

# Studying for NCLEX®? Save TIME Pass the First TIME

PRESENTED BY:

Tim Bristol, PhD, RN, CNE, ANEF

NurseTim from NurseThink.com



# Our Speaker



**Tim Bristol, PhD, RN, CNE, ANEF**

Owner NurseThink NCLEX® Review

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Faculty FSIL Nursing - Haiti

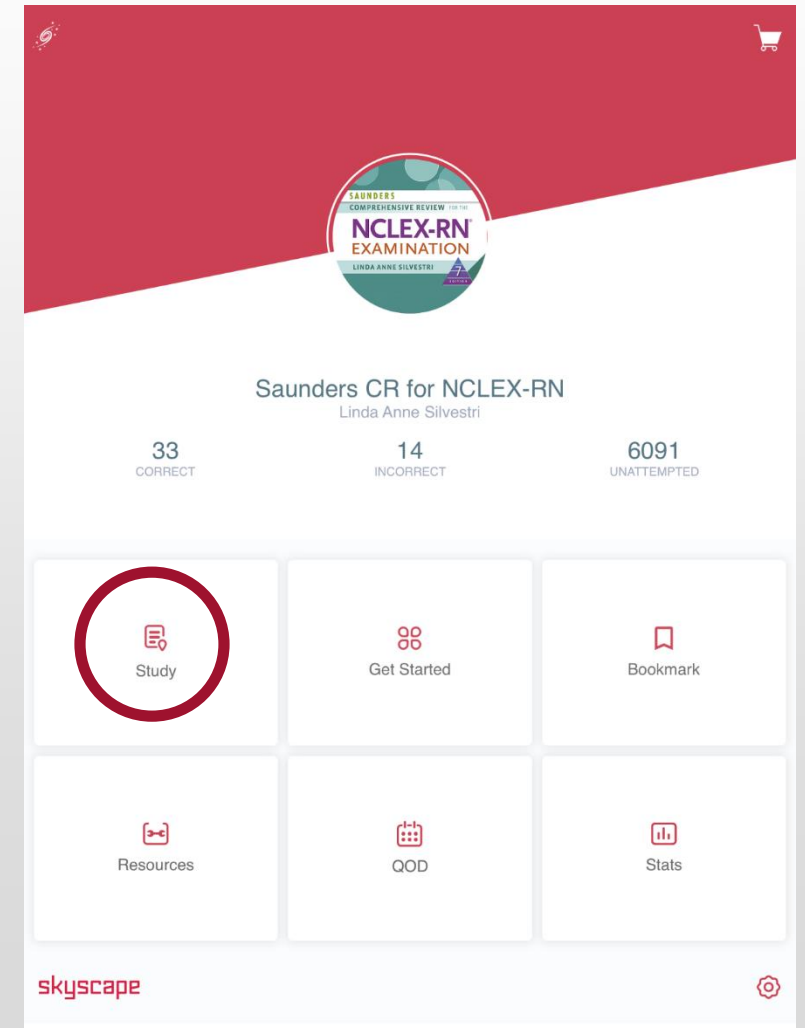
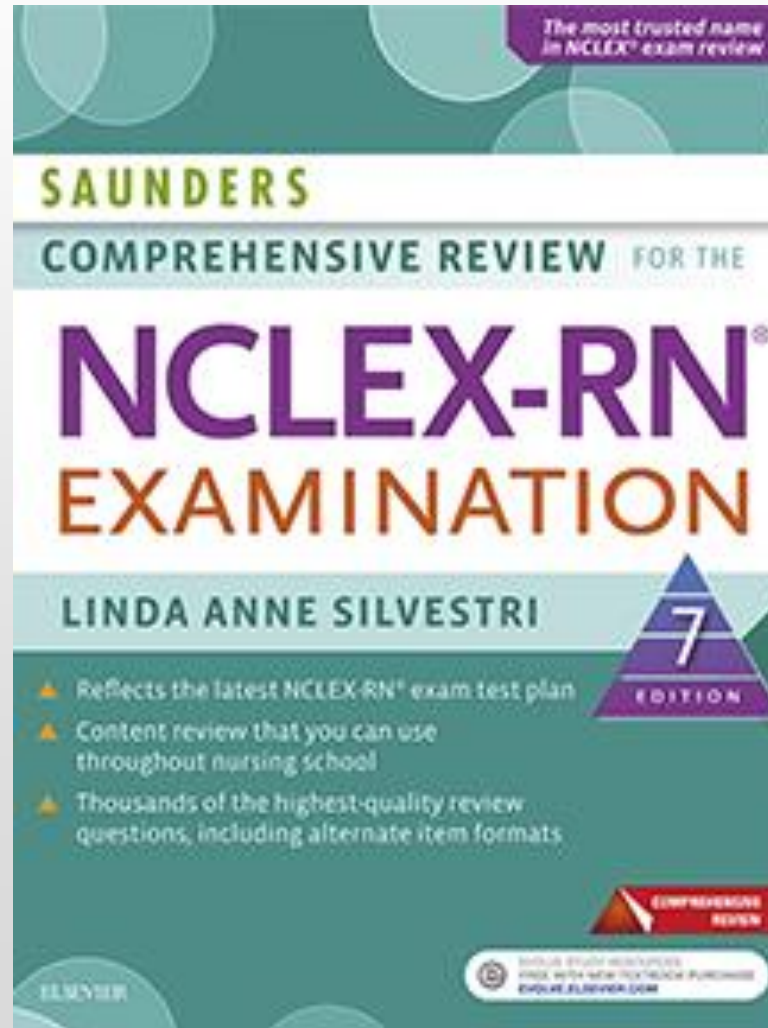
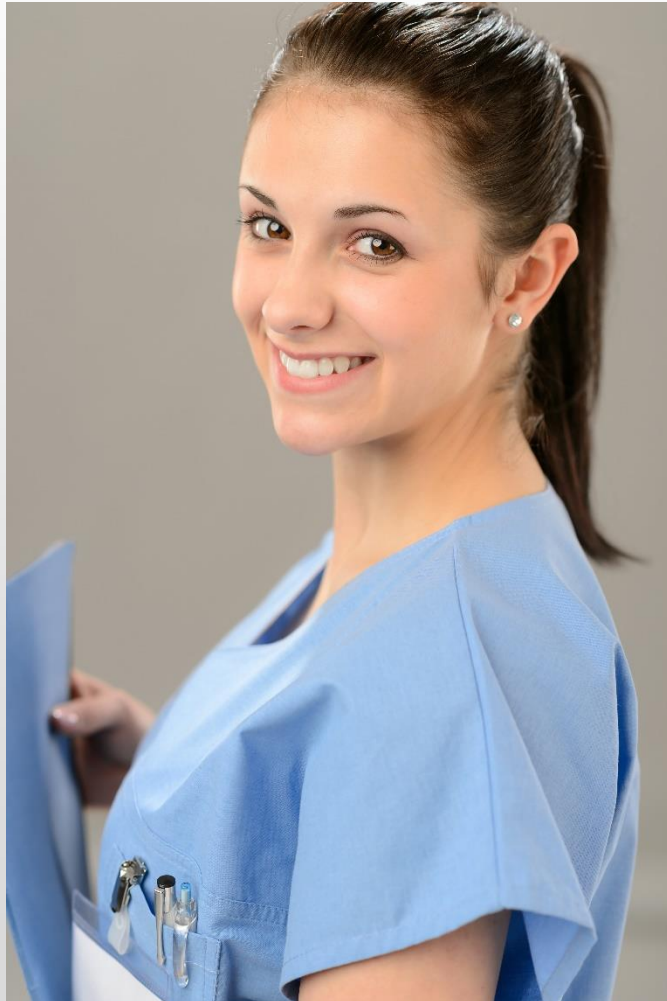
His motto...

