



EST. 2010

REMAR NURSE UNIVERSITY NCLEX WORKBOOK



**NEXT-GEN NCLEX PREP
EVERY MONDAY
8 PM EST |  YOUTUBE**

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DISCOUNT!**

Ends Friday, July 5th 2024



**FREE NCLEX COURSE
Pharmacology**

 REMARNURSE.COM

Author, Educator, Mentor, Founder

Professor Regina M. Callion MSN, RN



Professor Regina M. Callion MSN, RN



A MESSAGE FROM YOUR INSTRUCTOR

Welcome to the ReMar Nurse University NCLEX V2 Review,

My name is Professor Regina M. Callion MSN; RN and I will be your instructor for this FREE month-long event. I'm going to give you the strategy and study routine that I use to help hundreds of thousands of nurses to pass NCLEX Next-Gen. At the end of this FREE event, I'm going to ask you to decide how you will complete this journey and give you up to 50% off my complete training system to get your license in the next 30-days or less. I'll show you how the NCLE-V2 works along the way, but before we get into all of the good stuff - here's how I become a nurse...

**“I started my nursing career very early, at the age of 16!
I was given the challenge to take care of my grandparents.”**

My grandmother – she 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 might think I would feel helpless in this new environment, but I was empowered because of a home health nurse named Linda. She taught me how to practice bedside nursing in a simple straight to the point way. She turned my challenge into an opportunity.

Nurse Linda wasn't afraid of my age or lack of experience. She believed in me. As we begin our journey together, I want you to see the challenge of passing NCLEX as the opportunity of your lifetime.

I'M GOING TO MAKE YOU A BOLD PROMISE.

Your success in nursing will be determined by your ability to think, plan, decide, and act. 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.

I have personally beaten the odds and as a ReMar Nurse I expect you to do the same.

I've helped thousands of new grads, foreign nurses, to repeat-testers pass NCLEX. It doesn't matter if you've tested 10 times, I want to encourage you to stay focused on this one goal and believe in yourself because if you study this content in the NCLEX V2 Trainer - You Will Pass NCLEX.

During the Love Your Content Event I'm going to take what's in my head and put it in yours as we study the topics of labor, delivery, and sexually transmitted diseases. During this event I'm also going to give you the full opportunity to have all my content inside of the NCLEX V2 Trainer.



**WE ARE
REMAR!**

BY THE NUMBERS

We Still Care About the 1%



Our Success Rate

99%

LPN
22.2%



RN
77.8%

Foreign
8%

1st Time
38%

Repeat
54%



What students previously used before finding ReMar Review!

Other
14.6%

UWorld
24%

Kaplan
19.8%

ATI
10.4%

Hurst
11.5%

Saunders
19.8%

ATI
10.4%

PREPARED FOR SUCCESS!

ReMar Nurses have a 99.2% NCLEX Success Rate Studying Core Nursing Content.

Established in 2010, ReMar Review has become an industry leader and helped more than 300,000 nurses better understand the Core Nursing Content for NCLEX!

With the NCLEX Virtual Trainer we will give you the tools to effectively prepare for the examination. Along with that we provide a community to support you on the journey to becoming a safe nursing professional.

- The NCLEX-RN & LPN test plans and Practice Analysis serve as our guide for content development.
- Our curriculum narrows down the content to emphasize the key topics found on the exam.
- We save time by only teaching the information that a new graduate is expected to know for NCLEX.
- Our streamlined approach to core content builds student's competence and confidence.

SO WHAT'S THE DIFFERENCE ?

We asked 5,000 repeat-testers "What resources have you previously used?" Nearly 25% of the nurses questioned that failed NCLEX reported using **UWorld**; and nearly 20% of those students reported using **Kaplan** prior to their failed attempt.

You can literally do a thousand NCLEX questions and learn hundreds of "strategies" but as one student said after passing "When you sit for NCLEX all of those strategies go out the window if you don't KNOW THE CONTENT!" ReMar focuses on the content because when you know your content you are better equipped to answer any question NCLEX gives you! Content is the difference between confidence and anxiety; and passing NCLEX or failing NCLEX. What makes ReMar different? **We have better nursing content!**

NCLEX-V2 Sale Ends Friday, July 5th! Order now at ReMarNurse.com



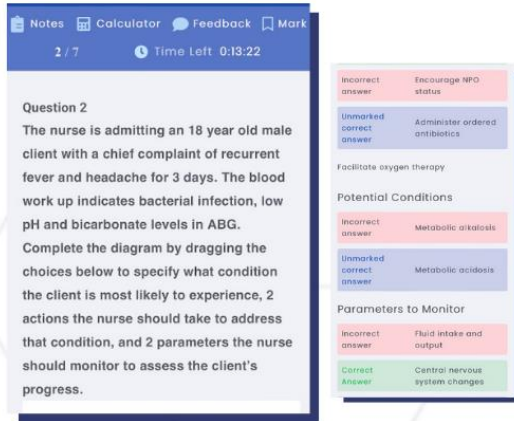
MAJOR NCLEX SALE



PASS NEXT-GEN NCLEX IN 30 DAYS OR LESS!

