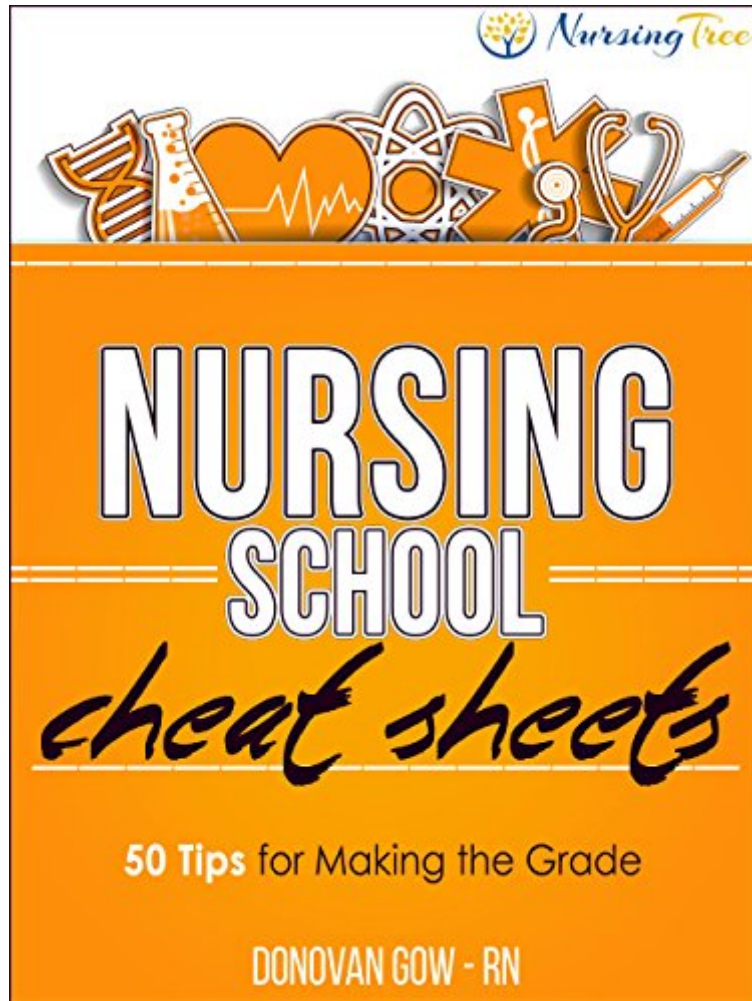


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# Nursing School Cheat Sheets: 50 Tips For Making The Grade



## Synopsis

Make nursing school easier, ace your exams and crush the NCLEX® with this great quick reference study guide including 50 cheat sheets covering must-know nursing fundamentals, lab values, drugs, health assessment, mnemonics and more! These high quality cheat sheets cover key topics including nursing labs, fluids and electrolytes, acid-base balance, medications, assessment, cardiac, pulmonary, neurological, pediatrics and precautions. Buy it now and start making nursing school easier today! Makes a great gift for future and current nursing students, recent grads or anyone looking to brush up on their nursing fundamentals with a quick study guide.

50 Cheat Sheets include:

- Labs & Measurements
- Common Hematology Values
- White Blood Cell (WBC) Mnemonic
- Coagulation Values
- Anticoagulation Therapy Overview
- Electrolyte Values
- Arterial Blood Gas (ABG) Values
- Commonly Ordered Blood Panels
- Cholesterol & Triglycerides (mg/dL)
- ABO Blood Groups
- A1C “Diabetes
- Fasting Blood Glucose and Oral Glucose Tolerance Tests “Diabetes
- Common Measurement Abbreviations & Conversions
- Celsius to Fahrenheit Conversion
- Fluids & Electrolytes, Acid-Base Balance
- Determining Acidosis & Alkalosis
- Acid-Base Mnemonic
- Edema Scale
- Medications
- 20 Common Drug Group Stems
- Top 10 Most Prescribed Drugs in the U.S.
- Common Medication Antidotes
- Medication Administration Abbreviations
- Medications Route Abbreviations
- The Joint Commission’s Official “Do Not Use” List of Abbreviations
- 7 Parts of a Legal Medication Order
- General Assessment
- Assessment Abbreviations
- Anatomical Planes
- Anatomical Directional Terms
- Anatomical Body Movement
- Adult Vital Signs
- Pressure Ulcer Staging
- Wallace Rule of Nines to Determine Total Burn Surface Area
- Cardiac
- Blood Pressure: Hypotension and Hypertension
- Heart Sound Auscultation Landmarks
- ECG Overview & Electrode (Lead) Placement
- ECG Components & Normal Values
- ECG Paper Basics
- ECG Interpretation Steps
- Pulmonary
- Normal Breath Sounds
- Adventitious (Abnormal) Breath Sounds
- Pulmonary Function Tests (PFTs) & Spirometry
- Neurological
- Deep Tendon Reflex (DTR) Scoring
- Cranial Nerves “Function
- Cranial Nerves “Mnemonic: Names of Nerves
- Cranial Nerves “Mnemonic: Sensory, Motor, or Both
- Decorticate versus Decerebrate Posturing
- Glasgow Coma Scale
- Pediatrics
- APGAR Score
- Rh Incompatibility & Hemolytic Disease of the Newborn
- Precautions
- Standard Precautions
- Transmission-Based Precautions
- Order of Donning & Removing Personal Protective Equipment (PPE)

