

BLACK FRIDAY

R

FREE NCLEX REVIEW

ReMar

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Flash Sale

V2

Next-Generation



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ReMar's Black Friday Calendar of Events

Date	Event	Time
Monday, Nov 20, 2023	Black Friday Sale Begins!	12pm EST
Tuesday, Nov 21, 2023 (Cash Prizes)	*NCLEX Game Night Clinical Math	9 pm EST
Wednesday, Nov 22, 2023 *Holiday Giveaways* (Cash Prizes)	*NCLEX Game Night Medical Surgical NCLEX Questions	9 pm EST
Thursday Nov 23, 2023 *Holiday Giveaways* (Cash Prizes)	Thanksgiving Parade *NCLEX Game Day *Pharmacology*	12 pm EST
Friday Nov 24, 2023 *Holiday Giveaways* (\$500 Cash App Giveaway)	BLACK FRIDAY Free NCLEX Review *NCLEX V2 Unlocked*	12 pm - 5pm EST

*Game Nights you will need (2) devices such as a phone & laptop or (2) phones to play.

BEFORE WE GET STARTED WITH THIS REVIEW!

Before we start I need you to do me a favor – take a moment to clear your head, say a prayer or do whatever you need to do to mark THIS special moment.

You have the ability to be an amazing nurse so I need you to be committed to this process of learning the content that you need to get your nursing license in the next four weeks! If you're ready to go repeat after me, and say...

"I CAN, I WILL, I MUST, PASS NCLEX!"

Now lets' get started!

Regina M. Callion

A MESSAGE FROM YOUR NCLEX INSTRUCTOR



Your success in nursing will be determined by your ability to think, plan, decide, and take action. The actions you take will be based upon your core content knowledge of the fundamental practice of nursing.

These same skills are necessary as you prepare to take NCLEX®. The stronger you are with the fundamentals, the faster you will learn how to critically think and make the right decisions.

My name is Regina M. Callion MSN, RN and I will be your instructor on this NCLEX journey. About myself, I started my nursing career very early, at the age of 16. I was presented with the challenge to take care of my grandparents as the primary caretaker in their home.

My grandmother was a double amputee she lost her legs and vision to diabetes. My grandfather had a stroke and couldn't talk, swallow, or walk. Some people might think that a teenage girl would feel helpless but I was empowered to provide care.

It was the home health nurse Linda who taught me simple, straight to the point nursing information. She helped me turn my challenge into an opportunity. She wasn't afraid of my age or lack of experience. She believed in me. As we begin our journey together I want you to know that you are on the right track and I want you to see this event as the opportunity of a lifetime.

I need you to put pride to the side, cast away doubt, feelings of inadequacy, and any other thought that does not support this one effort here and now. I have personally beaten the odds and as a ReMar Nurse I expect you to do the same. As a company ReMar Review has helped thousands of registered nurses pass NCLEX and they are now living out their dreams. Whether this is your first time taking NCLEX or you've tested 10 times or more, I want to encourage you to stay focused on this one goal – of believing in yourself! I know that you can pass NCLEX because I've seen it done so many times. You are joining a global community of ReMar nurses who are committed to doing the work of passing NCLEX and getting their nursing license.