QUESTION BANK +CAT

Our researched training model combines the science of nursing with clinical applications to situational awareness and judgement.



INTERACTIVE LECTURES

Your virtual training platform contains comprehensive content lectures by Instructor Regina Callion MSN, RN. Each video is fun, easy to understand, and engaging; it's like watching NetFlix for NCLEX!



DAILY SCHEDULE

Follow our twenty-session study schedule to take control and pass your state board exam with confidence.

PROGRESS TRACKING

You'll have access to our extensive dashboard with reporting tools, comprehensive analytics, with daily reporting to keep you on track. Your progress reports will demonstrate your readiness for NCLEX!

LOCK IN YOUR DISCOUNT

With the NCLEX-V2 you can pass NCLEX in 30-days or less!. Students can delay their start date up to 90-days at the time of check-out to lock in today's special price

Start as low as

\$69

CONTENT + QBANK + CAT

Pay \$49 if you already have the Quick Facts book!

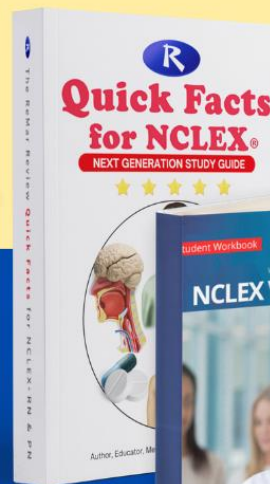
Sale available only during
ReMar Nurse University



Never Study Alone!

The NCLEX V2 has Better Content, Better Questions, and a Better Community of 20,000 nurses supporting & encouraging each other!

Optimize your study experience and deepen your connection as you study the core content virtually with professor Regina M. Callion MSN, RN the #1 NCLEX Instructor on the planet!



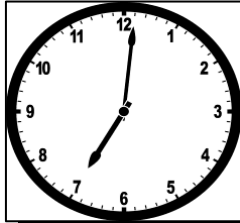
\$474 Value

Phone, Laptop, Desktop

NCLEX-V2 Sale Ends Friday, July 5th! Order now at ReMarNurse.com

Don't miss a thing - Mark your Calendar, Adjust your Time Zones, and Set your Clocks!

Each live class with Professor Regina will air from the Eastern Standard Time Zone. There will be (2) sessions every Monday, at 12pm noon and the main session at 8pm EST. There will be (1) session every Wednesday at 9pm.



Primary Study Schedule for ReMar Nurse University

- Monday, June 3rdth – 8:00 PM EST
- Monday, June 10th – 8:00 PM EST
- Monday, June 17th – 8:00 PM EST
- Monday, June 24th – 8:00 PM EST
- Monday, July 1st – 8:00 PM EST

ReMar Nurse
UNIVERSITY
Pharmacology Review

Weekly Monday Motivation Schedule – 40 min live Mini Review

- Monday, June 3rdth – 12:00 PM EST
- Monday, June 10th – 12:00 PM EST
- Monday, June 17th – 12:00 PM EST
- Monday, June 24th – 12:00 PM EST
- Monday, July 1st – 12:00 PM EST

**MONDAY
MOTIVATION**
How to Pass NCLEX

Weekly Winning Wednesday Schedule – 40 min live mini review

- Wednesday, June 5th – 9:00 PM EST
- Wednesday, June 12th – 9:00 PM EST
- Wednesday, June 19th – 9:00 PM EST
- Wednesday, June 26th – 9:00 PM EST
- Wednesday, July 3rd – 9:00 PM EST

**WINNING
WEDNESDAY**
Content & Question Review

Pre-EVENT Questions & Answers

+ Will Professor Regina Actually Teaching each class?

- Absolutely! Regina MSN, RN will personally be teaching each course with the ReMar Nurses and share the class live to everyone else via Facebook / YouTube (**Subscribe to both to receive all notifications**)

+ Is this FREE Event all that I Need to Pass NCLEX ?

