

MnemoNurse

The NCLEX Study Guide

165 chapters - 12 NCLEX categories - free printable checklist

Work through a category, tick off each chapter,
then practise the questions for that topic.

mnemonurse.com/nclex-study-guide

Endocrine & Metabolic

21 chapters

- ☐ **1. Acidotic Andy - Metabolic Acidosis**
Kussmaul breathing, fruity breath, pH low HCO_3^- low
- ☐ **2. Alkalotic Alice - Metabolic Alkalosis**
Vomiting and diuretics, tingling fingers, pH high HCO_3^- high
- ☐ **4. Panicking Pam - Respiratory Alkalosis**
Hyperventilation, numb lips, pH high PaCO_2 low
- ☐ **5. Potassium Pete - Hyperkalemia**
Peaked T waves, muscle cramps, hold the bananas
- ☐ **6. Low-K Lena - Hypokalemia**
Flat T waves, U waves, silent belly, never IV push
- ☐ **7. Salty Sal - Hypernatremia**
Thirsty, dry, agitated - $\text{Na}^+ > 150$, correct it slowly
- ☐ **8. Diluted Dana - Hyponatremia / SIADH**
Too much water, $\text{Na}^+ < 135$, headache to seizure
- ☐ **9. Chvostek Chuck - Hypocalcemia**
Twitchy face, tingling lips, watch the airway
- ☐ **10. Stony Stella - Hypercalcemia**
Stones, bones, groans and psychiatric overtones
- ☐ **11. Magnesium Maggie - Magnesium Imbalance**
Low Mg = torsades; high Mg = reflexes gone
- ☐ **22. Ketone Kyle - Diabetic Ketoacidosis**
Type 1, glucose > 250 , ketones, acidosis - fluids first
- ☐ **23. Hyperosmolar Hank - Hyperosmolar Hyperglycemic State**
Type 2, glucose > 600 , no ketones, profound dehydration
- ☐ **25. Storming Tori - Thyroid Storm**
Everything accelerates: fever, tachycardia, delirium
- ☐ **26. Sluggish Myra - Myxedema Coma**
Everything slows: hypothermia, bradycardia, hypoventilation
- ☐ **27. Addison Ada - Adrenal Crisis**
Bronze skin, low Na^+ , high K^+ , hypotension - steroids now
- ☐ **28. Cushing Cora - Cushing's Syndrome**
Moon face, buffalo hump, high Na^+ , low K^+ , high glucose
- ☐ **29. Dry Dwayne - Diabetes Insipidus**
Liters of pale urine, Na^+ high, specific gravity < 1.005
- ☐ **128. Phosphate Franklin - Phosphorus Imbalance: The Calcium See-Saw & Binders With Meals**
His phosphorus climbs, his calcium falls, and he itches everywhere - the binder only works if he takes it with food

- ☐ **129. Overloaded Olive - Fluid Volume Overload: Crackles, Bounding Pulse & Stop the Infusion**
The IV ran wide open, and now she is coughing pink froth with veins standing out in her neck
- ☐ **139. Slow-Drip Delia - IV Potassium Safety: Never Push, Always Dilute, Always Pump**
The order says potassium - and the single most dangerous thing a nurse can do with it is give it fast
- ☐ **145. Levo Lucy - Levothyroxine: Empty Stomach, Same Time, Lifelong - and the Signs of Too Much**
She takes her thyroid pill with breakfast and a calcium chew - and wonders why she still feels exhausted