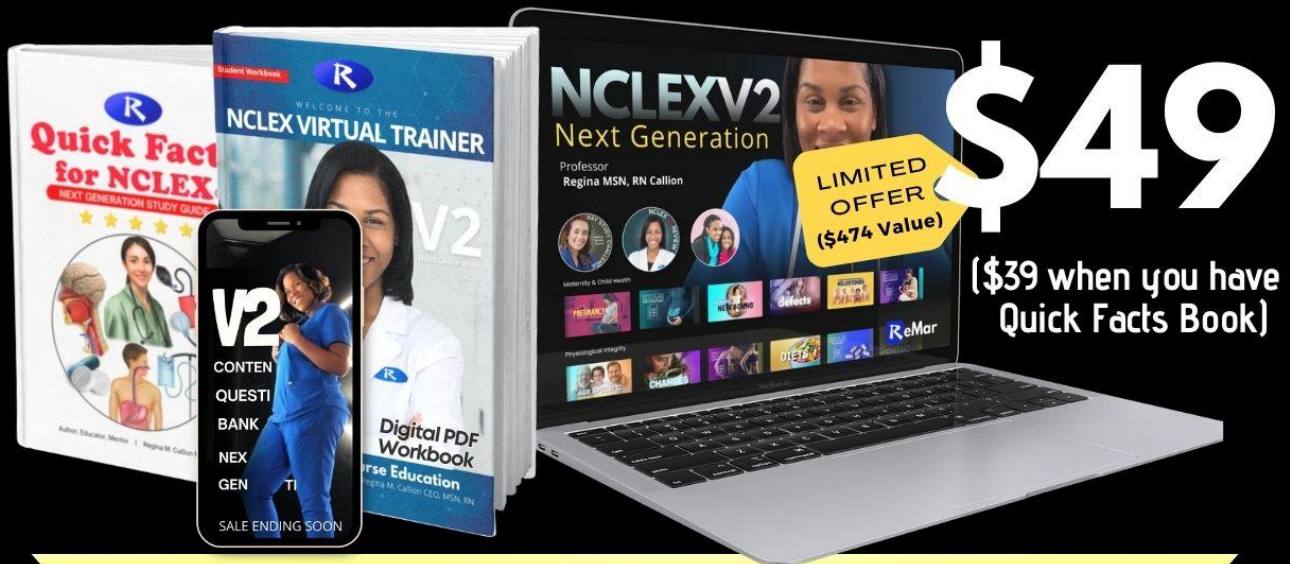
I know passing NCLEX can be difficult and I'm so glad that you decided to study with ReMar this time. My goal is to help you study the content and make this process as simple as possible. I want to take what's in my head and put it into yours. Stay focused; put FAITH over fear and continue to invest in yourself because **YOU CAN, YOU WILL, and YOU MUST Pass NCLEX!** Scan the code below and let's stay connected!



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70% OFF SALE ENDS FRIDAY, NOVEMBER 24TH, 2023

You Owe It to Yourself to Get Your License!

AGE SPECIFIC NURSING CARE

No matter the age all clients have the same rights for:

- 1.
2. Privacy
- 3.
- 4.
- 5.
- 6.
7. Involvement of family and/or significant others.

Age Group 1-12

The top 2 nursing concerns are:

1.

Pediatric patients are _____ times more likely to have a medication error.

2.

Before administering a medication ask client for:

Critical Thinking Question: If a patient is too young, can the parents answer? _____

NCLEX Teaching Point:

Patients have to be positioned properly before giving medications or feedings to prevent

_____.

Separation from the primary care giver is:

Adults number one fear is:

ReMar Tip:

Age Group: 13-18

Goals:

- Develop _____ with the opposite _____.
- Establishing a _____.
- Coping with _____.

They have the need to establish independence from primary care giver.

Medication	NCLEX Points
	<div>1. Elevate the</div> <div>2. Use</div> <div>3. Do not take with vitamin</div> <div>4. Can cause inflammation of</div>

Psych Priority:

1.

Age Group: 19-40

1. Resolve _____
2. When sick rearranging responsibilities of work, child rearing etc.

Age Group: 40-60

#1 Concern is to:

Community Health Nursing

There are 3 levels of prevention:

Level of Prevention	Techniques
1. Primary Prevention The Goal: Keep healthy people healthy.	
2. Secondary Prevention The Focus: early recognition & _____	
Tertiary Prevention The Focus: contain damage of an illness and _____	

SHOULD I BUY THE NCLEX V2 DURING 70% OFF BLACK FRIDAY SALE

If you need to pass NCLEX in Dec, Jan, Feb, Mar, April, or May, you should buy it now. You can start now or delay your start date by up to 90-days to lock in your Black Friday discount. **Shop now at [ReMarNurse.com](https://www.remarurse.com)**

AGE SPECIFIC NURSING CARE

Psych concerns:

Caring for _____ & _____ at the same time.

Age Group 60-and over

Goals

Positively _____ the loss of a _____.

Transition into _____.

Maintain physical _____ and prevent cognitive _____.

NCLEX Nursing Concerns

1.	Lower metabolism Higher body fat Check for: Assess client's:
2.	Prevention of Falls 1. 2. 3. #1 thing to give: Non-slip socks, call light in reach, bowel/bladder program where you are able to anticipate ambulation needs
3.	1. What is the most important lab value to determine the nutritional status of a client? 2. 3.