“Today we will learn  
how to learn.”

# 3 Step Process to YOUR Success

1. Save time Studying
2. Know what you DON'T know
3. To DO something with what you DON'T know

# Save Time Studying



# Save Time Studying

Saunders CR for NCLEX-RN®  
Linda Anne Silvestri

33  
CORRECT

14  
INCORRECT



Study



Get Started



Resources



QOD



Prenatal Period

## Priority concepts

Development, Reproduction


## Critical thinking

### What Should You Do?

The pregnant client at 8 weeks of gestation tells the nurse that she is experiencing morning sickness upon awakening. By lunchtime, she no longer has issues with nausea and vomiting. What should the nurse instruct the client to do to assist in relief of this common morning discomfort?

Answer located on [link](#)

#### A. Gestation

- Time from **fertilization** of the ovum until the estimated date of **delivery**
- About 280 days
- Nägele's rule** for estimating the date of delivery, also known as date of birth ([Box 25-1](#))
  - Use of Nägele's rule requires that the woman have a regular 28-day menstrual cycle.
  -  Subtract 3 months and add 7 days to the first day of the last menstrual period; then add 1 year if appropriate. Alternatively, add 7 days to the last menstrual period and count forward 9 months.

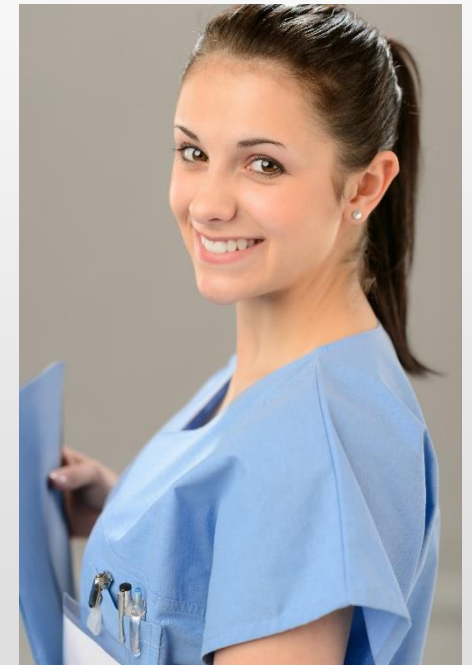
#### B. Gravidity and Parity

##### A. Gravidity

- Gravida** refers to a pregnant woman.
- Gravidity* refers to the number of pregnancies.
- A nulligravida is a woman who has never been pregnant.
- A primigravida is a woman who is pregnant for the first time.
- A multigravida is a woman in at least her second pregnancy.

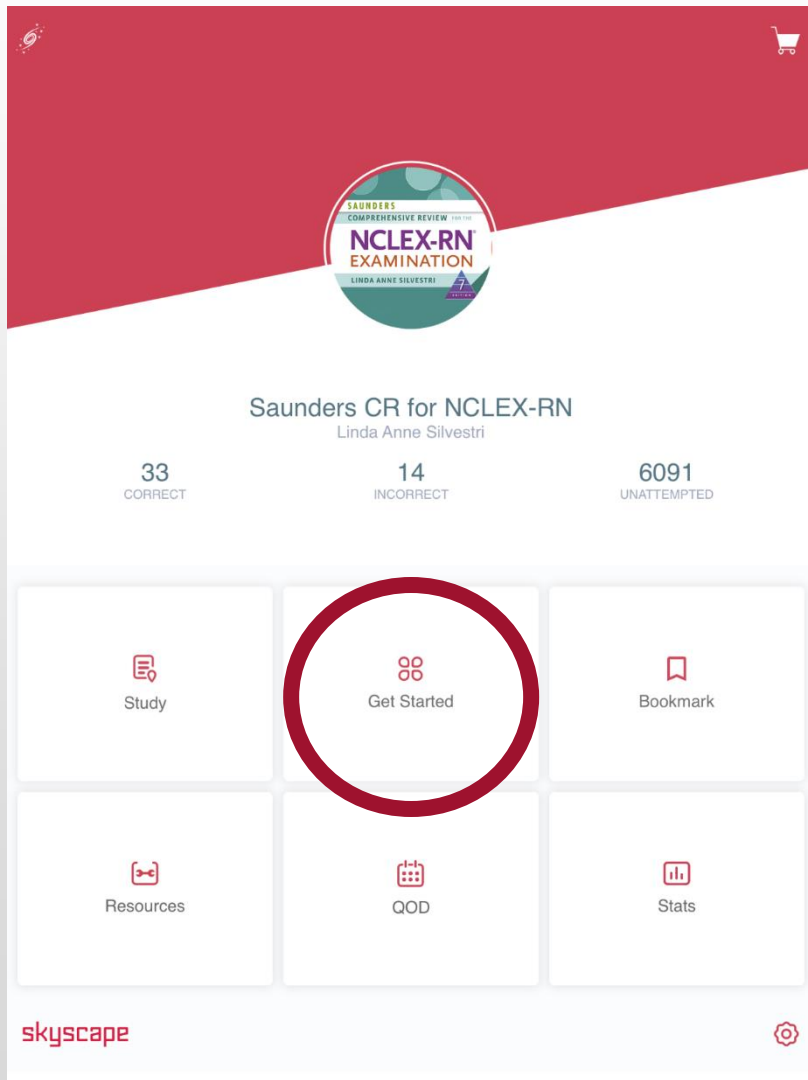
##### B. Parity

- Parity** is the number of births (not the number of fetuses, e.g., twins) carried past 20 weeks of gestation, whether or not the fetus was born alive.
- A nullipara is a woman who has not had a birth at more than 20 weeks of gestation.