Cardiovascular

15 chapters

- ☐ **12. Septic Sam - Distributive Shock**
Warm flushed skin early, then BP bottoms out
- ☐ **13. Pumpless Paul - Cardiogenic Shock**
Pump fails: cold, clammy, crackles, high filling pressures
- ☐ **14. Bleeding Bea - Hypovolemic Shock**
Tank is empty: tachycardia first, hypotension late
- ☐ **33. Failing Frank - Heart Failure**
Left = lungs, right = rest of the body; weigh daily
- ☐ **34. Infarcting Ivan - Myocardial Infarction**
Crushing pain unrelieved by rest - MONA, then reperfusion
- ☐ **35. Fibrillating Fay - Atrial Fibrillation**
Irregularly irregular - rate, rhythm, and clot prevention
- ☐ **36. Warfarin Wally - Anticoagulation**
Warfarin -> INR -> vitamin K; heparin -> aPTT -> protamine
- ☐ **82. Crisis Camila - Hypertensive Crisis**
BP 220/130 with a pounding headache and blurred vision - end-organ damage is the emergency, not the number alone
- ☐ **83. Aneurysm Arturo - Abdominal Aortic Aneurysm**
Pulsatile abdominal mass, sudden tearing back pain, and a dropping BP - never palpate deeply once rupture is suspected
- ☐ **84. Claudicating Clara - Peripheral Arterial Disease vs Venous Insufficiency**
Cold, pale legs that hurt with walking and improve with dangling - arterial disease is the opposite of venous
- ☐ **85. Endocarditis Eli - Infective Endocarditis**
New murmur, fever, and tiny splinter hemorrhages under the nails - bacteria are colonizing his heart valves
- ☐ **86. Pericardial Pearl - Pericarditis & Cardiac Tamponade**
Sharp chest pain that eases leaning forward, then muffled heart sounds and a falling BP - the pericardial sac is filling
- ☐ **87. Valve Vera - Valvular Heart Disease & Rheumatic Fever**
A childhood strep throat left scarred valves - now a harsh murmur and signs of failure decades later

- ☐ **88. Paced Pia - Pacemakers & ICDs**
Hiccups after pacemaker placement can mean the lead is stimulating the diaphragm - check the pocket and the rhythm strip
- ☐ **89. Clotted Cliff - Deep Vein Thrombosis & VTE Prevention**
Unilateral calf swelling, warmth, and a positive Homans-like tenderness - never massage the leg, a clot may already be loose

Respiratory

11 chapters

- ☐ **3. Retaining Ray - Respiratory Acidosis**
COPD, CO₂ narcosis, pH low PaCO₂ high
- ☐ **16. Embolic Emma - Pulmonary Embolism**
Sudden dyspnea - High-Fowler's + oxygen first
- ☐ **17. Rigid Rita - ARDS**
Refractory hypoxemia, stiff lungs, white-out on x-ray
- ☐ **18. Wheezing Wanda - Asthma Exacerbation**
A silent chest is worse than a loud one
- ☐ **19. Consolidated Carl - Pneumonia**
Crackles, rusty sputum, confusion in the elderly
- ☐ **20. Coughing Kip - Tuberculosis**
Night sweats, weight loss, airborne isolation, RIPE
- ☐ **21. Vented Vince - Mechanical Ventilation**
High-pressure alarm = obstruction; low = disconnection
- ☐ **79. Barrel Bart - COPD**
Barrel chest, pursed-lip breathing, low-flow O₂ - his drive to breathe is low oxygen
- ☐ **130. Collapsing Callum - Tension Pneumothorax & Chest Tubes: Tracheal Deviation and the Water Seal**
He was stabbed in the chest, now he cannot catch his breath - and his windpipe is sliding away from the wound
- ☐ **142. Trach Tomas - Tracheostomy & Suctioning Safety: Oxygenate First, Suction Out Only**
His secretions are thick, his saturation is dropping, and the safest suction is the shortest one
- ☐ **147. Oxygen Omar - Oxygen Delivery Devices: Matching the Mask to the Need - and Fire Safety**
The right oxygen device is not the biggest one - it is the one that matches the liters, the diagnosis and the risk