EXPECTED CHANGES DURING AGING

System	Changes Tested on NCLEX
1.	<p>Decreased _____ output</p> <p>Increase:</p> <p>Peripheral circulation:</p>
2.	<p>Increased</p> <p>Decreased</p> <p>Is it normal to wear oxygen?</p>
3.	<p>Decline in the ability to:</p>
4. Reproductive System	<p>Women decrease:</p> <p>Men decrease:</p> <p>Sexual Changes</p> <p>Women:</p> <p>Men:</p>

<p>5.</p>	<p>Decreased range</p> <p>Decreased _____ .</p> <p>Decreased in overall</p> <p>Bone loss</p>
<p>6.</p>	<p>Kidneys-</p> <p>Bladder-</p> <p>Dehydration is a common issue</p> <p>Is urinary incontinence normal?</p> <p>Kegel exercises-</p>
<p>Gastrointestinal System</p>	<p>_____ mouth</p> <p>Constipation</p> <p>Delayed gastric emptying</p> <p>_____ ability decreases</p> <p>Is tooth loss a normal part of aging?</p>

<p>Nervous System</p>	<p>Decreased activity in CNS & PNS</p> <p>Decrease in _____ time and reflex times.</p> <p>Mental function should _____.</p> <p>If intelligence decreases a disease process is present.</p>
<p>Immune System</p>	<p>_____ in the _____ of immune system.</p> <p>Encourage:</p>
<p>Endocrine System</p>	<p>Decrease secretion of:</p> <p>Decrease in:</p> <p>Will a decreased insulin production make the blood sugar increased or decreased?</p>
<p>Sensory System</p>	<p>Loss of:</p>

NCLEX V2 CONTENT QUIZ

1.	
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Goal Score	8/10	My Score	_____/10	Safe Nurse:	Yes	No
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BLACK FRIDAY - NCLEX V2 SALE

Get everything you need to Pass the NCLEX RN or LPN exam in 30-days or less starting at **\$49**, while supplies last. Pay just **\$39** if you already have the Quick Facts for NCLEX book, while supplies last.

KEY FEATURES

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Diets
ReMar Review

Diet	Indication	Food
	1. Or 2.	
	1.	Water, juices, see through- broth,
	1.	

Pureed	1. 2.	How should the foods be placed when feeding?
Mechanical Soft	1.	Any food that can be easily broken down
	1.	Can not have: <u>Avoid CAP</u>

Protein <hr/>	1.	Avoid: Why should renal clients avoid protein?
<hr/> Restricted	1. 82 grams or 1 gram heart healthy	
	1.	
	1.	Avoid Purine
High Protein	1.	

	2.	
	1.	<u>Meal percentages</u>
Celiac	1.	Avoid BROW Bread? Spaghetti? Pie? Cookies? Waffles? Pancakes?

NCLEX V2 CONTENT QUIZ

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Goal Score	8/10	My Score	_____ /10	Safe Nurse:	Yes	No
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Are you buying ANYTHING for Black Friday? You can get a new TV, new phone, new mattress set, or maybe even a new car if you got it like that!

However, if you're truly called to be a nurse nothing will get you there faster and be as fulfilling as investing in yourself and getting your nursing license!

YOU'RE WORTH THE INVESTMENT.

If you enjoy this you'll love the complete review with all of the content lectures, and questions from the NCLEX V2 question bank, and comprehensive CAT Exams!

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BASIC CARE & COMFORT

A. Hygiene

When bathing clients always start with

1. Elderly Care	The Skin Is:
2. _____ _____ Care	_____ and dry feet daily Do not Do not cut: Do not use _____ between the toes Check for:

Who should be delegated to give the client a bath?

B. Rest

Adequate sleep supports _____.

Age	NCLEX Notes on Sleep Patterns
Infants 0-1	_____ to _____ hours each day Place infant back to reduce: Do not place object (pillows, blankets, toys) in crib
Children 2-8	_____ to _____ hours each day Naps may be required
Adults	_____ to _____ hours each day
Elderly 65+	Decline in: Establish:

C. Hydration

To know hydration, you have to be able to properly assess dehydration.

_____ is a fluid imbalance.
Signs:
Cardiac Changes:

In dehydration urine levels may drop below the normal:

Common causes of dehydration:

Treatment: Rehydration

ReMar's Tip: Oral hydration can be just as effective as IV hydration if started early enough.

NCLEX TIPS:

1. Start with:
2. Do not force _____
3. If oral fluids are not tolerated the next step is:

D. Bladder & Bowel Elimination

E. Urine

How much urine is produced each day?	
Odor?	
Specific gravity	1.016 - 1.022
pH	

Critical Thinking Question: Why are UTIs more common in women than men?

Alteration in normal urine pattern matching

Anuria		A. glucose in the urine
Glycosuria		B. involuntary urination at night
Hematuria		C. no kidney function
Pyuria		D. blood in the urine
Enuresis		E. Pus in urine

NEED TO KNOW NCLEX SKILL: _____

Start with an _____.