- No! During RNU my goal is to show you exactly how master pharmacology and how to use the NCLEX V2 program to breakdown your content and pass NCLEX in the next 30 days or less!

+ Is the NCLEX-V2 all that I Need to Pass NCLEX ?

- Absolutely! The NCLEX-V2 is what ReMar Nurses use to complete their training and pass NCLEX in 30-days or less. It has Professor Regina's full course lectures, study calendar, practice exams, and CAT Tests! During this event you can save up to 50% off of the NCLEX-V2 Review and get your license in 30 days! Shop ReMarNurse.com

+ I'm Still in School, when should I get the NCLEX-V2?

- Most definitely! If you are in nursing school now and graduate in the next 9-months then the NCLEX V2 is a great option for you get started now and dominate your final semester, exit exams, and start NCLEX. During this event you can save up to 50% off and you can delay your start date up to 90 days!
- If you have more than 9-months before graduation, then we recommend starting today with our nursing school study guide, **Quick Facts for Nursing School book for Pharmacology & Med-Surg**. This study guide will give you the content advantage from day #1! Shop ReMarNurse.com

+ I Have Quick Facts for NCLEX. How Much is the V2 for me?

- Awesome! If you already have the Quick Facts for NCLEX book you can remove it from your cart when buying the V2 and save \$20 off of your order and reduce the shipping costs as well. You can get the full program starting as low as \$49 during the sale period ending Friday, July 5th, 2024.

+ I Have the NCLEX-V2. Can I benefit from RNU?

- Yes! ReMar Nurse University is considered an advance study session. This means I take the topics from the NCLEX V2 and develop them to the next level of critical thinking and NCLEX Confidence!

+ How does ReMar Compare to Other NCLEX Programs?

- ReMar helps nurses around the globe pass the NCLEX exam with simple and easy-to-understand content that fits your learning style. We also help students with test anxiety, language barriers, and repeat-testers even after multiple failed attempts with other resources. We keep it Simple. We keep it Faith-based. We keep it Community. So how do we compare? I guess you can say **"They not like us!"**

+ Hey, You Didn't Answer My Question!!!

- I'm sorry I missed your question! Please do me a favor and send me a quick email directly to Support@ReMarReview.com so that I or my team can help answer your specific question before the end of the ReMar Nurse University event.

Can I Really Pass NCLEX in 30-Days?

It's super easy – Just follow the daily study schedule.

This study calendar is designed to make your life easier! Each week do 5 study sessions. One study session each day is best to pace yourself. One study session a day also allows you time to process the information presented. You will need to print the workbook in order for this calendar to be most effective. Remember to keep your study sessions under 3 hours per day. Check off each task once it has been completed. If you follow this calendar the course will be completed in 4 weeks.

STUDY SESSION #1

Watch	Read	Answer
*Optional: <i>Getting Started Tutorials</i> this is found in the 30-Day Challenge Section Pregnancy Overview Normal & High-Risk Newborn Infant Heart Defects Pediatric Developmental Milestones	Download & Print Student Workbook	Clinical Subject Exam: Pregnancy *Optional: 30-Day Challenge Video Session 1

STUDY SESSION #2

Watch	Read	Answer
Age Specific Nursing Care Expected Changes in Aging Diets	Review Study Session #1 Notes	Clinical Progress Exam 1 Clinical Subject Exam: Physiological Integrity *Optional: 30-Day Challenge Video Session 2

SAMPLE SCHEDULE

		*Optional: 30-Day Challenge Video Session 3
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STUDY SESSION #4

Watch	Read	Answer
Medication Administration Antibiotics	Review Study Session #3 Notes	Clinical Progress Exam 3 *Optional: 30-Day Challenge Video Session 4

STUDY SESSION #5

Watch	Read	Answer
Intravenous (IV) Therapy Total Parenteral Nutrition Pain Management	Review Study Session #4 Notes	Clinical Pharmacology Exam 3 *Optional: 30-Day Challenge Video Session 5

STUDY SESSION #6

Watch	Read	Answer
Substance Abuse IV fluids Clinical Math Easy NCLEX Labs	Review Study Session #5 Notes	Clinical Progress Exam 4 *Optional: 30-Day Challenge Video Session 6

RNU EVENT CONTENT & TOPIC SCHEDULE

WEEK #1 | MONDAY, JUNE 3RD - 8:00 P.M. EST.

(PAGES 8 – 13)

CLINICAL JUDGMENT SIMULATION #1

Pre-Class Readings: Quick Facts for NCLEX (Next Generation Study Guide)

Topics: Blood Pressure, Cardiac Medication, Myocardial Infarction, Nitroglycerin

NCLEX-V2 PREVIEW - EXPECTED CHANGES IN AGING

WEEK #2 | MONDAY, JUNE 10TH - 8:00 P.M. EST.

