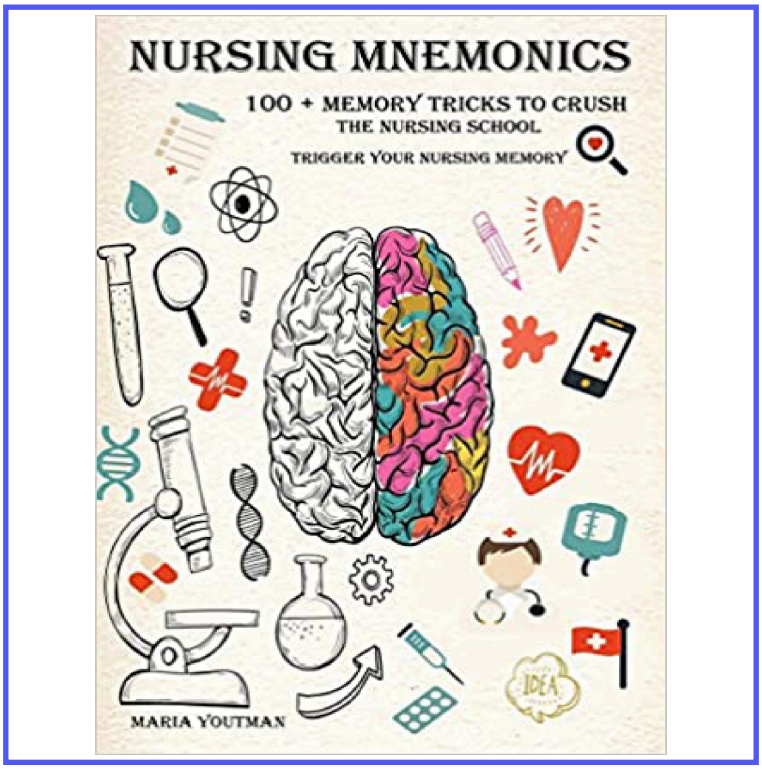
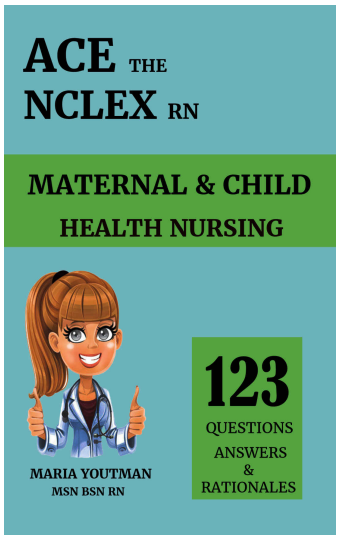
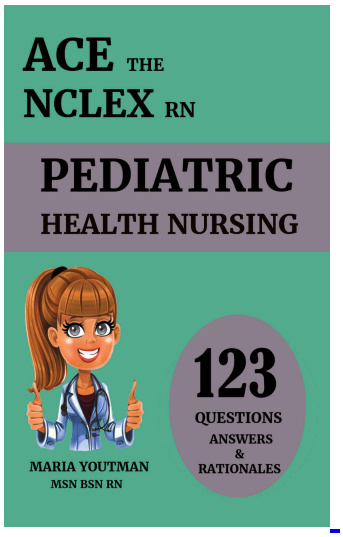


ebookbig.com

or scan the QR code to access the digital study portal.


ACE THE
NCLEX RN
MATERNAL & CHILD
HEALTH NURSING
MARIA YOUTMAN
MSN BSN RN
123
QUESTIONS
ANSWERS
&
RATIONALES


ACE THE
NCLEX RN
PEDIATRIC
HEALTH NURSING
MARIA YOUTMAN
MSN BSN RN
123
QUESTIONS
ANSWERS
&
RATIONALES

Contents

ABOUT THE AUTHOR
INTRODUCTION
Nursing Health Assessment Mnemonics
Isolation / Precautions Mnemonics
Cardiovascular Nursing Mnemonics
Pharmacology Nursing Mnemonics & Tips
Maternal and Child Health Nursing Mnemonics & Tips
Anaesthesia Nursing Mnemonics
Behavioral science Psychiatric Nursing Mnemonics
Endocrine Nursing Knemonics
Anatomy Mnemonics
Miscellaneous
One last thing

ABOUT THE AUTHOR

Maria Youtman MSN BSN RN

Words are very powerful. They can either inspire you to greatness or make you feel like crap. This is why it's best to choose the words you hear and the principles you believe. After all, we are all given a choice ever day: to wallow in self-pity or push ourselves to achieve great things despite our imperfections.

"Maria Youtman, MSN, BSN, RN, earned her bachelor of science degree from Penn University, and her Master of Science in Nursing from Johns Hopkins University. She has 10 years of nursing experience and 6 years of experience as a clinical nurse specialist. For the past Three years, she's overseen nursing care in writing medical articles, books, and more."

