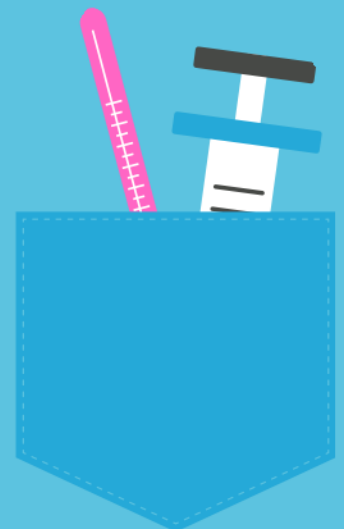




NCLEX-RN NURSING EXAM

CRAM SHEET



NCLEX-RN CRAM SHEET

HEMATOLOGY VALUES

RBCs: 4.5-6 million/uL
WBC: 5,000-10,000 mm³
Platelets: 150,000 - 400,000 mm³
Hgb: males 14-18 g/dL; females 12-16 g/dL
Hct: males 42-52%; females 37-47%
ESR: <20 mm/hour
Serum lactate (lactic acid): 0.5-1.0 mmol/L
Plasma Osmolality: 275-295 mOsm/kg

ELECTROLYTES

Sodium (Na⁺): 135 - 145 mEq/L
Chloride (Cl⁻): 98 - 106 mEq/L
Calcium (Ca²⁺): 9 - 10.5 mg/dL
Potassium (K⁺): 3.5 - 5.0 mEq/L
Phosphate (PO₄): 2.5 - 4.5 mg/dL
Magnesium (Mg²⁺): 1.5 - 2.5 mEq/L

ABGS

pH: 7.35 - 7.45
PaCO₂: 35 - 45 mmHg
PaO₂: 80 - 100 mmHg
HCO₃: 22 - 26 mEq/L
SaO₂: 95 - 100%; <95% Indicates Hypoxemia

CHEMISTRY VALUES

Glucose: 70 - 110 mg/dL
HbA1c: 4 - 6%
Cholesterol: <200 mg/dL
Triglycerides: <150 mg/dL
LDL: <130 mg/dL
HDL: >45 mg/dL
Creatinine: 0.6 - 1.2 mg/dL
BUN: 10 - 20 mg/dL
Specific gravity: 1.005 - 1.030
Urine pH: 4.6 - 8
Albumin: 3.5 - 5.0 g/dL
Ammonia: 10 - 80 mg/dL
Bilirubin: 0.3 - 1.0 mg/dL
Protein: 6 - 8 g/dL
Prealbumin: 19 - 38 mg/dL

COAGULATION

Sodium warfarin (Coumadin) PT: 11 - 12.5 seconds (control). The antidote is **Vitamin K**
INR (Coumadin): 0.9-1.2 (2-3 sec Therapy)
Heparin PTT: 30-45 seconds (control). The antidote is **Protamine Sulfate**
APTT: 23 - 35 seconds
Fibrinogen level: 170 - 340 mg/dL

DRUG LEVELS

Digoxin: 0.5 - 2 ng/mL
Lithium: 0.6 - 1.2 mEq/L
Phenobarbital: 10 - 40 mcg/mL
Phenytoin (Dilantin): 10 - 20 mcg/mL
Theophylline: 10 - 20 mcg/mL
Carbamazepine: 4 - 10 mcg/mL
Valproic Acid: 50 - 100 mcg/mL
Magnesium (therapeutic): 4 - 7 mg/dL
Gentamycin: 5 - 10 mcg/mL
Tobramycin: 5 - 10 mcg/mL
Vancomycin: 20 - 40 mcg/mL

CONVERSIONS

1 teaspoon (t) = 5 ml
1 tablespoon (T) = 3 t = 15 ml
1 oz = 30 ml
1 cup = 8 oz
1 quart = 2 pints
1 pint = 2 cups
1 grain (gr) = 60 mg
1 gram (g) = 1,000 mg
1 kilogram (kg) = 2.2 lbs
1 lb = 16 oz
Convert C to F: $^{\circ}\text{C} = (^{\circ}\text{F} - 32) / 1.8$
Convert F to C: $^{\circ}\text{F} = (^{\circ}\text{C} \times 1.8) + 32$

MATERNITY VALUES

Fetal Heart Rate: 120 - 160 bpm
Variability: 6 - 10 bpm
Amniotic fluid: 500 - 1200 ml
Contractions: 2 - 5 minutes apart with duration of < 90 seconds and intensity of <100 mmHg.
APGAR Scoring: Appearance, Pulses, Grimace, Activity, Reflex Irritability. Done at 1 and 5 minutes with a score of 0 for absent, 1 for decreased, and 2 for strongly positive. Scores 7 and above are generally normal, 4 to 6 fairly low, and 3 and below are generally regarded as critically low.
AVA: The umbilical cord has two arteries and one vein.

TREATMENT MATERNAL HYPOTENSION AFTER EPIDURAL

- 1- Stop infusion of Pitocin.
- 2- Turn the client on her left side.
- 3- Administer oxygen.
- 4- If hypovolemia is present, push IV fluids.