(PAGES 14 – 19)

CLINICAL JUDGMENT SIMULATION #2

Pre-Class Readings: Quick Facts for NCLEX (Next Generation Study Guide)

Topics: Acute Renal Failure, Appendicitis, Pancreatitis

NCLEX-V2 PREVIEW - DIETS

WEEK #3 | MONDAY, JUNE 17TH - 8:00 P.M. EST

(PAGES 20 – 24)

CLINICAL JUDGMENT SIMULATION #3

Class Readings: Quick Facts for NCLEX (Next Generation Study Guide)

Topics: Orthostatic Hypotension, Cardiac Medications, Diuretics, Benzodiazepines, COVID-19

NCLEX-V2 TRAINER PREVIEW - MEDICATION ADMINISTRATION

WEEK #4 | MONDAY, JUNE 24TH - 8:00 P.M. EST

(PAGES 25 – 31)

CLINICAL JUDGMENT SIMULATION #4

Class Readings: Quick Facts for NCLEX (Next Generation Study Guide)

Topics: Analgesics, Anticoagulants, Antibiotics

NCLEX-V2 LECTURES: SUBSTANCE ABUSE

WEEK #5 | MONDAY, JULY 1ST - 8:00 P.M. EST

(PAGES 32 -34)

LIVE NCLEX GAME NIGHT (CASH PRIZES)

Class Readings: Quick Facts for NCLEX (Next Generation Study Guide)

Topics: ALL SUBJECTS

NCLEX-V2 QUESTION & ANSWER SEGMENT WITH PROFESSOR REGINA

UP TO 50% OFF NCLEX PREP SALE ENDS FRIDAY, JULY 5TH, 2024

Week #1 Next Gen Clinical Judgment Activity

Regina M. Callion MSN, RN

Patient: Myra Keller

Write Notes from Handoff Report Below:

Admitted with: an episode of
History: Asthma, Anxiety Hypertension, cigarette smoking, obesity
Mental:
Lungs:
Denies:
Voids:
Moves:

Additional Information to note:

2 Episodes of shortness of breath and hypertensive episode noted after lunch. Client stated she was nervous watching the war on the news. Client stated she felt better without any intervention. Client is currently resting quietly in bed after ambulating down the hallway.

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

Nursing	Flow Sheets	Provider	Labs & Diagnostics	MAR	Collaborative Care	Other
Name: Myra P. Keller		Age: 54 years old / Female				
Health Care Provider: Venus Sanghi, MD		MRN: 32118				
Code Status: Full						

ReMar Next Gen NCLEX Form

Medication	Time	06/02/24	06/03/24
Amlodipine 400 mg every 8 hours	22:00	Given - HB	Given - HB
	6:00	Given - YP	Given - YP
	14:00	Given - HB	Given - HB
Carvedilol 50 mg daily	12:00	Given -TG	Given -TG
Lisinopril tab once a day	8:00	Given -TG	Given -TG
Sodium bicarbonate 50 mEq rapid IV for 1 minute. X1 STAT	12: 00	Given -TG	Given -TG
Calcium chloride 1000 mg IV for 10 minutes. X1 STAT	12: 00	Given- HB	Given -HB

Nursing	Flow Sheets	Provider	Labs & Diagnostics	MAR	Collaborative Care	Other
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Metabolic Panel	Normal Values	05/27/2023	05/28/2023	05/29/23
Sodium	136-145 mEq/L	130	128	129
Chloride	98-106 mEq/L	100	100	99
Potassium	3.5-5 mEq/L	6.0	6.2	6.1
Calcium	8.5-10.5 mg/dL	8.7	8.7	8.8
Magnesium	1.5-2.4 mEq/L	1.8	1.8	1.8
Phosphorus	3-4.5 mg/dL	3.2	3.2	3.5
BUN	8-20 mg/dL	11	11	13
Creatinine	0.7-1.3 mg/dL	1.1	1.1	1.0
Glucose	70-100 mg/dL	70	71	70
Alkaline phosphatase	44 and 147 U/L	204	205	245

Vital Signs	Blood Pressure (mmHg)	Heart Rate (beats/minute)	Respiratory Rate (breaths/minute)	Temperature	Pulse Oximetry
06/03/2024; 4 PM	145/90	120	22	96 F	92%
06/03/2024; 5 PM	152/97	118	26	94.7 F	92%
06/03/2024; 6 PM	160/95	122	30	98. F	93%
06/03/2024; 7 PM	165/99	126	26	96 F	92%