Neurological

11 chapters

- ☐ **30. Pressured Priya - Increased Intracranial Pressure**
Cushing's triad is late - act on the early changes
- ☐ **31. Stroke Stan - Ischemic Stroke**
Time is brain - last known well decides everything
- ☐ **32. Seizing Simone - Seizures & Status Epilepticus**
Protect, don't restrain - time the seizure
- ☐ **75. Reflexive Rex - Spinal Cord Injury & Autonomic Dysreflexia**
Pounding headache, BP 220/120, bradycardia - sit him up and find the trigger
- ☐ **76. Myasthenic Marge - Myasthenia Gravis & Myasthenic Crisis**
Ptosis and diplopia worsen with use - watch for crisis when swallowing and breathing fail
- ☐ **77. Climbing Gary - Guillain-Barr Syndrome**
Ascending weakness after a GI infection - watch vital capacity, not just strength
- ☐ **78. Tremor Tomas - Parkinson's Disease**
Resting tremor, rigidity, bradykinesia - time levodopa exactly, never abruptly stop it
- ☐ **117. Meningitis Mia - Bacterial Meningitis: Stiff Neck, Droplet Precautions & Rapid Antibiotics**
A college dorm, a fever, and a neck too stiff to touch her chin to her chest
- ☐ **118. Sclerosis Sadie - Multiple Sclerosis: Demyelination, Relapses & Heat Intolerance**
Her symptoms come, go, and come back somewhere else - and a hot bath makes every one of them worse
- ☐ **131. Ascending Abe - Guillain-Barr Syndrome: Weakness That Climbs Toward the Lungs**
His tingling toes became weak legs, then a weak chest - the paralysis is climbing, and the only question that matters is his breathing
- ☐ **164. Retinal Rhea - Retinal Detachment: The Curtain, the Flashes and the Painless Emergency**
A curtain falling over the vision, flashes and floaters - painless, but the clock is ticking

Gastrointestinal & Renal

15 chapters

- ☐ **37. Ammonia Amy - Cirrhosis & Hepatic Encephalopathy**
Jaundice, ascites, asterixis - lactulose until 2-3 stools a day
- ☐ **38. Anuric Alan - Acute Kidney Injury**
Urine < 30 mL/hr, K⁺ high, creatinine high - find the cause first
- ☐ **41. Pancreatic Pablo - Acute Pancreatitis**
Boring epigastric pain to the back, lipase high, Ca²⁺ low - NPO and rest the gland
- ☐ **80. Tarry Tara - Upper GI Bleed & Peptic Ulcer Disease**
Black tarry stools, coffee-ground emesis, dropping BP - airway first, then fluids
- ☐ **81. Blocked Bruno - Bowel Obstruction**
No stool, no flatus, high-pitched bowel sounds above the block - vomiting relieves, then it's silence

- ☐ **90. Appendix Annie - Appendicitis & Peritonitis**
Pain migrates to McBurney's point, then suddenly stops - that relief can mean rupture, not recovery
- ☐ **91. Gallstone Gina - Cholecystitis & Cholelithiasis**
RUQ pain after a fatty meal, radiating to the right shoulder - a positive Murphy's sign clinches it
- ☐ **92. Crohn's Colin - Inflammatory Bowel Disease (Crohn's vs Ulcerative Colitis)**
Skip lesions and fistulas mean Crohn's; continuous rectal bleeding means ulcerative colitis
- ☐ **93. Diverticular Dee - Diverticulitis**
LLQ pain, fever and a change in bowel habits - perforation turns this into peritonitis fast
- ☐ **94. Hepatitis Hugo - Viral Hepatitis A, B & C**
Jaundice, dark urine, clay stools and RUQ tenderness - know your route of transmission to know your teaching
- ☐ **95. Dialysis Dina - Chronic Kidney Disease & Hemodialysis**
Never take a BP or draw blood from the fistula arm - a thrill and bruit confirm it's still patent
- ☐ **96. Kidney Kwame - UTI & Pyelonephritis**
Burning and frequency stay in the bladder - flank pain, fever and chills mean it's climbed to the kidney
- ☐ **97. Prostate Percy - BPH & TURP Care**
Bright red urine with clots post-TURP is expected briefly - watch for bladder spasms and clot retention
- ☐ **162. Glomerular Greta - Post-Streptococcal Glomerulonephritis: The Tea-Colored Urine After the Sore Throat**
A sore throat two weeks ago, now smoky urine, puffy eyes and a climbing blood pressure
- ☐ **165. Ostomy Oscar - Ostomy Care: The Rose-Red Stoma and the Skin That Must Stay Whole**
A healthy stoma is rose-red and moist - pale, purple or black means trouble