Ask patient to void then: throw away.

All _____ must be kept in _____ container.

If one urine sample missed:

Keep _____ on _____.

Critical Thinking Question

Which of the following is the correct order for the registered nurse to perform an abdominal assessment?

1. Auscultation, percussion, inspection, and palpation.
2. Inspection, auscultation, percussion, and palpation.
3. Inspection, palpation, percussion, and auscultation.
4. Percussion, inspection, auscultation, palpation.

F. Bowel

Handling Normal Stool	Which Precaution:
------------------------------	--------------------------

Factors Affecting Bowel Patterns	
1. Privacy	
2.	
3.	
4.	
5.	

BASIC CARE & COMFORT

Definition of constipation

Definition of diarrhea

Bowel Tests to know:

1.	Screens for:
2.	

NCLEX Skills Question:

The nurse administering an enema to a client knows that the tip of the tubing should be inserted into the rectum while the client is in a sitting position, as on the toilet. True or false?

A. True

B. False

QUICK FACTS FOR NCLEX 21-40 QUIZ

1. The nurse is caring for a client who has a triglyceride level of 400 and a cholesterol level of 230. Which foods would the nurse encourage in the dietary choices?

- A. Wheat toast and sugar-free jelly.
- B. Grilled salmon seasoned with herbs.
- C. Fried chicken with steamed vegetables
- D. Natural honey from a local farmer's market

2. A nurse is caring for a 22 years old female client who has recently begun dialysis. She asks which types of foods she should avoid into her diet because they are high in potassium. Which of the following should the client be advised to avoid?

- A. cabbage
- B. lean red meat
- C. cooked carrots
- D. avocados

3. A nurse is receiving dietary orders for a newly admitted client. She needs to write for medication to be given "after a meal." Which medical abbreviation should be documented to represent "after a meal?"

- A. AC
- B. PC
- C. TID
- D. HC

4. Dietary recommendations for the client with heart failure include which of the following?

- A. potassium restrictions
- B. protein increase
- C. monitoring fluid intake
- D. addition of salt substitutions

5. The nurse is caring for a client with renal failure. The nurse has an order to consult the dietitian. The dietitian calculates the client's body mass index (BMI) to be 26.9, which of the following categories of weight status would be appropriate to document?

- A. underweight
- B. normal weight
- C. overweight
- D. obese

6. The dietitian is asked to consult with a client who has chronic anemia. This consultation is an example of which of these functions of an inter-professional team?

- A. Standardizing dietary prescriptions.
- B. Individualizing client care.
- C. Utilizing a qualitative descriptive approach.
- D. Ensuring patient adherence to the treatment plan.

7. The nurse is managing a client who is having difficulty following his dietary plan. When preparing to educate the client, the nurse should **first** assess the client's:

- A. medical history.
- B. education level.
- C. learning style.
- D. readiness to learn.

8. During an acute exacerbation of cirrhosis, a client reports ascites. Which of these dietary changes should the nurse expect to be made?

- A. Increased protein.
- B. Increased fat.
- C. Decreased sodium.
- D. Increased protein.

9. The nurse is administering medication to 4 clients. Which client will need dietary instructions along with their medication?

- A. The client taking tofranil.
- B. The client taking senequan.
- C. The client taking afinitor.
- D. The client taking phenelzine.

10. A nurse is teaching a client prescribed a monoamine oxidase inhibitor (MAOI). Which foods should be avoided in dietary choices?

- A. Red wine and pepperoni rolls
- B. Nacho chips and soda
- C. Apple pie and strawberry jam
- D. Orange juice and eggs

11. A client undergoing chemotherapy has frequent episodes of diarrhea. The nurse is aware this is an expected side effect and should encourage which diet?

- A. A high-protein, high-calorie diet.
- B. A diet high in fresh fruits and vegetables.
- C. A diet emphasizing whole and organic foods.
- D. A bland, low-fiber diet.

12. The nurse is caring for a client with gout. Which of the following dietary selections should the nurse include in the nutritional instructions?

- A. liver
- B. sardines
- C. tuna
- D. macaroni and cheese
- E. deer meat

13. A nurse is doing a home health visit for a client with osteoporosis. The nurse should provide which dietary instruction?

- A. Include dairy products in your planned meals.
- B. Avoid seeds and nuts.
- C. Fruits and vegetables will decrease the bone pain.
- D. Avoid fish foods and shrimp.

14. The student nurse is teaching the family of a client diagnosed with liver failure. She should instruct them to limit which foods in the client's diet?

