

Mark Klimek NCLEX Prep 2023 Study Guide Exam Questions with Answers Best Graded A+

As the pH goes, - **Correct Answer:** so, goes my patient, EXCEPT for potassium

(Mac) Kussmaul's is only seen in... - **Correct Answer:** Metabolic Acidosis

In respiratory, if the patient is OVER ventilating, - **Correct Answer:** Respiratory Alkalosis

In respiratory, if the patient is UNDER ventilating, - **Correct Answer:** Respiratory Acidosis

The only cause for metabolic alkalosis is... - **Correct Answer:** prolonged vomiting or suctioning

A High-pressure alarm is due to... - **Correct Answer:** obstructions (kinks in tubing, mucus secretions)

A Low-pressure alarm is due to... - **Correct Answer:** disconnections
(disconnected main tubing or O2 sensor tubing)

BEFORE choosing to suction a patient, you should... - **Correct Answer:**
Change their position (turn, cough, deep breathe)

What are the stages of grief? - **Correct Answer:** DABDA (Denial, Anger,
Bargaining, Depression, Acceptance)

The number one problem in abusive situations is _____. How do you
treat it? - **Correct Answer:** Denial
Treat by CONFRONTING IT!

The number two problem in abusers is... - **Correct Answer:**
Dependency/Codependency

If what a codependent person is being asked to do is
harmful/dangerous, this is called _____. How do you treat it? -
Correct Answer: Manipulation
Treat by setting limits + enforcing it. SAY NO!

What is Wernicke-Korsakoff syndrome? - **Correct Answer:** Psychosis-induced by vitamin B1 (thiamine) deficiency

Amnesia with confabulation (pt making up stories + believes it)

It is IRREVERSIBLE

How do you prevent Wernicke-Korsakoff syndrome? - **Correct Answer:** Take vitamin B1

What is Disulfiram (Antabuse)? How long does it take to be effective? - **Correct Answer:** Aversion therapy for alcoholism
2 weeks to be effective

What does Naltrexone (Revia) do? - **Correct Answer:** Reduces alcohol cravings

What should you teach patients to avoid when taking Disulfiram? - **Correct Answer:** Mouthwash, aftershaves, perfume/cologne, insect repellent, any OTC that ends in "elixir", alcohol-based hand sanitizer, uncooked icings (no bake), red wine vinaigrette

What are the 5 uppers? - **Correct Answer:** Caffeine
Cocaine

PCP/LSD

Methamphetamines

Adderall

*Everything else is a downer...

What is an overdose? What are the sxs like? - **Correct Answer:** Too much of an upper/downer

Upper overdose sxs make you GO UP

Downer overdose sxs make you GO DOWN

What is a withdrawal? What are the sxs like? - **Correct Answer:** Too little upper/downer

Upper withdrawal sxs make you go DOWN

Downer withdrawal sxs make you go UP

In what two situations would respiratory arrest be your priority? - **Correct Answer:** Downer overdose + Upper withdrawal

In what two situations would seizures be your priority? - **Correct Answer:** Upper overdose + Downer withdrawal

In drug addiction in newborns, always assume _____ at birth/first 24 hours. After 24 hours, assume the baby is

_____. - **Correct Answer:** Intoxication at birth/first 24 hours

After 24 hours, baby is in withdrawal

24 hours after an alcoholic stop drinking, they go through

_____. - **Correct Answer:** Alcohol withdrawal syndrome

Only a minority of alcoholics go through

_____ 72 hours after they stop drinking. - **Correct Answer:** Delirium tremens

AWS always _____, however DT does not always

_____. - **Correct Answer:** AWS always precedes DT, however DT does not always follow AWS.

What are some cares for AWS? - **Correct Answer:** Reg diet

Semi-private room anywhere

Up ad-lib

No restraints

What are some cares for DT? - **Correct Answer:** NPO, clear liquids
(seizure/aspiration risk)