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

1. What is the priority when first evaluating a patient at the start of the shift?
2. SAFETY: From the MAR list _____ patient needs that must be communicated to the physician:
3. CLINICAL JUDGMENT: What are 3 _____ procedures the nurse should anticipate?
4. SAFETY: Identify 3 possible causes of _____ in the client.
5. SAFETY: Which medication is most likely causing _____ and why?
6. SAFETY: What information is missing from the MAR before the nurse can properly administer medication to M. Keller?
7. SAFETY: What concerns are present about the new medications ordered on the MAR:
8. CRITICAL THINKING: After the administration of nitroglycerin which expected side effect would require pain medication?

New Medication Order	<ol style="list-style-type: none">1. Nitroglycerin 7.5 mg, one -half inch ointment twice daily.2. Oxygen 3 L via nasal cannula to keep O2 Saturation about 93%
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9. CLINICAL JUDGMENT: Which of the following poses the greatest risk when initiating oxygen therapy for the first time?
 1. Hypoxemia
 2. Oxygen toxicity
 3. Respiratory alkalosis
 4. Hypercapnia
10. CLINICAL JUDGMENT: Which of the following is sodium bicarbonate the appropriate treatment for? Choose one option.
 1. Metabolic alkalosis
 2. Metabolic acidosis
11. Where you a safe nurse today?

Expected Changes During Aging

Regina Callion MSN, RN

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

<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 <u>CNS</u> & <u>PNS</u></p> <p>Decrease in _____ time and reflex times.</p> <p>Mental function should _____.</p> <p>If intelligence decreases a <u>disease process</u> 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>

Week #2 Next-Gen Clinical Judgment Activity

Regina M. Callion MSN, RN

Patient: Frank Jackson

Write Notes from Handoff Report Below:

Frank Jackson 77-year-old man

History: of congestive heart failure, anxiety, and alcohol abuse.

Presents to the Emergency room reporting

The client stated the pain started after his morning drink to “get the day started”.

Client is holding his

Reports pain:

Reports nausea:

Vital signs: B/P-140/86, HR Temp Resp-18,

Additional Information to note:

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

Nursing	Flow Sheets	Provider	Labs & Diagnostics	MAR	Collaborative Care	Other
Name: Frank Jackson		Age: 77		Health Care Provider: Michael Green, MD		
Code Status: DNR		MRN: 234566		Allergies: Pollen, cotton, latex		

1. CRITICAL THINKING: During the abdominal assessment the nurse notices a distended abdomen.

1. List _____ for “symmetrical” distention.	1. 2.
2. List _____ for “asymmetrical” abdominal distention.	1. 2.

2. SAFETY: The nurse notes that the bladder is distended, which interventions are anticipated?

3. CLINICAL JUDGMENT: Identify which symptoms are present in the following conditions.

Clinical Signs	Appendicitis	Pancreatitis	Urinary Tract Infection
Nausea & Vomiting			
Right Lower Quadrant Pain			
Abdominal			

4. CRITICAL THINKING: Identify 2 diagnostic exams needed to determine a diagnosis of this client:

5. CLINICAL JUDGMENT: Which diet is most appropriate for this client?

6. SAFETY: Which of the following require immediate action? Select all that apply.

1. Client is ambulating down the hall.
2. Client states they feel relief and are pain free.
3. The client refuses a heating pad.
4. The licensed practical nurse prepares to palpate the abdomen for assessment.
5. Client reports a need for new bedding for a vomiting episode.

7. CLINICAL JUDGMENT: Identify if the treatment is appropriate for a DNR order?

Treatments	Yes	No
Heimlich maneuver if choking		
Supplemental oxygen		
Dialysis		
EKG		
IV fluids for hydration		
Antiemetics		
Morphine		

8. SAFETY: The physician has ordered piperacillin and tazobactam, the client states he is not aware of a previous allergy. Should the nurse administer the medication?

9. CLINICAL JUDGMENT: Which pain medication can increase complications and delay the treatment of appendicitis?

1. Ciprofloxacin
2. Ibuprofen
3. Acetaminophen
4. Morphine

10. CRITICAL THINKING: The client reports nausea at the time oral medication is due, which action should the nurse take?

11. SAFETY: The nurse suspects the client of dehydration, which laboratory value would confirm this medical condition?

1. Elevated BUN
2. Elevated albumin
3. Elevated platelet count
4. Elevated bicarbonate levels

12. SAFETY: The client would report right lower abdominal pain if which side of the abdomen was palpated by the physician?