- A. Cookies and cakes
- B. Meats and beans
- C. Potatoes and pasta
- D. Butters and dairy

15. The **most** appropriate diet for the client with Meniere's disease is:

- A. Restricted in sodium
- B. Restricted in animal fat
- C. Restricted in protein
- D. Restricted in gluten

NCLEX V2 CONTENT QUIZ

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Goal Score	8/10	My Score	_____/10	Safe Nurse:	Yes	No
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Have you taken NCLEX before? Studying the content with Professor Regina makes taking NCLEX so much easier for new grads and especially repeat test-takers!

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ORTHOPEDICS



1. Canes The cane moves with the _____
then the _____ follows.

2. Casts

Use _____ of our hands to handle during first 24 hours.

Do not use _____.

Do not get the cast _____.

What about scratching underneath cast?



Always remember to do _____.

NCLEX Emergency:

COMPARTMENT SYNDROME

This is an:

Assess for 6 P's

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Nursing Interventions:

1. Cast or restricted bandages:

2. Do not _____ the _____.
- 3.

*Fasciotomy-surgical decompression is also a possible treatment.

Why is the urine output so important?

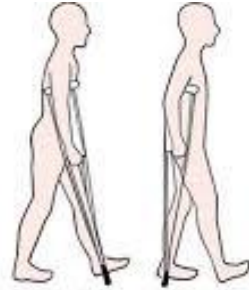
ORTHOPEDICS

3. Crutches-

Measurements need to be:

Top of crutches should be _____ below _____

The handgrips should be:



Gaits

Three Point Gait

2 Point Move left crutch with right foot then right crutch with left foot.

3 Point Move crutches and weaker leg, then strong leg.

4 Point Move left crutch, then right foot, then right crutch and then follow with the left foot.

Swing Through Move both crutches forward then bear all weight on crutches and swing legs forward at the same time.

3. Crutches-



Stair walking with Crutches

Going up the stairs

Going down the stairs

4. Walkers-



Never try to use:

Elbows flexed at:

Step first with _____ leg then follow with _____ leg.

Do not pick:

Promoting Circulation	1. Need _____
Thromboembolic Compression Stockings (TED)	A. Put them on while client is _____. Time Limit:
2. (SCD)	Monitor for:

Clients are not allowed to:

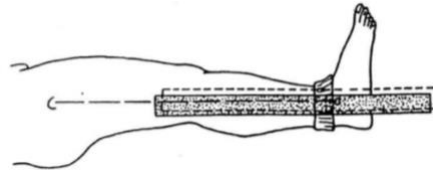
- Cross their _____.
- _____ for long:
- Put _____ behind the _____

Advanced Clinical Topic:	_____ is a _____ _____ to limbs, bones, or tissue.
--------------------------	--

ORTHOPEDICS

There are 2 types of _____:

1. _____



<p>Indications:</p> <ol style="list-style-type: none"> 1. Femoral fractures 2. 3. 	<p>The _____ is applied over a _____.</p> <p>_____ are used to exert a pulling force.</p> <p>Examples:</p> <p>Heels should be:</p> <p>Time Limit:</p>
--	---

2. _____

<p>Indications:</p> <ol style="list-style-type: none"> 1. Fractures of _____ 2. Fractures of _____ 	<p>Metal pins or wires surgically applied.</p> <p>_____ inserted _____ to _____.</p> <p>Avoid _____.</p> <p>Damage _____ in _____.</p> <p>Notify the healthcare provider if:</p> <ol style="list-style-type: none"> 1. 2.
--	---

Items Needed for Successful Traction

- A.
- B. Overhead frame
- C. Bars and ropes
- D.

Client's Activity Level:

Watch for:

1. _____ bags should hang _____.
2. _____ ropes they should be _____.
3. Watch for _____.
4. _____ due to _____ and _____.

Critical Thinking Questions:

1. A client was hit by a motor vehicle 12 hours ago and is being discharged with a Plaster of Paris cast of the right leg. Which of the following statements need follow-up teaching?

1. "I will not scratch the skin under my cast."
2. "I will use the palms of my hands to handle the cast for the next 8 hours."
3. "I will not get my leg cast wet during basin baths."
4. "I will notify the healthcare provider if I feel numbness in my leg."

2. A nurse is caring for a client in skeletal traction. Which of the following are expected findings? Select all that apply.

1. Redness and inflammation at the pin site.
2. Purulent drainage at the pin site.
3. Serous drainage at the pin site.
4. Chest pain due to immobilization.
5. Loosening of the pin with frequent movement.