Pharmacology

18 chapters

- ☐ **15. Anaphylactic Ana - Anaphylaxis**
Airway closing - epinephrine IM, thigh, now
- ☐ **24. Shaky Shawna - Hypoglycemia**
Cold and clammy, need some candy - 15 and 15
- ☐ **39. Digoxin Dot - Digoxin Toxicity**
Nausea, yellow-green halos, HR < 60 - check K+ and the level
- ☐ **102. Insulin Ike - Insulin Types, Peaks & Administration Safety**
Know the peak, know the risk - hypoglycemia strikes hardest when the insulin is working hardest
- ☐ **103. Vanco Vic - Antibiotic Toxicity & Therapeutic Drug Levels**
Red man syndrome isn't an allergy - it's histamine release from infusing vancomycin too fast
- ☐ **106. ACE Angie - ACE Inhibitors: Cough, Angioedema & Hyperkalemia**
Lisinopril lowers her blood pressure beautifully - until the dry cough starts and her lips begin to swell
- ☐ **107. Beta Betty - Beta Blockers: Apical Pulse, Masked Hypoglycemia & Rebound**
Metoprolol keeps her heart calm - but check the apical pulse first, and never let her stop it cold turkey

- ☐ **108. Lasix Larry - Loop Diuretics: Hypokalemia & Ototoxicity**
Furosemide drains the fluid from his failing heart - and flushes his potassium out with it
- ☐ **109. Lithium Lila - Lithium: Therapeutic Levels, Toxicity & Sodium Balance**
Lithium steadies her moods - but it rides on sodium, and one sweaty week or skipped salt can push her into toxicity
- ☐ **110. Tyramine Tessa - MAOIs & the Tyramine Hypertensive Crisis**
Phenelzine finally lifts her depression - until aged cheese and tap beer send her blood pressure through the roof
- ☐ **111. Nitro Nina - Nitroglycerin: Sublingual Rules, Headache & Dangerous Combinations**
One tablet under the tongue melts her angina in minutes - one tablet with the wrong pill can drop her pressure to the floor
- ☐ **112. Heparin Holly - Heparin: aPTT, Protamine Sulfate & HIT**
The heparin drip keeps her clot from growing - but the aPTT tells the nurse how fast it runs, and protamine turns it off
- ☐ **113. Phenytoin Phil - Phenytoin: Narrow Range, Nystagmus & Gummy Smiles**
Phenytoin stops his seizures at 10-20 - but nystagmus says the level is climbing, and his gums grow over his teeth
- ☐ **138. Warfarin Winnie - Warfarin & INR: Vitamin K, Bleeding Precautions and the Salad Problem**
Her nosebleed will not stop, her INR is 6.5, and the only thing that changed was a week of kale smoothies - then a week without them
- ☐ **144. Steroid Stan - Corticosteroid Therapy: Never Stop Abruptly, Watch Sugar and Hidden Infection**
He felt better, so he stopped his prednisone on Friday - by Sunday his pressure was bottoming out
- ☐ **146. Vanco Vera - Vancomycin: Slow the Infusion, Watch the Trough, Protect the Kidneys and Ears**
His face and neck turned red twenty minutes into the infusion - the drug is not the problem, the speed is
- ☐ **149. PCA Pablo - PCA & Opioid Safety: Only the Patient Presses the Button**
His daughter pressed the button while he slept, because she loves him - and that is exactly how an overdose happens
- ☐ **157. Pressure Pam - Antihypertensive Classes: Orthostatic Safety and Client Teaching**
Every blood pressure pill shares one teaching point - stand up slowly, and never stop it because you feel fine

Maternal & Newborn

13 chapters

- ☐ **40. Preeclamptic Penny - Preeclampsia & Magnesium Sulfate**
BP $\geq$ 140/90 after 20 weeks + proteinuria - headache means danger
- ☐ **58. Gushing Gwen - Postpartum Hemorrhage & Uterine Atony**
Boggy fundus, soaked pad in 15 min - fundal massage first, always
- ☐ **59. Previa Paula - Placenta Previa**
Painless bright red bleeding - NEVER do a vaginal exam
- ☐ **60. Abrupting Abby - Placental Abruptio**
Sudden pain + dark bleeding + rigid uterus - fetal distress races the clock
- ☐ **61. Sugary Selena - Gestational Diabetes**
Fasting glucose high, macrosomic baby risk - diet and monitoring come first