13. Where you a safe nurse today?

NCLEX-V2 Lecture Preview - Diets

Regina M. Callion MSN, RN

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.	Cannot have: <u>Avoid CAP</u>
Protein _____	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?

Week #3 Next-Gen Clinical Judgment Activity

Regina M. Callion MSN, RN

Patient: John Daniels

Write Notes from Handoff Report Below:

55 year old male client presents with transient loss of consciousness. He said he feels dizzy and is “always thirsty”.

History:

Alert and oriented times 4
No respiratory distress noted

Denies dizziness, nausea and vomiting at this time. 1 episode of diarrhea

VSS noted in chart.

EKG:

Additional Information to note:

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

Nursing	Flow Sheets	Provider	Labs & Diagnostics	MAR	Collaborative Care	Other
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Name: John Daniels	Health Care Provider: Adam Abdul-Al	MRN: 22485	Allergies: Verapamil, Sulfa, Eggs
Code Status: Full			

Medication	Time	06/16/24	06/17/24
Exenatide 2mg SC BID	06:00	Given - AB	Given - LR
	18:00	Given -MC	Given - QB
Furosemide IV BID	06:00	Given -TG	Given-BH
	18:00	Given- RC	Given-PT
Verapamil 80 mg PO TID	8:00	Given -TG	Given -BH
Alprazolam 0.25 mg q 6hr PRN	04:35	Given -TG	Given -BH
	08:00	Given- TG	
	10:00	Given- TG	
0.9 NaCL 1000 ml x1 bolus	18:00		Given -BH

Nursing	Flow Sheets	Provider	Labs & Diagnostics	MAR	Collaborative Care	Other
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Laboratory Results					
Metabolic Panel	Normal Values	Jun 17, 2024			
Sodium	136-145 mEq/L	140 mEq/L			
Chloride	98-106 mEq/L	100 mEq/L			
Potassium	3.5-5 mEq/L	3.0 mEq/L			
Calcium	9-10.5 mg/dL	9.2 mg/dL			
Magnesium	1.5-2.4 mEq/L	2.0 mEq/L			
Phosphorus	3-4.5 mg/dL	3.5 mg/dL			
BUN	8-20 mg/dL	18 mg/dL			
Creatinine	0.7-1.3 mg/dL	1.0 mg/dL			
Glucose	70-100 mg/dL	325 mg/dL			
Vital Signs	Blood Pressure (mmHg)	Heart Rate (beats/min)	Respiratory Rate (breaths/minute)	Temp	Pulse Oximetry
June 17 at 17:30	Laying flat 90/60 Sitting up 85/55 Standing up 70/40	60 72 110	18	98.5°F (36.9°C)	96% on room air
June 17 at 18:00	75/50	99	20	98.5°F (36.9°C)	95% on room air
June 17 at 18:30		60	20	98.5°F (36.9°C)	98% on room air

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

1. CLINICAL JUDGMENT: Based on the ReMAR medication list what are some possible diagnoses of J. Daniels?
2. SAFETY: Which intervention is the priority in to manage the client's current condition?
 1. Elevating the client's legs above the heart level.
 2. Teaching the client about his medications.
 3. Encouraging the client to drink fluids to promote blood flow.
 4. Instructing the client to change positions slowly.
3. CRITICAL THINKING: Which medication is most _____ to J. Daniels, how do you know?
4. SAFETY: J. Daniels reports dizziness after his last medication pass what blood pressure would you expect at this time?
5. CLINICAL JUDGMENT: A nurse is preparing to administer alprazolam to a patient. What is the priority action for the nurse before administering this medication?
 1. Ensuring the patient's allergies are documented
 2. Assessing the patient's blood pressure
 3. Assessing the patient's respiratory rate
 4. Assessing the patient's medication history for potential interactions
6. SAFETY: Which medications should the nurse anticipate the doctor to order?
7. SAFETY: According to the ReMar medication list, which nurse needs to be written up for disciplinary actions?
8. SAFETY: Identify _____ with the medication list?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
9. CLINICAL JUDGEMENT: J. Daniels's vomit is seen for the first time. It is black with a lumpy texture. What should the nurse expect a possible cause to be?
10. CRITICAL THINKING: J. Daniels reports extremity pain after a positive Covid-19 test. Which complication should the nurse expect?
11. SAFETY: When should the nurse expect blood pressure to be the lowest?
12. CLINICAL JUDGMENT: Which actions are appropriate for the nurse's aide to take?
 1. Keep the room at a warm temperature for comfort.
 2. Tell the client to sit down when urinating.
 3. Encourage the client to add sodium to the diet.
 4. Encourage the client to drink 500 ml of water as a bolus.
13. Were you a safe nurse today? Yes or No

Medication Administration

Regina M. Callion MSN, RN

Before you give medications check the rights there are many.