3. A nurse is caring for a client with signs of acute compartment syndrome. The client is reporting numbness and tingling in the left lower extremity. Which is the **priority** action of the registered nurse?

1. Notify the healthcare provider.
2. Obtain baseline vital signs.
3. Assess respiratory status.
4. Assess pedal pulses.

NCLEX V2 CONTENT QUIZ

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Goal Score	8/10	My Score	_____/10	Safe Nurse:	Yes	No
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MEDICATION ADMINISTRATION

Before you give medications check the rights there are many.

- | | | | |
|---------|-------------------|--------------------------|----------|
| 1. | 2. | 3. Dose | 4. Route |
| 5. Time | 6. Documentation. | 7. Allergies & Many more | |

Verify _____ Before Administration

PO PO means by mouth NPO nothing by mouth	PO- Do not crush medications that end in: EC ER EX SR Liquid-
Ear	HOW to hold the pinna: Ad <u>U</u> lt- Chil <u>d</u> - Medications should be _____. How long should the nurse wait before administration drops?
Rectal	Alternative to _____ or _____ medication administration. Use a _____ based lubricant 3 types of oral enemas 1. 2. 3. Kayexalate (polystyrene sulfonate) *Please know the generic name for kayexalate

Eye	<p>Avoid the _____.</p> <p>Tell client to look up or down?</p> <p>Place medication in lower conjunctiva sac</p> <p>If eye drops and eye ointments are both prescribed which should be given first?</p>
Gastric Tube	<p>Check initial placement with _____.</p> <p>Assess for _____.</p> <p>Delayed gastric emptying. Greater than 500 hold medication. Medications should be given via _____.</p> <p>Do not mix medications give them separately.</p>
Intramuscular (IM)	<p>Maximum medication in adult muscle:</p> <p>Maximum medication in child:</p> <p>*Do not aspirate for vaccines.</p> <p>Do not give IM injections:</p> <p>Inject at _____ degree angle.</p>
Topical	<p>Applied directly to body surfaces:</p> <p>Is Shampoo a topical medication?</p> <p>Wash skin daily</p>

1.

2.

ANTIBIOTICS

	Examples	How They Help	How They Harm
1.	*Vancomycin is not an aminoglycoside but often added because of the similar side effects		Lab draw to know: Peak Draw Time PO: IV: Trough: Antidote: Can you administer during pregnancy?
2.			Check first for _____ Signs of allergic reactions? Antidote: Safe during pregnancy?
3.		*Acne	Children Precaution under 12: Food Interactions: Safe during pregnancy?

ANTIBIOTICS

Clinical Judgement Practice Questions

1. A client is scheduled to receive clindamycin at 9:00 am, at which time should the trough level be drawn by the nurse?
 1. 07:30
 2. 08:00
 3. 08:45
 4. 09:00
2. A teenage client has been prescribed a tetracycline for moderate acne. Which of the following statements is the highest priority in the client education about the medication?
 1. "Use sunscreen when you are exposed to direct sunlight."
 2. "Monitor the teeth for color changes."
 3. "Report any signs of hearing loss to the healthcare provider."
 4. "Reduce the amount of fat in your diet to decrease the presence of ketones."
3. A nurse is caring for an elderly client who has pneumonia. The healthcare provider prescribes penicillin PO for 14 days. When the nurse asks the client if she has a penicillin allergy the client states she does not know as she has never taken the medication. Which of the following is the best response by the nurse?
 1. "I will administer this medication and stay with you for monitoring after you take it."
 2. "I will hold the medication and clarify the order with the healthcare provider."
 3. "I will notify the healthcare provider and suggest a different antibiotic."
 4. "I will notify the pharmacist and discuss other alternatives."

NCLEX V2 CONTENT QUIZ

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Goal Score	8/10	My Score	_____/10	Safe Nurse:	Yes	No
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INTRAVENOUS (IV) THERAPY

IV therapy is used to provide:

Devices used for IV administration

- 1.
- 2.

Peripheral catheters cannulas have sizes:

The smaller the number:

IV tubing care

Change all IV tubing within:

IV tubing for blood is changed:

IV tubing for TPN is changed:

NCLEXV2TRAINER

#1 RATED FOR CONTENT & QUESTIONS



The advertisement features three items: a laptop, a smartphone, and a book, all displaying the NCLEXV2 Trainer interface. The laptop screen shows a grid of icons and a large price tag of \$49. The smartphone and book also display the product name and a 'LIMITED OFFER' tag. A yellow banner at the bottom reads 'SAVE UP TO 70% OFF BLACK FRIDAY'.

