenicol
A - minoglycoside
T - etracyclline
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CAPUT SUCCEDEANEUM

“CS”

crosses suture lines
Push then position

Cord prolapse

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Interventions for complications of L&D “LIONPit”

L - eft side
I - ncrease IV
O - xygenate
N - otify physician
P - itocin
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APGAR SCORING

A - ppearance
P - ulse rate (apical)
G - rimace
A - ctivity
R - espiratory rate
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Severe pre-eclampsia complication "HELPP"

- Hemolysis
- Elevated
- Liver function tests
- Low
- Platelet count
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Postpartum assessment
"BUBBLE HER"

Breasts
Uterus
Bladder
Bowel function
Lochia
Episiotomy
Homan's sign
Emotional Status
Respiratory System
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ASSESSMENT TESTS FOR FETAL WELL-BEING

A - Amniocentesis
L - L/S Ratio (2:1)
O - Oxytocin Test
N - Non-Stress Test
E - Estriol Level
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VEAL CHOP

V - Variable decelerations – Cord compression
E - Early decelerations – Head compression
A - Accelerations – Okay
L - Late decelerations – Placental Insufficiency
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Drugs That Cause Hyperkalemia

“K BANK”

- K-sparing diuretics
- Beta blockers
- ACE inhibitors
- NSAIDs
- K supplements
Hyperkalemia Treatment
"KIND"

Kayexalate (orally/ enema)
Insulin
Na HCO₃
Diuretics (Furosemide & Thiazides)
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SIGNS/SYMPTOMS OF HYPERKALEMIA

M - muscle weakness
U - urinary changes (oliguria)
R - respiratory distress
D - decreased cardiac motility
E - KG changes
R - reflexes
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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
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SIGNS/SYMPOTOMS OF HYPERNATREMIA

F - ever (low grade), flushed skin
R - restless (irritable)
I - increased fluid retention and increased BP
E - edema (peripheral and pitting)
D - decreased urinary output, dry mouth
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SIGNS/SYMPOMS OF HYPONATREMIA

S - stupor/coma
A - norexia, N&V
L - ethargy
T - endon reflexes decreased

L - imp muscles (weakness)
O - rhostatic hypotension
S - eizures/headache
S - tomach cramping
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SIGNS/SYMPTOMS OF HYPERCALCEMIA

“Bones, Stones and Moans”

bone demineralization, nephrolithiasis, pain
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SIGNS/SYMPTOMS OF HYPOCALCEMIA

C - onvulsions or Chvostek’s sign
A - rrhythmias
T - etany or Trosseau’s sign
S - pasms and stridor
SIGN/SYMPTOMS OF HYPERNATREMIA

S - Skin flushed
A - Agitation
L - Low-grade fever
T - Thirst
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DRUGS CAUSING SLE SYMPTOMS

S - sulfonamide
H - ydralazine
I - soniazid
P - henytoin
P - rocainamide
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Drugs causing QT prolongation
“APACHE”

A - miodarone
P - rocainamide
A - rsenium
C - isapride
H - aloperidol
E - rythromycin
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Drugs causing gynecomastia
“DISCOS”

D - digoxin
I - isoniazid
S - pironolocatone
C - imetidine
O - estrogens
S - tillbestrol
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Therapeutic Drug Levels - Magic 2’s

Digitalis - .5-2.5 = 2
Lithium - .6-1.2 = 2
Theophylline - 10-20 = 20
Dilantin - 10-20 = 20
Benzodiazepine antidote - Romazicon (Flumanezil)

“Ben is off with flu”
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5 INTERVENTIONS FOR PSYCHIATRIC PATIENTS

Safety
Setting limits
Establish trusting relationship
Medications
Leas restrictive methods/environment
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Seroetonin syndrome
“HARM”

H - yperthermia
A - utonomic instability (delirium)
R - igidity
M - yoclonus
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ALCOHOL ADDICTION SCREENING

C - cut down
A - annoyed
G - guilty
E - eye opener
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EFFECTS OF “CO”- CAINE

(co = constrict blood vessels = increased BP)
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REPORTING CRITICAL CONDITIONS

U - unrelieved by interventions
S - sudden
A - marked change
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RN SCOPE OF PRACTICE

T - teaching
I - I.V medications
A - assessment
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BEFORE CALLING PHYSICIAN

5 R’s

R - review patient assessment
R - review vital signs
R - review records: MAR, Labs, Recent Orders, Progress Notes
R - review care pathway, policies and procedures
R - ready relevant Information (e.g. chart, medication sheet, vital signs, code status, POLST, allergies)
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AIRBORNE INFECTIONS

M - Measles
T - TB
C - Chickenpox
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.
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Removing: Gloves, Googles, Gown, and Mask

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

## TRANSMISSION-BASED PRECAUTIONS

<table>
<thead>
<tr>
<th>AIRBORNE</th>
<th>DROPLET PRECAUTIONS</th>
<th>CONTACT PRECAUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>My - measles</td>
<td>s - sepsis</td>
<td>m - multidrug resistant organism</td>
</tr>
<tr>
<td>Chicken - chickenpox</td>
<td>s - scarlet fever</td>
<td>r - RSV</td>
</tr>
<tr>
<td>Hez - herpes zoster</td>
<td>s - streptococcal pharyngitis</td>
<td>s - skin infections</td>
</tr>
<tr>
<td>TB - TB</td>
<td>p - parvovirus b19</td>
<td>w - wound infections</td>
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<tr>
<td></td>
<td>p - pertussis</td>
<td>e - enteric infections</td>
</tr>
<tr>
<td></td>
<td>p - pneumonia</td>
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</tr>
<tr>
<td></td>
<td>i - influenza</td>
<td>e - eye infections</td>
</tr>
<tr>
<td></td>
<td>d - diphtheria (pharyngeal)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e - epiglottitis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r - rubella</td>
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</tr>
<tr>
<td></td>
<td>m - mumps</td>
<td></td>
</tr>
<tr>
<td></td>
<td>m - meningitis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>m - mycoplasma or meningeal pneumonia</td>
<td></td>
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<tr>
<td></td>
<td>an - adenovirus</td>
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</tbody>
</table>
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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
ATROPINE
"A goes with B"
Used to treat bradycardia
Bradycardia & hypotension
Anorexia
Diminished pupilary size
Analgesia
Miosis
Euphoria
Respiratory depression

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

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OPIOID EFFECTS
“Bad Americans”
Cyanotic defects
"3 T's"

Tetralogy of Fallot
Truncus Arteriosus
Tricuspid Atresia
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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
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EMERGENCY MEDS
"drugs to LEAN on"

Lidocaine
Epinephrine
Atropine Sulfate
Narcan
Pediatric Hypoxia Symptoms
"FINES"

Feeding difficulty
Inspiratory Stridor
Nares Flares
Expiratory Grunting
Sternal Retractions
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Diet For Severe Dehydration
"BRAT"

Banana
Rice
Apple
Toasted Bread
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Foods To Avoid With Celiac Disease
"BROW"

Barley
Rye
Oats
Wheat
Causes of Metabolic Acidosis

“LUSK”

Lactic
Uremic
Salicylate
Ketoacidosis
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DO NOT delegate what you can EAT!

E - evaluate
A - assess
T - teach
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No Pee, no K

Do not give potassium without adequate urine output
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If a client is in distress, do not assess! Safety comes first!
TO CONVERT CENTIGRADE TO F
F = C + 40, multiply 9/5 and subtract 40

TO CONVERT FAHRENHEIT TO C
C = F + 40, multiply 5/9 and subtract 40
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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