- ☐ **62. Decel Dina - Fetal Heart Rate Decelerations & Intrapartum Monitoring**
VEAL CHOP: Variable=Cord, Early=Head, Accel=Okay, Late=Placenta
- ☐ **63. Yellow Yusuf - Newborn Hyperbilirubinemia & Phototherapy**
Jaundice head-to-toe by day 2-3 - eyes covered, skin bare under lights
- ☐ **64. Cord Callie - Umbilical Cord Prolapse**
Cord visible or felt pulsating - knee-chest, lift the presenting part off it NOW
- ☐ **65. Feverish Fiona - Postpartum Infection & Mastitis**
Fever ≥ 100.4 degF after day 1, foul lochia, or a hot red breast wedge
- ☐ **124. Hyperemesis Hazel - Hyperemesis Gravidarum: Vomiting, Ketones & Dehydration**
This is not morning sickness - she has lost 12 pounds and her urine is full of ketones
- ☐ **125. Mastitis Mabel - Mastitis: Flu-Like Fever, a Red Wedge & Keep Nursing**
A hot red wedge on one breast and a 102 fever - and the treatment is to keep breastfeeding, not stop
- ☐ **155. Labor Lena - Stages of Labor and the Normal Newborn Assessment**
Four stages, one APGAR at 1 and 5 minutes, and one number that says push
- ☐ **158. Ectopic Erica - Ectopic Pregnancy: The Pain on One Side and the Shoulder That Screams Rupture**
Missed period, one-sided pain, spotting - then shoulder pain means it has burst

Mental Health

13 chapters

- ☐ **42. Sober Sully - Alcohol Withdrawal & Delirium Tremens**
Tremors at hour 6, seizures at 24, DTs at 72 - CIWA drives the dose
- ☐ **43. Manic Mia - Bipolar Mania & Lithium Toxicity**
Pressured speech, no sleep for days - then lithium 1.8, coarse tremor, vomiting
- ☐ **44. Voices Victor - Schizophrenia & Antipsychotic Side Effects (EPS, NMS, tardive dyskinesia)**
Auditory hallucinations, then a rigid jaw, then a 104 degF fever - stop the drug, call the doctor
- ☐ **45. Sinking Sadie - Major Depression & Suicide Risk**
A sudden calm after weeks of despair is not recovery - it may mean a plan
- ☐ **46. Flashback Felix - PTSD & Panic Disorder**
Fireworks trigger a flashback; racing heart and doom feel like a heart attack - it isn't
- ☐ **47. Narcan Nate - Opioid Overdose & Withdrawal**
Pinpoint pupils, RR 6, unresponsive - naloxone now, then watch for it to wear off first
- ☐ **48. Mirror Mila - Anorexia Nervosa & Refeeding Syndrome**
BMI 14, bradycardic and 'fine' - feed her slowly, watch the phosphorus crash
- ☐ **49. Serotonin Sylvia - Serotonin Syndrome**
Two serotonergic drugs, then agitation, clonus and a 102 degF fever - stop both now
- ☐ **100. Confused Connie - Delirium vs Dementia & Restraint Alternatives**
Sudden confusion that fluctuates hour to hour is delirium until proven otherwise - and it usually has a treatable cause

- ☐ **122. Anorexic Ava - Anorexia Nervosa: Starvation, Bradycardia & Refeeding Syndrome**
She is freezing in a warm room, her heart beats in the 40s - and the danger begins the moment she starts eating again
- ☐ **123. Obsessive Owen - OCD: Obsessions, Compulsions & Anxiety Relief**
He has washed his hands until they bleed - because stopping makes the anxiety unbearable
- ☐ **132. Sundowning Sid - Alzheimer's Disease: Sundowning, Safety and Calm Redirection**
Every evening the sun goes down and Sid goes looking for a job he retired from twenty years ago
- ☐ **153. Listening Theo - Therapeutic Communication: What to Say, and What Never to Say**
The right answer is almost never advice, reassurance or a question starting with 'why'