# Know what you Don't Know



The image shows the main interface of the Saunders CR for NCLEX-RN app. At the top, there is a red header with a shopping cart icon. Below it, a circular logo for the NCLEX-RN Examination is displayed. The main title is "Saunders CR for NCLEX-RN" by Linda Anne Silvestri. Below the title, three statistics are shown: 33 CORRECT, 14 INCORRECT, and 6091 UNATTEMPTED. A central grid of six buttons is visible: Study, Get Started (highlighted with a red circle), Bookmark, Resources, QOD, and Stats. The Skyscape logo is at the bottom left.

SAUNDERS  
COMPREHENSIVE REVIEW  
**NCLEX-RN**  
EXAMINATION  
LINDA ANNE SILVESTRI

Saunders CR for NCLEX-RN  
Linda Anne Silvestri

33  
CORRECT

14  
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Study

Get Started

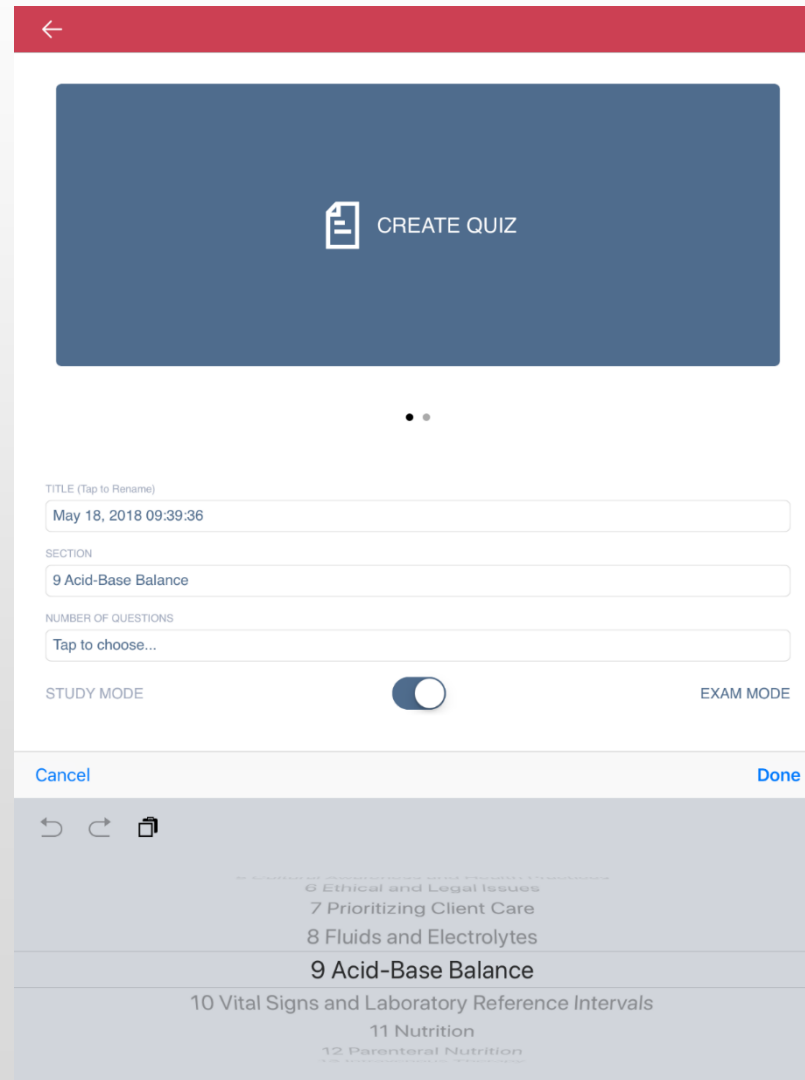
Bookmark

Resources

QOD

Stats

skyscape



The image shows the "CREATE QUIZ" screen in the app. It features a large blue button at the top labeled "CREATE QUIZ". Below it, there are input fields for "TITLE (Tap to Rename)" (containing "May 18, 2018 09:39:36"), "SECTION" (containing "9 Acid-Base Balance"), and "NUMBER OF QUESTIONS" (containing "Tap to choose..."). A toggle switch is present, currently set to "STUDY MODE". At the bottom, there is a list of topics: 6 Ethical and Legal Issues, 7 Prioritizing Client Care, 8 Fluids and Electrolytes, 9 Acid-Base Balance, 10 Vital Signs and Laboratory Reference Intervals, 11 Nutrition, and 12 Parenteral Nutrition. The "Cancel" and "Done" buttons are at the bottom.