Private room near nurse's station

Restricted bed rest, no bathroom privileges

Must be restrained (using vest or 2-pt locked leathers)

Both patients in AWS and DT with receive these cares... - **Correct**

Answer: Antihypertensive

Tranquilizer

Multivitamin w/ vitamin B1

"No B1, you'll be one! (a crazy)"

Aminoglycosides are... - **Correct Answer:** VERY powerful antibiotics

"A mean old -mycin treats a mean old infection"

They treat serious, life-threatening, resistant, gram negative infections

If it ends in -mycin, its a mean old -mycin, but if it has a "thro", - **Correct**

Answer: Throw it off the list! It is no longer a mean old mycin.

(i.e. Azithromycin, Clarithromycin)

Toxic effects of aminoglycosides? - **Correct Answer:** -mycin = Mice

Mice = Ears --> Ototoxicity

Ears = Kidney-shaped --> Nephrotoxicity

Draw an 8 in the ear --> Affects cranial nerve VIII

Administer them q8 hours

What is the route for aminoglycosides? Which route to avoid except for what 2 cases? - **Correct Answer:** Route: IM or IV

Do NOT give PO, because they are not absorbed, EXCEPT for 2 cases --
hepatic encephalopathy and pre-op bowel surgery to clean out the
bowels

Who can sterilize my bowel? - **Correct Answer:** Neo Kan! (Neomycin,
Kanamycin)

What is a trough? - **Correct Answer:** When the drug is at its lowest
point

What is a peak? - **Correct Answer:** When the drug is at its highest point

"TAP" levels - **Correct Answer:** Trough, Administer, Peak

When do you draw a trough level? - **Correct Answer:** 30 minutes before next dose (true for ALL med routes)

When do you draw a peak for a sublingual med? - **Correct Answer:** 5-10 mins after drug is dissolved

When do you draw a peak for a IV med? - **Correct Answer:** 15-30 mins after drug is finished

When do you draw a peak for a IM med? - **Correct Answer:** 30-60 mins after you give it

CCBs are like _____ for your heart, they _____. - **Correct Answer:** Valium

Calm it down!

CCBs are *negative* _____, _____, and _____. - **Correct Answer:** inotropic, chronotropic, dromotropic

What would a *positive* inotropic, chronotropic, dromotropic do? - **Correct Answer:** Cardiac *stimulant*

CCBs are A, AA, AAA... - **Correct Answer:** Antihypertensives

Anti-Anginals

Anti-Atrial Arrhythmias

***EXCEPTION: SVT, because "supra" means "above" the ventricles, which means it is an atrial rhythm.

Side effects of CCBs are HNH... - **Correct Answer:** Headache +

Hypotension

CCBs end in _____, except for _____ & _____. - **Correct Answer:** -
dipine

Except for Verapamil and Cardizem

Treat V.Tach/PVCs with... - **Correct Answer:** Lidocaine or Amiodarone

Treat SVT with... - **Correct Answer:** ABCDs

Adenosine (rapid push)

Beta blockers

Calcium channel blockers

Digoxin/Digitalis/Lanoxin

Treat V.Fib with... - **Correct Answer:** Defibrillation

For V.Fib, you defib!

Treat asystole with... - **Correct Answer:** Epinephrine and Atropine
Epi before Atropine

An *a*pical chest tube removes... - **Correct Answer:** Air

A *b*asilar chest tube removes... - **Correct Answer:** Blood

What should you do if the water seal of a chest tube breaks? - **Correct Answer:** Clamp, cut, submerge, unclamp

What should you do if the CT gets pulled out? - **Correct Answer:** First thing to do is take a gloved hand and cover the hole
BEST thing to do is to cover it with vaseline gauze

If asked about bubbling---*WHEN* and *WHERE* is it bubbling?
Continuous bubbling in the water seal is... - **Correct Answer:** BAD.
If something is sealed, you should NOT have continuous bubbling.

Never clamp a chest tube for longer than _____ without a doctor's order. - **Correct Answer:** 15 secs