\$49
LIMITED OFFER (\$474 Value)
(\$39 when you have Quick Facts Book)

SAVE UP TO 70% OFF BLACK FRIDAY

IV COMPLICATIONS

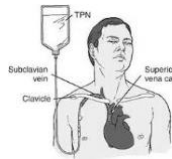
Complications	Signs	Nursing Interventions
1.		1. Stop Infusion Immediately 2. 3. Elevate extremity. 4. 5. Warm compress is more than 30 minutes ago. 6. 7. Restart the IV 8. Document
2.		1. Stop IV infusion. 2. 3. Elevate extremity 4. 5. Notify healthcare provider 6. 7. Document *Some references may say heat is also an acceptable treatment option.

NCLEX Emergency	Air _____
Signs	1. 2. 3. 4.
Nursing Interventions	1. 2. 3.

Critical Thinking Question:

1. A client presents to the emergency room after a hit and run accident. The client has sustained massive trauma and is in a hypotensive crisis situation. Which of the following intravenous cannulas will be **most** beneficial for fluid resuscitation?

1. 22 gauge
2. 20 gauge
3. 18 gauge
4. 14 gauge



TOTAL PARENTERAL NUTRITION

What are the nutrients going through?

Who needs TPN?

Examples

The goal of TPN is to _____.

What labs to monitor?

What electrolyte imbalances can TPN cause?

What is your emergency substitute for TPN?

How do you stop TPN?

NCLEX Note: How often does the nurse change the tubing?

PAIN MANAGEMENT

Pain is _____. It can feel different from client to client.

Pain can be _____ or _____.

Rating	Technique
Adults	
Babies/Children	

Non-verbal cues of pain

Pain is experienced differently because of:

Routes for pain medication:

Patient controlled analgesia (PCA) Pump

NCLEX notes about PCA Pumps.

Uses a pump, that delivers medication when the clients wants.

Use for cancer and post-surgical patients.

Critical thinking question:

Should the nurse teach about PCA pump before or after surgery?

2 Things to Monitor

- 1.
- 2.

ReMar Tip: This is a lot of information to learn but you are doing great!

NCLEX V2 CONTENT QUIZ

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Goal Score	8/10	My Score	_____/10	Safe Nurse:	Yes	No
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QUICK FACTS FOR NCLEX 21-40 QUIZ

1. The nurse is caring for a client who has a triglyceride level of 400 and a cholesterol level of 230. Which foods would the nurse encourage in the dietary choices?

- A. Wheat toast and sugar-free jelly.
- B. Grilled salmon seasoned with herbs.
- C. Fried chicken with steamed vegetables
- D. Natural honey from a local farmer's market

2. A nurse is caring for a 22 years old female client who has recently begun dialysis. She asks which types of foods she should avoid into her diet because they are high in potassium. Which of the following should the client be advised to avoid?

- A. cabbage
- B. lean red meat
- C. cooked carrots
- D. avocados

3. A nurse is receiving dietary orders for a newly admitted client. She needs to write for medication to be given "after a meal." Which medical abbreviation should be documented to represent "after a meal?"

- A. AC
- B. PC
- C. TID
- D. HC

4. Dietary recommendations for the client with heart failure include which of the following?

- A. potassium restrictions
- B. protein increase
- C. monitoring fluid intake
- D. addition of salt substitutions

5. The nurse is caring for a client with renal failure. The nurse has an order to consult the dietitian. The dietitian calculates the client's body mass index (BMI) to be 26.9, which of the following categories of weight status would be appropriate to document?

- A. underweight
- B. normal weight
- C. overweight
- D. obese

6. The dietitian is asked to consult with a client who has chronic anemia. This consultation is an example of which of these functions of an inter-professional team?

- A. Standardizing dietary prescriptions.
- B. Individualizing client care.
- C. Utilizing a qualitative descriptive approach.
- D. Ensuring patient adherence to the treatment plan.

7. The nurse is managing a client who is having difficulty following his dietary plan. When preparing to educate the client, the nurse should **first** assess the client's:

- A. medical history.
- B. education level.
- C. learning style.
- D. readiness to learn.

8. During an acute exacerbation of cirrhosis, a client reports ascites. Which of these dietary changes should the nurse expect to be made?

- A. Increased protein.
- B. Increased fat.
- C. Decreased sodium.
- D. Increased protein.

9. The nurse is administering medication to 4 clients. Which client will need dietary instructions along with their medication?

