

Nursing Exam Cram Sheet for the NCLEX-RN

The final mountain that nursing students must summit before becoming a registered nurse is the NCLEX. Preparing for the NCLEX can be stressful as taking in colossal amounts of information has never been easy. This is where this cram sheet can help— it contains condensed facts about the licensure exam and key nursing information. When exam time comes, you can write and transfer this vital information from your head to a blank sheet of paper provided by the testing center.

1. Test Information

- **Six hours**—the maximum time allotted for the NCLEX is 6 hours. Take breaks if you need a time out or need to move around.
- **75/265**—the minimum number of question you can answer is 75 and a maximum of 265.
- **Read the question and answers carefully**—do not jump into conclusions or make wild guesses.
- **Look for keywords**—avoid answers with absolutes like *always*, *never*, *all*, *every*, *only*, *must*, *except*, *none*, or *no*.
- **Don't read into the question**—Never assume anything that has not been specifically mentioned and don't add extra meaning to the question.
- **Eliminate answers that are clearly wrong or incorrect**—to increase your probability of selecting the correct answer!
- **Watch for grammatical inconsistencies**—Subjects and verbs should agree. If the question is an incomplete sentence, the correct answer should complete the question in a grammatically correct manner.
- **Rephrase the question**—putting the question into your own words can pluck the unneeded info and reveal the core of the stem.
- **Make an educated guess**—if you can't make the best answer for a question after

carefully reading it, choose the answer with the most information.

2. Vital Signs

- **Heart rate:** 60—100 bpm
- **Respiratory rate:** 12-20 rpm
- **Blood pressure:** 110-120/60 mmHg
- **Temperature:** 37 °C (98.6 °F)

3. Hematology values

- **RBCs:** 4.5—5.0 million
- **WBCs:** 5,000—10,000
- **Platelets:** 200,000—400,000
- **Hemoglobin (Hgb):** 12—16 gm (female); 14—16 gm (male).
- **Hematocrit (Hct):** 37—47 (female); 40—54 (male)

4. Serum electrolytes

- **Sodium:** 135—145 mEq/L
- **Potassium:** 3.5—5.5 mEq/L
- **Calcium:** 8.5—10.9 mEq/L
- **Chloride:** 95—105 mEq/L
- **Magnesium:** 1.5—2.5 mEq/L
- **Phosphorus:** 2.5—4.5 mEq/L

5. ABG Values

- **pH:** 7.38—7.45
- **HCO₃⁻:** 24—26 mEq/L
- **CO₂:** 35—45 mEq/L
- **PaO₂:** 80%—100%
- **SaO₂:** >95%

6. Acid-Base Balance

- Remember ROME (respiratory opposite/metabolic equal) to remember that

in respiratory acid/base disorders the pH is opposite to the other components.

- Use the Tic-Tac-Toe Method for interpreting ABGs. Read more about it [here](http://bit.ly/nsgstactoe) (<http://bit.ly/nsgstactoe>).

7. Chemistry Values

- **Glucose:** 70—110 mg/dL
- **Specific Gravity:** 1.010—1.030
- **BUN:** 7-22 mg/dL
- **Serum creatinine:** 0.6—1.35 mg/dL
- **LDH:** 100-190 U/L
- **Protein:** 6.2—8.1 g/dL
- **Albumin:** 3.4—5.0 g/dL
- **Bilirubin:** <1.0 mg/dL
- **Total Cholesterol:** 130—200 mg/dL
- **Triglyceride:** 40—50 mg/dL
- **Uric acid:** 3.5—7.5 mg/dL
- **CPK:** 21-232 U/L

8. Therapeutic Drug Levels

- **Carbamazepine (Tegretol):** 4—10 mcg/ml
- **Digoxin (Lanoxin):** 0.8—2.0 ng/ml
- **Gentamycin (Garamycin):** 5—10 mcg/ml (peak), <2.0 mcg/ml (valley)
- **Lithium (Eskalith):** 0.5—1.5 mEq/L
- **Phenobarbital (Solfoton):** 15—40 mcg/ml
- **Phenytoin (Dilantin):** 10—20 mcg/dL
- **Theophylline (Aminophylline):** 10—20 mcg/dL
- **Tobramycin (Tobrex):** 5—10 mcg/mL (peak), 0.5—2.0 mcg/mL (valley)
- **Valproic Acid (Depakene):** 50—100 mcg/ml

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Roman Wölfel

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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