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

Verify _____ Before Administration

<p style="text-align: center;"><i>PO</i></p> <p><i>PO means by mouth</i></p> <p><i>NPO nothing by mouth</i></p>	<p>PO - Do not crush medications that end in:</p> <p>EC</p> <p>ER</p> <p>EX</p> <p>SR</p> <p>Liquid -</p>
<p style="text-align: center;"><i>Ear</i></p>	<p>Adult-</p> <p>Child-</p> <p>Medications should be _____.</p> <p>How long should the nurse wait before administration drops?</p>
<p style="text-align: center;"><i>Rectal</i></p>	<p>Alternative to _____ or _____ medication administration.</p> <p>Use a _____ based lubricant</p> <p>3 types of oral enemas</p> <ol style="list-style-type: none"> 1. 2. 3. Kayexalate (polystyrene sulfonate)

<p><i>Eye</i></p>	<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>
<p><i>Gastric Tube</i></p>	<p>Check initial placement with _____.</p> <p>Assess for _____.</p> <p>Delayed gastric emptying. Greater than 500 hold medication.</p> <p>Medications should be given via _____.</p> <p>Do not mix medications give them separately.</p>
<p><i>Intramuscular (IM)</i></p>	<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>
<p><i>Topical</i></p>	<p>Applied directly to body surfaces:</p> <p>Is Shampoo a topical medication?</p> <p>Wash skin daily</p>

Week #4 Next-Gen Clinical Judgment Activity

Regina M. Callion MSN, RN

Patient: Lynn Vitros

Write Notes from Handoff Report Below:

Additional Information to note:

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

•
•
•

^

Nursing
Flow Sheets
Provider
Labs & Diagnostics
MAR
Collaborative Care
Other

<p>Name: Lynn Vitros MD : Richard Greene MRN: 7099 Birthdate: 2/14/1937</p>	<p>Past Medical History: HTN Allergies: NKDA Gender: Female Code Status: Full</p>
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ReMar Next Gen NCLEX Form

Nurse Note	85-year-old female admitted with right fractured hip. Patient had ORIF of the right hip with general anesthesia. 500 mL blood loss during surgery. Mucous membranes pink and dry. Dressing clean dry and intact. Client is 89% on 2 L NC- Jessica West, RN
Medication Orders	June 19
Enoxaparin sodium 400 mg sq q 12 hr.	
Cefazolin 1 g every 6 hr. x 4 doses	
Morphine 4 mg IM q 4 hr. PRN for pain	20:00 HC
Captopril 25 mg PO daily	20:00 HC
Oxygen 2 L via NC continuous	
Furosemide 40 mg IV twice daily	
Metabolic Panel	Normal Values
Error LOADING	Error LOADING

Vital Signs	Blood Pressure (mmHg)	Heart Rate (beats/min)	Respiratory Rate	Temp
June 19 05:50	130/70	78	18	97.6
June 19 12:00	128/69	75	20	98

Next Gen NCLEX Activity

Regina M. Callion MSN, RN

1. CLINICAL JUDGMENT: Identify Delirium or Dementia based on the clinical features:

1. Impaired sensory perception	
2. Progressive course	
3. Dehydration as a cause	
4. Acute onset	
5. Impaired attention span	
6. AIDS as a cause	
7. Liver failure as a cause	

2. CRITICAL THINKING: What is the benefit of the following diagnostic test to investigate the client's condition?

Serum glucose	
Electrolytes	
BUN & Creatinine	
CBC	

3. SAFETY: Identify the indication of the medications prescribed:

Medication	Indications
Enoxaparin sodium	
Cefazolin	
Metoprolol	
Furosemide	

4. CRITICAL THINKING: Which 2 medications listed are most likely to cause delirium?

5. SAFETY: Calculate the dose for the order: Morphine 6 mg IM
Available: Morphine 2mg/ mL
Answer:

6. CLINICAL JUDGMENT: Which nursing action could be delegated to the unlicensed assistive personnel?

1. Apply pulse ox	
2. Stay 1 on 1 with patient	
3. Notify family of patient's condition	
4. Take specimens to laboratory	
5. Monitor hydration status	
6. Apply oxygen to the client	

7. CRITICAL THINKING: What other nursing interventions can improve this client's oxygen saturation?

8. CLINICAL JUDGMENT: What is the highest safety concern for the client?

1. Risk of self harm due to agitation.
2. Risk of wandering and getting lost.
3. Risk of falls due to impaired cognition.
4. Risk of dehydration due to decreased oral intake.