Maria had a three years of private clinical education and writing through various websites, she intended to move on one step to have a web community source, whatever she inspired, write, and edit, one place can gather all the efforts made.

Nurses are no exception. One's success in the nursing profession is not determined by how much theoretical knowledge a nurse possesses, but how resilient you are to apply everything you've learned–and that includes the principle of caring.

INTRODUCTION

There are a ton of terms that need to be read and memorized to help you at your nursing school, as well before you take the NCLEX-RN Exam.

It may get pretty hard to remember all of those concepts right off hand. One good way to help you to remember certain terms and concepts is to use Mnemonics.

Everyone has their own way of remembering information and that's why NCLEX-RN mnemonics are so helpful. Mnemonics is the study and development of systems for improving and assisting the memory.

Using mnemonics is an excellent way to keep things straight while also relating them to something less stressful.

Mnemonics improve your memory by using the technique of association.

At this Book, you get the most helpful mnemonics for the NCLEX-RN exam that you should include in your study sessions.

TERMINAL OBJECTIVES:

Mnemonics are popular study aids to help trigger your memory of a group of things. It is similar to memorizing a phone number. Instead of memorizing each individual number – you remember a group of 3 numerals (area code), 3 numbers and a group of 4 numbers. This is called "chunking". When one thinks of a mnemonic, you usually think of a list of vertical letters that spell a word with words going off the stem horizontally.

For example: What you should quickly do with an acute myocardial infarction (MI/heart attack)?
M – morphine sulfate
O – oxygen
N – nitroglycerine
A – ASA (acetylsalicyclic acid)

In this instance, remembering the word " **MONA** " = MI, can help you remember all the nursing actions one should anticipate.

Mnemonics are not always words however. They can really be any words, pictures, diagrams, lyrics/songs, a rhyme, or something that forms a relationship to help you remember.

Sometimes even the process of creating or thinking up a mnemonic can help you learn the underlying concept. My brain often likes to draw diagrams or models. Flowcharts or hierarchies can help me understand how things work together.

Personally, mnemonics to me have been helpful for some concepts but not all. I don't really learn well with tons of mnemonics; I just have a couple for things that are really hard for me to remember.

Sometimes it seems like it is just as much work to learn the mnemonic as it would be just to memorize the information.

That is why the actual process of trying to think of a drawing, picture, diagram, or acronym can actually be more useful than just using someone else's mnemonic.

Recognize The Following Example:

The American Cancer Society uses " **CAUTION"** to describe cancer warning signs:

C – change in bowel or bladder habits
A – a sore that does not heal
U – unusual bleeding or discharge
T – thickening or lump
I – indigestion or difficulty swallowing
O – obvious change in size of a wart or mole
N – nagging cough or hoarseness

What are depressant drugs?

"Bats" Barbiturates, Alcohol, and Tranquilizers

You can draw a picture of a limp bat to help you remember this one…

SOAP Note
S – Subjective
O – Objective
A – Assessment
P – Plan

There are even now some diagnoses that are acronyms/mnemonics. An example is "HELLP Syndrome" which stands for **H** emolysis, **E** levated **L** iver enzymes and **L** ow **P** latelets or **HELLP.** HELLP syndrome is a life-threatening obstetric complication considered to be a complication of pre-eclampsia. The only treatment is delivery of the baby.

Mnemonics can even be how you take notes. Most people think of notes as an outline where you try to scribble as fast as the teacher talks. However, you can take notes a couple of different ways that can help you remember the information, rather than writing down all the words.

- If your teachers provide printed outlines: then draw pictures or diagrams of what they are talking about in the margin. This helps you use both sides of your brain and associate concepts.

- You can fold 1/3 of your page vertically and make a crease. On the left side of the crease you can write a question that you think of while they are talking. This is called the cue column. Literally make the concept into a test question. On the right side of the crease – right the answers or key ideas. At the bottom of the page, summarize the whole idea or concept in your own sentence. Later when you look back through your notes to study, you can fold the paper and "hide" the answers from yourself. It is a lot easier to keep track of then notecards.

  This is called the Cornell System of notetaking. You can usually even find notepaper formatted this way to make it easy in office supply stores.

Nursing Health Assessment Mnemonics

Level of Consciousness Assessment: “AVPU”

The AVPU scale is a system where you can measure and record a patient’s responsiveness to indicate their level of consciousness. It is a simplification of the Glasgow Coma Scale, which assesses a patient response in three measures: eyes, voice, and motor skills. The AVPU scale should be assessed during these three identifiable traits, looking for the best response for each. It has four possible outcomes for recording and the nurse should always work from best (A) to worst (U) to avoid unnecessary tests on patients who are clearly conscious. On the other hand, it should not be used for long-term follow up of neurological status.

A	**A** lert
V	**R** esponse to Verbal Stimuli
P	Response to **P** ain
U	**U** nresponsive

Have you heard, "The patient is unconscious, breathing, and talking" and thought?"