←

CREATE QUIZ

TITLE (Tap to Rename)  
May 18, 2018 09:39:36

SECTION  
9 Acid-Base Balance

NUMBER OF QUESTIONS  
Tap to choose...

STUDY MODE

EXAM MODE

Cancel Done

6 Ethical and Legal Issues  
7 Prioritizing Client Care  
8 Fluids and Electrolytes  
9 Acid-Base Balance  
10 Vital Signs and Laboratory Reference Intervals  
11 Nutrition  
12 Parenteral Nutrition



# Know what you Don't Know



60° 93% 9:41 AM

← Question 4686 ⋮

The nurse is reviewing the laboratory results of estimated glomerular filtration rate (eGFR). What are some conditions that can cause a decreased eGFR? **Select all that apply.**

- 1 ☐ Shock
- 2 ☐ Cystitis
- 3 ☐ Dehydration
- 4 ☐ Fluid overload
- 5 ☐ Heart failure (HF)
- 6 ☐ Cirrhosis with ascites

< SUBMIT >

Tap here to fill entire screen

≡ □ ←

# TRACK what you Don't Know



[←](#) Saunders CR for NCL... [RESET](#)

### Focus on your weak areas

All	All
Question Type	
Content need Categ.	
What of Cognitive Ab.	

### Question Stats

Tap to Review/Attempt

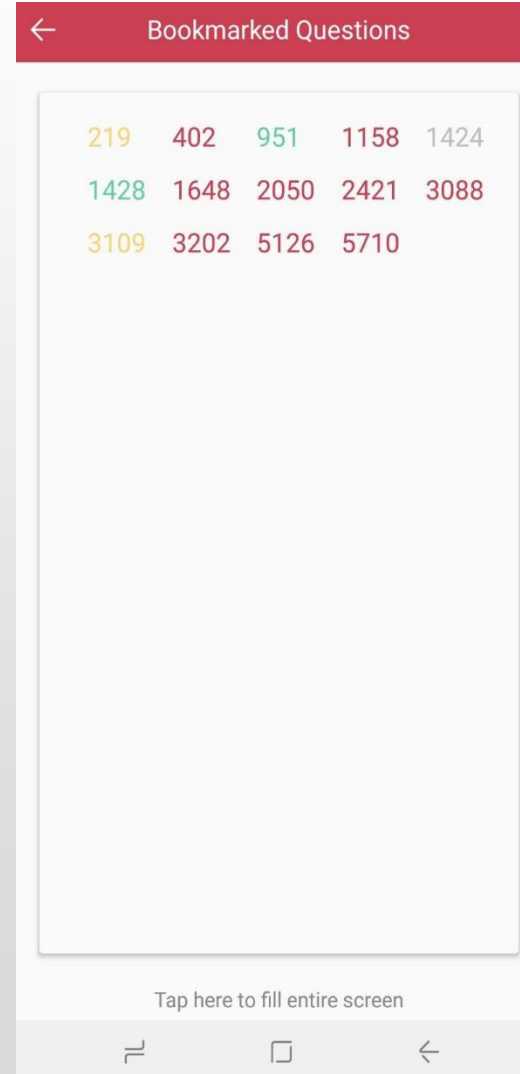
Correct	16 of 6138
Correct Multiple Attempts	2 of 6138
Incorrect	24 of 6138
Skipped	0 of 6138
Unattempted	6096 of 6138

Tap here to fill entire screen

[≡](#)[□](#)[←](#)



# TRACK what you Don't Know



# Know what you Don't Know



Question 4686

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**SUBMIT**

Tap here to fill entire screen

Question 4686

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**Saunders CR for NCLEX-RN**  
That's not correct