## Book Information

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## Customer Reviews

Quick and simple review for a great but quick and simple to read, and UNDERSTAND, book: I would have loved to have had this book as a reference during nursing school. When you go through nursing school, you take a lot of notes, a lot. Then at each final you weed out the unnecessary notes to review the best. Then after graduating and before taking the NCLEX you weed through those notes to compile the ultimate study guide. Or at least this is what I did. While reading this I was reminded of my best notes from nursing school. What an advantage and a load-off it would have been to have the illuminating and condensed notes at the beginning that I had at the end, to guide me along the way. That's what Nursing School Cheat Sheets; 50 Tips for Making the Grade is like.

Knowing this was written by an RN, gives me confidence in the material. I like the author's suggestions of mnemonic tricks for learning all the information. He gives other study tips like how to learn and remember anatomical directions and actions in order to help the reader learn faster. The pages are visually clean and ordered to make learning and absorbing the material easier without a lot of clutter and extra information that could distract and overwhelm the student. This is a great study guide!

Donovan Gow has compiled the most "need-to-know" information in an easy to read, easy to use format. He has put a lot of thought into the best format to present this information, and how nursing students and graduates can use it most easily and effectively. His tips for studying, including mnemonics and focus areas for exams, are exceptionally useful tools. Mr. Gow has laid out the text and tables logically and clearly. This book should be a welcome addition to any nurse's library.

Those who understand the virtues of 'accelerated learning' have internalized the 80/20 principle. They focus on the 20% of inputs that account for 80% of their results. The material presented in this book is a outstanding step in that direction. Mr. Gow has distilled years of education and practical experience into a set of useful tools for those who wish to Master the Art of nursing.

The writers style is written in the format that I would have taken notes! Covers all the essentials without all the hoopla in between and a little bit of humor added just when you need it. This book would give any student just starting out an advantage by summarizing all the overwhelming facts into one concise "cheat sheet". If you're already a health care practitioner, it's a great reference for things you encounter daily.

Where was this resource when I was in nursing school? I knew it was a keeper within the first few pages. I am almost 4 years into my nursing career and the references for normal lab values and ABGs are very helpful and I will definitely be utilizing them frequently. The format of the book is very organized and easy to follow. I appreciate the topics that are discussed and the helpful tips, like mnemonics for memorization since we all know how important that is for nursing exams. I am so happy to have this resource available to me now and only wish I had it sooner!

Wish I had this helpful book when I was in nursing school. Fantastic book for nursing students. Heck I can still use this book currently as a nurse for those areas I don't work in often and while I'm attending graduate school. I HIGHLY RECOMMENDED this book. It includes vital info, shortcuts, easy to remember tips that nursing students will be required to know. It is packed with useful information without being overloaded with tons of unnecessary verbiage.

Studying for board exams can be an exercise in brutality. The hardest part? Organizing all the materials you need to review 3-4 years of schooling. Donovan's Gow's Nursing School Cheat Sheets is the antidote! Whether you're a nursing student, an acupuncturist (or both), or other

healthcare professional with a biomedical board exam in your future, get your studying started with the book. It's well-organized, easy to use, topics are easy to locate, includes excellence memory tips for those pesky things like cranial nerves and white blood cells, and covers the the hard core need-to-know items that must become second nature to you: vital signs, lab values, normal ranges for everything from blood pressure to pulmonary breath sounds to tendon reflexes and drug categories. Succinct, no fluff, exactly what you need to get your study strategy under control (and in one place). And, thank you Donovan for the link to a free list of 15 Great Anatomy Mnemonics! • It's at the end of the book, don't miss it. The real bonus is Donovan's sense of humor that runs lightly through the material. Relax and pass your exam.

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