9. CRITICAL THINKING: The client's blood pressure is lower than normal. Based off the ReMAR and handoff report information which 3 factors are causing this?

- 1.
- 2.
- 3.

10. CLINICAL JUDGMENT: Should the nurse expect delirium or dementia? List 4 factors to support your hypothesis.

11. Were you a safe nurse today?

NCLEX-V2 Lecture | Substance Abuse

Regina M. Callion MSN, RN

Substance Abuse	Continued use of a substance
-----------------	------------------------------

Substance abuse can be _____ An _____ is considered a _____.

Substances that are abused are:

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

Clients are at risk for: Suicide and Overdose

A. Alcoholism-
Signs:
Most alcoholics are in:

Withdrawal symptoms:

Substance Abuse

Regina M. Callion MSN, RN



Medical Emergency

Delirium tremors:

1. Physical shaking
- 2.
- 3.
- 4.
- 5.

2 Other Symptoms to Know

1.	
2.	



Medical Emergency

Delirium tremors Treatment:

Medicate with anti-anxiety medication such as:

- 1.
- 2.

or

Alcohol deterrent medications such as:

- 1.

<u>Teaching point:</u>	Clients must avoid:
-------------------------------	---------------------

Substance Abuse

Regina M. Callion MSN, RN

NCLEX Pro Tip:

Medications that contain alcohol:

Other therapy options: Non-judgmental attitude, Support groups Alcoholics anonymous

There is no _____.

Clients can be placed in a _____.

B. Opioid Addiction
Examples:
Room Assignment:
Withdrawal Symptoms:

_____ : is a legal narcotic that can be used as a substitute.



CA\$H App Giveaway

WEEK #5 - NCLEX GAME NIGHT TOPICS

• CLINICAL JUDGMENT	• QUICK FACTS FOR NCLEX
• PRIORITIZATION	• DELEGATION
• SAFETY	• SUBSTANCE ABUSE
• NORMAL & HIGH RISK NEWBORN	• DIET
• EXPECTED CHANGES IN AGING	• PHARMACOLOGY

1. **WHERE TO PLAY** – NCLEX Game Night with Professor Regina will stream live via the ReMar Nurse YouTube channel & Facebook page on Monday, July 1st, 2024, starting at 8:00 PM EST.

2. **THINGS YOU NEED TO PLAY** — You will need (2) devices to play the game. You will use one device to watch the live broadcast and a second device to answer the questions.

3. **HOW TO PLAY** – Use your second device (phone) to go to www.Kahoot.it and enter the game pin provided for you at the beginning of the game. This is needed to answer questions. Note: (You can also open two separate tabs on your laptop or PC if you don't have two devices.)

3. **ENTER GAME PIN** — Prof. Regina will give students the game pin by email or text at the beginning of class. Enter the code at Kahoot.it or scan the QR code on screen to join in before the game begins.

4. **CASH PRIZES** - The quicker you respond, the more points you will earn. So be ready to win up to \$200, \$100, or \$50 for 1st, 2nd, and 3rd place winners! You must have either CashApp or PayPal to claim your prize winnings. Previous 1st place winners cannot win a second time.

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Even if you are feeling a bit anxious, I promise you it is normal! This test is important, and I know you feel pressure but, I want to see your testimonial video on the other side of NCLEX where you're smiling or shedding tears of joy as soon as you see your name and those big letters (PN or RN)! You deserve that moment and know that your success will not only bless you but it's going to bless everyone around you as well.

It's time to get into the NCLEX-V2 and finish the complete content review that you've started!

At this point you can:

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- Continue with the Daily NCLEX Study Calendar
- Complete all of your NCLEX V2 Videos
- Taken the accountability quizzes after the lectures
- Completely fill out your Student Workbook
- Memorize the Quick Facts for NCLEX book
- Dominate the Question Bank
- Take the Computer Adaptive Test



If you can consistently do these things to build your foundation, you can pass NCLEX in the next 30-days or less! Even if you need more time to study (sometimes life be life'n) it's ok! You can select a study option that's best for you at either 1-, 3-, or 6-months study access.

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Sincerely with Love,

Your Favorite NCLEX Instructor,
Professor Regina M. Callion MSN, RN

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