**SHOW ANSWER TRY AGAIN**

**SUBMIT**

Tap here to fill entire screen

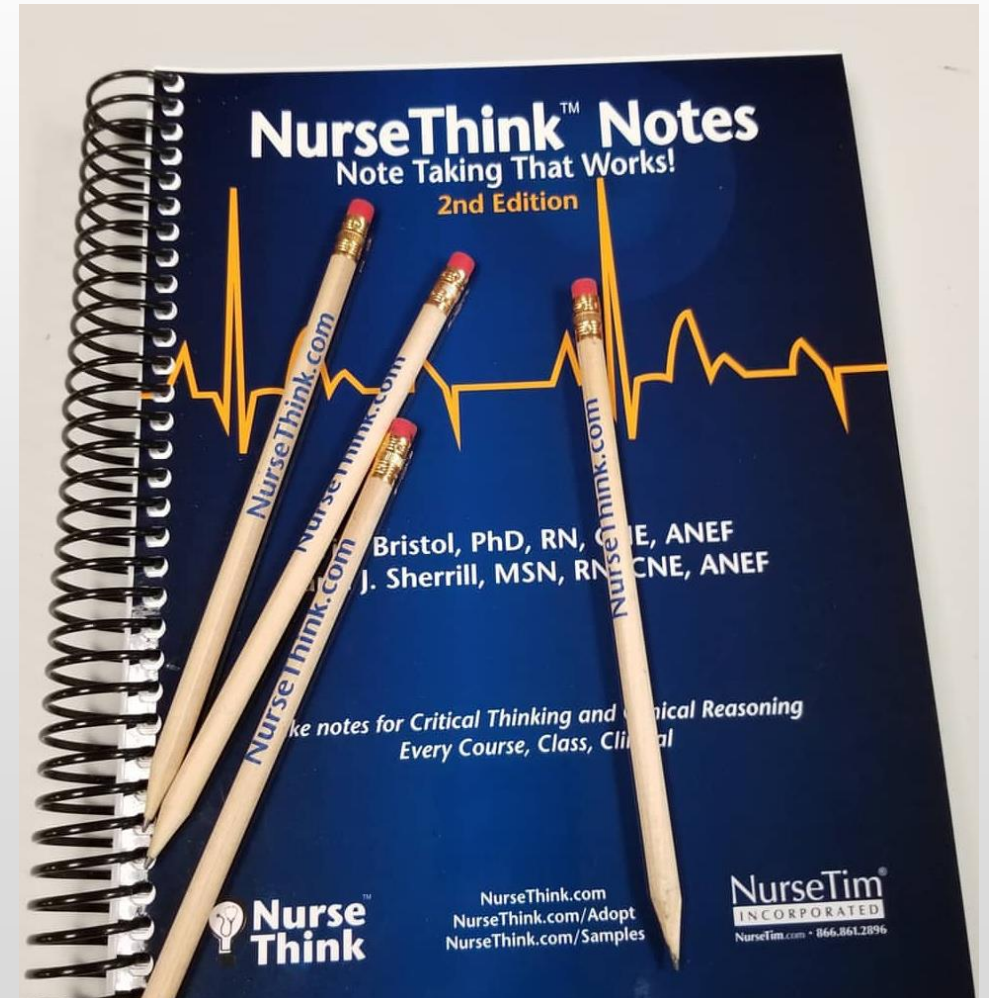
## Rationale:

eGFR is an equation that uses the serum creatinine, age, and numbers that vary depending on sex and ethnicity to calculate the eGFR with very good accuracy. The value may be inaccurate in extremes of age; in clients with severe malnutrition or obesity, paraplegia, or quadriplegia; and in pregnant women. The eGFR can also be used to calculate medication dosage in clients with decreased renal function. Conditions causing decreased eGFR are shock, dehydration, HF, and cirrhosis with ascites. Decreased eGFR is not related to cystitis or fluid overload. Conditions that are associated with decreased blood flow to the kidney will decrease eGFR. Shock, dehydration, HF, and cirrhosis with ascites can lead to impaired kidney function related to renal artery atherosclerosis, glomerulonephritis, and acute tubular necrosis.

**ASK AN EXPERT**

Tap here to fill entire screen

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## CONTENTS

⚡ = High Frequency Patient Alerts from AARP, AHRQ, CDC and Healthy People 2020   💡 = NurseThink Quick!

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**NurseNotes**

Hypertension

<b>Related Exemplars</b> * Heart Failure (HF) * Acute Kidney Injury (AKI)	<b>Related Concepts</b> * Electrolyte Imbalance
<b>Classroom Critical Thinking</b> • Trend the BP looking for gradual increase or decrease • Monitor for complications of meds for BP such as: * orthostatic * hypotension * dry, hacking cough	<b>Reading / Resources Critical Thinking</b> • Lifestyle Habit Changes - key to reversing hypertension - preventing chronic complications • Teaching topics: - exercise plan/program - low sodium diet - decreased sugar in diet w/ increase in fruits + veggies - decrease in smoking, alcohol, + caffeine