Pediatrics

14 chapters

- ☐ **50. Barking Benny - Croup (Laryngotracheobronchitis)**
Seal-bark cough, inspiratory stridor at rest - cool mist, keep him calm
- ☐ **51. Wheezy Winnie - Bronchiolitis & RSV**
Infant, wheezing, nasal flaring - suction, humidified O2, no routine antibiotics
- ☐ **52. Sickled Simon - Sickle Cell Vaso-Occlusive Crisis**
Severe bone pain, dactylitis, priapism risk - hydrate, oxygenate, treat pain around the clock
- ☐ **53. Cystic Cassie - Cystic Fibrosis**
Salty skin, greasy foul stools, thick mucus - airway clearance and pancreatic enzymes with every meal
- ☐ **54. Strawberry Kai - Kawasaki Disease**
Fever ≥ 5 days, strawberry tongue, peeling hands - IVIG + aspirin, watch the coronaries
- ☐ **55. Telescope Tommy - Intussusception**
Currant jelly stool, sausage-shaped mass, sudden inconsolable crying - think emergency, not colic
- ☐ **56. Droopy Dani - Infant Dehydration & Gastroenteritis**
Sunken fontanel, no tears, < 4 wet diapers/day - weigh-based oral or IV rehydration now
- ☐ **57. Leaded Liam - Lead Poisoning**
Pica, old paint chips, blood lead ≥ 3.5 mcg/dL - remove the source, chelate if high
- ☐ **126. Kawasaki Kenji - Kawasaki Disease: Five Days of Fever & the Coronary Threat**
Five days of fever nothing touches, cracked red lips, a strawberry tongue - and arteries quietly at risk
- ☐ **127. Nephrotic Nolan - Childhood Nephrotic Syndrome: Puffy Eyes, Frothy Urine & Protein Loss**
His eyelids are swollen shut in the morning and his urine foams - protein is leaking straight out of him
- ☐ **134. Croupy Cora - Croup vs Epiglottitis: The Barking Cough and the Child You Never Lie Down**
Her cough sounds like a seal barking at midnight - but if she starts drooling and leaning forward, the rules change completely
- ☐ **154. Milestone Maya - Growth, Development and Age-Appropriate Safety**
Every age has one milestone the NCLEX loves - and one hazard that comes with it

- ☐ **159. Tet Spell Tilda - Tetralogy of Fallot: The Blue Spell and the Squat That Saves It**
Four defects, one blue spell - and the child squats to fix her own circulation
- ☐ **160. Pyloric Piper - Pyloric Stenosis: The Olive, the Fountain and the Hungry Baby**
Projectile vomiting in a 3-to-6-week-old who is starving right after - feel for the olive

Critical Care

4 chapters

- ☐ **67. Lysing Luis - Tumor Lysis Syndrome**
K+ high, uric acid high, phosphate high, Ca²⁺ low - cells burst 24-72 hrs post-chemo
- ☐ **69. Clotless Clara - Disseminated Intravascular Coagulation**
Bleeding AND clotting at once - oozing IV sites plus low platelets and fibrinogen
- ☐ **98. Burned Bella - Burns & Fluid Resuscitation**
Deep partial-thickness burns over 40% TBSA - the Parkland formula tells you how much fluid, but urine output tells you if it's working
- ☐ **161. Phantom Petra - Amputation Care: The Limb That Is Gone but Still Hurts**
Phantom pain is real nerve pain - treat it, never dismiss it

Safety & Infection Control

16 chapters

- ☐ **66. Neutropenic Nia - Neutropenia & Chemotherapy Precautions**
ANC < 500, temp $\geq$ 100.4 degF - a single fever is an emergency
- ☐ **68. Transfusing Tina - Blood Transfusion Reactions**
Fever, flank pain, hives within minutes - STOP the transfusion first
- ☐ **71. Spore Sean - Clostridioides difficile & Isolation Precautions**
Watery diarrhea after antibiotics - soap and water, not hand sanitizer
- ☐ **72. CD4 Hana - HIV & Opportunistic Infections**
CD4 < 200 = AIDS-defining risk - white oral patches, cough, weight loss
- ☐ **101. Delegating Deb - Delegation, Assignment & Scope of Practice**
The five rights of delegation exist because the RN keeps accountability even after handing off the task
- ☐ **104. Triage Theo - Disaster Triage & Prioritization**
In a mass casualty event, the sickest client doesn't always go first - resources go where they can save the most lives
- ☐ **105. Consent Carmen - Informed Consent, Advance Directives & Privacy**
The provider obtains informed consent - the nurse verifies it was given freely and understood
- ☐ **133. Quarantined Quinn - Tuberculosis: Airborne Precautions, Rifampin and the Orange Secret**
She has coughed for three weeks, lost ten pounds, and sweats through the night - now she lives behind a negative-pressure door
- ☐ **137. Shingles Sheila - Herpes Zoster: The One-Sided Band of Blisters and Airborne Rules**
A stripe of blisters wraps one side of her chest like a belt that stops at the midline - and the pain arrived days before the rash