- A. The client taking tofranil.
- B. The client taking senequan.
- C. The client taking afinitor.
- D. The client taking phenelzine.

10. A nurse is teaching a client prescribed a monoamine oxidase inhibitor (MAOI). Which foods should be avoided in dietary choices?

- A. Red wine and pepperoni rolls
- B. Nacho chips and soda
- C. Apple pie and strawberry jam
- D. Orange juice and eggs

11. A client undergoing chemotherapy has frequent episodes of diarrhea. The nurse is aware this is an expected side effect and should encourage which diet?

- A. A high-protein, high-calorie diet.
- B. A diet high in fresh fruits and vegetables.
- C. A diet emphasizing whole and organic foods.
- D. A bland, low-fiber diet.

12. The nurse is caring for a client with gout. Which of the following dietary selections should the nurse include in the nutritional instructions?

- A. liver
- B. sardines
- C. tuna
- D. macaroni and cheese
- E. deer meat

13. A nurse is doing a home health visit for a client with osteoporosis. The nurse should provide which dietary instruction?

- A. Include dairy products in your planned meals.
- B. Avoid seeds and nuts.
- C. Fruits and vegetables will decrease the bone pain.
- D. Avoid fish foods and shrimp.

14. The student nurse is teaching the family of a client diagnosed with liver failure. She should instruct them to limit which foods in the client's diet?

- A. Cookies and cakes
- B. Meats and beans
- C. Potatoes and pasta
- D. Butters and dairy

15. The **most** appropriate diet for the client with Meniere's disease is:

- A. Restricted in sodium
- B. Restricted in animal fat
- C. Restricted in protein
- D. Restricted in gluten

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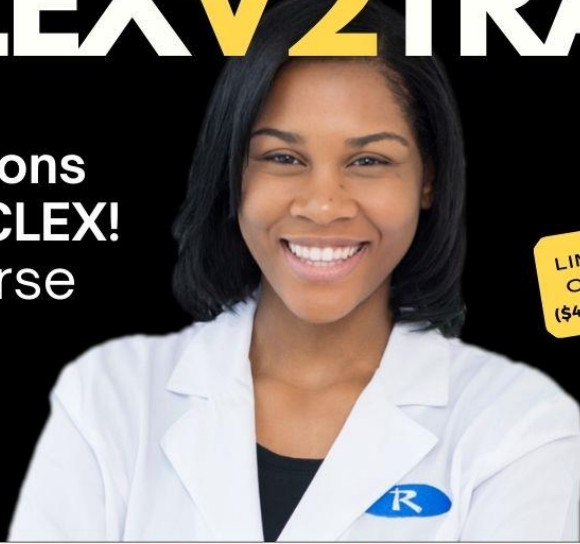
You've completed 25% of the content review already! You just have a little more to go and you can pass in the next 30-days or less! If you need to pass NCLEX NGN in 2024 it can be intimidating but don't worry, ReMar has your back! During this review we hope you've had a chance to see what it's like to focus on the **CONTENT** with Professor Regina MSN, RN. Get easy access to ALL of Professor Regina's exclusive **Content Lectures, NGN Question Bank, and Computer Adaptive Self-Assessment (CAT) exams** with up to 70% off during this Black Friday Sale. With ReMar you can pass with confidence in 30 days or less!

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I'm now a Remar RN! I passed my exam on 11/9. QF and V2! Thanks for all the support and encouragement! With GOD all things are possible!

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Hi, How can I get Remar nurse t-shirt? Just passed my Nclex Australia. I took last November 9, 2023 and got my result in November 13, 2023.



Hello everyone I'm an international nurse graduated over 20 years ago, i want to thank God and prof Regina for V2 and quick fact, I am able to pass my NCLEX. I am officially RN and Remar nurse.



Hi Regina just want to tell you on Nov17th I took my NCLEX Pn exam and this was my 9th attempt after graduating in 2012 and I am proud to say I passed V2 and quick facts are amazing. I had an unsuccessful attempt in sept after I completed V2 and I reached out and you said try it again and I did and now I stand her a LPN. Thank You to you and mark and the whole remar family you are truly heaven sent I could, I have and I did pass NCLEX to God be the Glory see you again when I take my RN NCLEX....



Hi Regina I'm a ESL student I passed my nclex Nov 15 with 86 question using V2 and quick facts and your Youtube video. with Remar case study is a piece of cake. I am a ESL REMAR nurse. Jesus is Good



I Passed the NGNCLEX-RN-Canada last week!!! Thank God and thank you Regina!! You're the best!!!



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