<b>Priority Assessments</b> 1 Assess BP in both arms - note difference 2 Family History 3 Lifestyle Habits ex. smoking, alcohol, etc.	<b>Priority Labs &amp; Diagnostics</b> 1 UA, BUN 2 BMP 3 CBC	<b>Priority Nursing Interventions</b> 1 Weight Reduction/ low sodium Diet 2 Smoking Cessation 3 Physical Activity
<b>Priority Medications</b> 1 Diuretics 2 Atenolol/BETA blocker 3 Lisinopril/Ace inhibitor	<b>Priority Potential &amp; Actual Complications</b> 1 Coronary Artery Disease 2 CVA (stroke) 3 Peripheral Vascular Disease	<b>Priority Collaborative Goals</b> 1 Family Teaching 2 Communication w/ Primary HCP 3

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**Notes**

Post-Traumatic Stress Disorder (PTSD)

<b>Related Exemplars</b> • Depression • Anxiety	<b>Related Concepts</b> Adaptation
<b>Classroom Critical Thinking</b> • Individual Response to Trauma/Disaster → varies from person-to-person Meaning: there are multiple possible treatments based on patient's needs! • Assess the impact of the trauma on the client's abilities for: > self-care > socialization > work > engagement in everyday activities	<b>Reading / Resources Critical Thinking</b> "Nurses have a <b>KEY ROLE</b> in advocating for clients with traumatic experiences as they work through their trauma." • Consider community resources to provide support SUCH AS: > self-help groups > peer counseling > protective respite care

<b>Priority Assessments</b> 1 Depression + Anxiety 2 Risk for harm to self or others 3 Substance use/abuse	<b>Priority Labs &amp; Diagnostics</b> AS NEEDED 1 ETOH 2 Urine drug screen 3	<b>Priority Nursing Interventions</b> 1 Safety-related behaviors 2 Ensure trusting relationship 3 Stay with client during flashbacks
<b>Priority Medications</b> 1 Paroxetine - SSRI 2 Amitriptyline • tri-cyclic 3 Carbamazepine • anticonvulsant	<b>Priority Potential &amp; Actual Complications</b> 1 Suicide or harm to others 2 Debilitating social &/or occupational dysfunction 3	<b>Priority Collaborative Goals</b> 1 Educating family on trauma response 2 Identifying community resources for client 3

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Related Exemplars

Related Concepts

Reading / Resources Critical Thinking

Priority Assessments

1  
2  
3

Priority Labs & Diagnostics

1  
2  
3

Priority Nursing Interventions

1  
2  
3

Priority Medications

1  
2  
3

Priority Potential &  
Actual Complications

1  
2  
3

Priority Collaborative Goals

1  
2  
3



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## CARE ACCORDING TO THE NCLEX® TEST PLAN

**Safe and Effective Care:** Management of Care, Coordinated Care, Safety and Infection Control

**Health Promotion and Maintenance**

**Psychosocial Integrity**

**Physiological Integrity:** Basic Care and Comfort; Pharmacological and Parenteral Therapies; Reduction of Risk Potential and Physiological Adaptation