- ☐ **140. Central Line Cesar - Central Lines & Air Embolism: Clamp It, Position It, Protect It**
His tubing came apart for only a few seconds - and suddenly he is gasping, dizzy and dropping his pressure
- ☐ **141. Infiltrated Ivy - Infiltration vs Extravasation vs Phlebitis: Cool and Swollen or Red and Warm**
Her IV arm is puffy, pale and cool to the touch - the fluid is going into the tissue, not the vein
- ☐ **143. Feeding Fiona - Enteral Feeding & Aspiration Prevention: Head of Bed Up, Placement Verified**
One flat-lying tube feeding is all it takes to turn nutrition into pneumonia
- ☐ **148. Post-Op Priya - Postoperative Complications: The Day-by-Day Timeline Every Nurse Watches**
Day one her lungs, day three her bowel, day five her wound - every post-op day has its own emergency
- ☐ **150. Restraint Rita - Restraints & Fall Prevention: Least Restrictive First, and the Order Rules**
Everything else is tried before anything is tied - and once it is, the clock and the checks begin
- ☐ **151. Vaccine Vivian - Immunizations: Live Vaccines, Real Contraindications and the Reactions to Expect**
A low fever is not a reason to skip a shot - but pregnancy and a suppressed immune system change everything
- ☐ **152. TPN Tessa - Total Parenteral Nutrition: High Sugar, Central Line, and Never Stop It Suddenly**
The bag is nutrition and a sugar load at the same time - stopping it abruptly drops the blood sugar off a cliff

Health Assessment

14 chapters

- ☐ **70. Pale Priscilla - Iron Deficiency Anemia**
Fatigue, pallor, spoon nails, pica - low hemoglobin, low ferritin
- ☐ **73. Butterfly Bella - Systemic Lupus Erythematosus**
Butterfly rash, joint pain, photosensitivity - protect skin, watch the kidneys
- ☐ **74. Compartment Cody - Fractures & Compartment Syndrome**
Pain out of proportion, unrelieved by opioids - pallor and pulselessness are late
- ☐ **99. Ulcer Uma - Pressure Injury Staging & Prevention**
Non-blanchable redness over the sacrum is Stage 1 - waiting for an open wound means waiting too long
- ☐ **114. Rhabdo Rory - Rhabdomyolysis: Tea-Colored Urine, Potassium & Kidney Rescue**
He pushed through the workout, then collapsed - and his urine came out the color of iced tea
- ☐ **115. Osteo Opal - Osteoporosis: Silent Bone Loss, Fall Prevention & Bisphosphonates**
She lost two inches of height and never felt a thing - until a hug fractured a vertebra
- ☐ **116. Glaucoma Gloria - Glaucoma: Silent Peripheral Loss vs Acute Angle-Closure Emergency**
She lost her side vision so slowly she never noticed - then one night her eye turned to stone
- ☐ **119. Gout Gus - Gout: Uric Acid Crystals, the Angry Big Toe & Purine Teaching**
He woke at 2 a.m. with a big toe so hot and swollen the bedsheet felt like a blade
- ☐ **120. Meniere Mira - Meniere's Disease: Vertigo, Tinnitus & Hearing Loss**
The room spins without warning, one ear roars, and she has to grab the wall to stay upright

- ☐ **121. Rheumatoid Rosa - Rheumatoid Arthritis: Symmetric Joints, Morning Stiffness & DMARDs**
Both hands, the same joints, every morning for over an hour - this is not wear and tear
- ☐ **135. Fractured Frida - Hip Fracture & Fat Embolism: The Shortened Leg and the Confusion That Follows**
Her leg is shorter and turned outward after the fall - and two days later her confusion is not from the pain medicine
- ☐ **136. Pressure Ulrich - Pressure Injury Staging: Redness That Blanches and Wounds You Never Massage**
His heel is red and it does not fade when pressed - the clock on his skin started two hours ago
- ☐ **156. Screening Sam - Cancer Warning Signs and Screening Teaching**
The finding that gets reported is the one that changed, and the one that does not hurt
- ☐ **163. B12 Bianca - Pernicious Anemia: The Beefy Red Tongue and the Wobbly Walk**
Big cells, smooth red tongue, tingling feet - iron anemia never touches the nerves