## CARE ACCORDING TO QUALITY AND SAFETY STANDARDS

**Patient-Centered Care**

**Teamwork and Collaboration**

**Evidence-Based Practice**

**Quality Improvement**

**Safety**

**Informatics**

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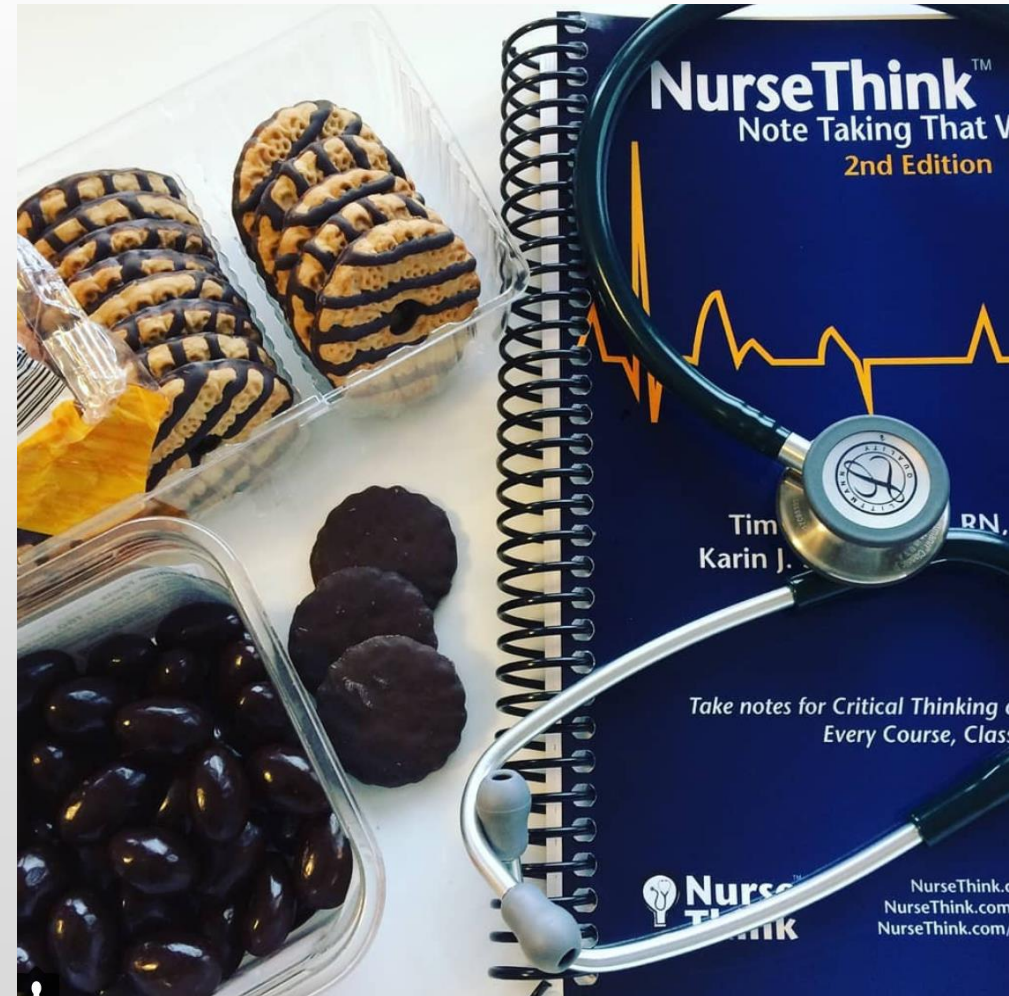
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# 3 Step Process to YOUR Success

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# Skyscape

*INNOVATIVE TOOLS FOR NURSING EDUCATION*

# Q & A

*INNOVATIVE TOOLS FOR NURSING EDUCATION*



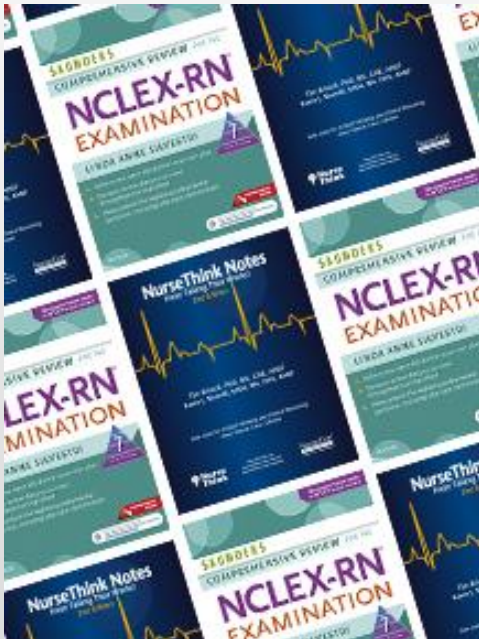
# Ask a question



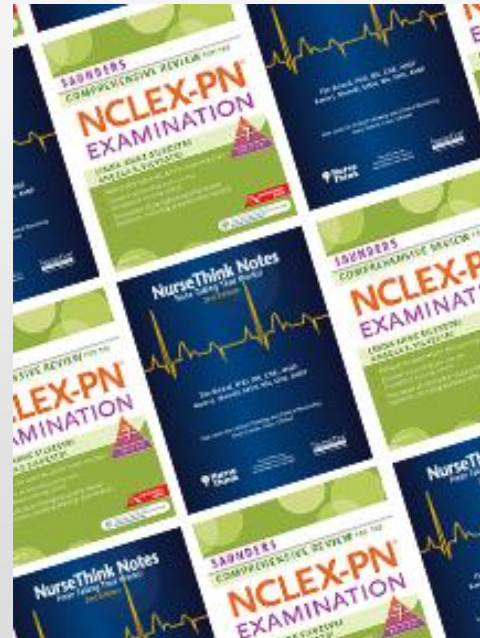
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NCLEX® PN



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