

### **NCLEX® STUDY PLAN**

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### By following this plan, you will:

- Complete 56 hours worth of studying
- Learn and master over 480 Picmonics
- Get a 4 week and a 6 week Study Plan that you can use to budget your time



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### INTRODUCTION

We've developed this free Study Plan to help you tackle your nursing school exit exams like ATI, HESI, or Kaplan and most importantly, the NCLEX®.

At Picmonic, we're masters of memorizing and by using our product along with this plan, you'll be on your way to test success! Keep in mind there's no shortcut for hard work but we've included lots of tips, tricks, and hacks to help you along the way.

This Study Plan takes you along a 4-6 week study plan that gets you prepared, helps you master the content, and then conquer NCLEX® style questions.

Do you have to stick with the time lines mentioned? Absolutely not. Use this plan to fit your needs. If you are aware of your strengths, spend less time on them. Know where you're lacking or need help? With the time budgeted out for you, you can easily adapt the plan to your unique situation.





### WHAT YOU GET

With our NCLEX® Study Plan, you get:

- A checklist of over **480 Picmonics** that you will learn and master.
- Premade Shared Playlists of over **30 Nursing Topic Areas** already prepared by our scholars and ready for you.
- A 4 week and 6 week Study Plan or "Study Grid" that you can use to budget your time.
- An estimated 56 Hours of studying!



We also include hacks provided exclusively by Picmonic throughout the Study Plan to help you in all aspects of preparing for the NCLEX®. Everytime you see this icon, we will provide you with a helpful hack!





### 3 STEPS TO CRUSH THE NCLEX®

Imagine walking out of the NCLEX® knowing you rocked it.

75 questions, no doubt!

Follow these 3-steps to get the most out of your studying time.

### GET PREPARED

# MASTER THE CONTENT

# MASTER THE QUESTIONS



Assess yourself and start on the path to success.



Use Picmonic to become a master of the content with quicker recall and high yield tips.



Take our tips, tricks and hacks and apply them while practicing with a question bank of your choice.



### STEP 1: GET PREPARED

We've seen your bedroom. Your mom snap chatted us a picture (SnapChat Username: Picmonic). We can see it's not organized (okay, we can't). But, either way, make sure you prepare everything for your exam day including:



Make sure you have enough gas in your vehicle, or that you have a reliable means of transportation.



Need your lucky shirt? Can't take a test without it? Make sure its laid out and ready to go so you're not spending time trying to find it.



Have all registration necessities in order like proper forms of ID. Last thing you want to do is get to the testing center and not be able to test!



Make sure you have the right ID on exam day! Click here to read an article about what will be accepted and what won't be.

The more you think ahead, the more smoothly things will go for you. Your focus and challenge for the day is the NCLEX®. Nothing else.

#### UNDERSTAND HOW THE NCLEX® WORKS

Your mission: pass the NCLEX® the first time (so you can see the letters "RN" behind your name). It's a daunting task for sure, but we're here to give you the edge you need for your big day by addressing some common questions about the exam itself (also, check out the NCSBN web page on 'The Night Before the Exam').

- 1. How many questions will I get?
- 2. When will my exam end?
- 3. How long do I have for the exam and what about breaks?
- 4. What types of questions should I expect to see?



### Q: How many questions will I get?

A: 75 - 265

We want you to pass with 75 questions but make sure you aren't going to have an anxiety attack at question 76. Remember the ultimate goal: passing.

To pass with 75 questions you will most likely need to answer more difficult and complex questions correctly like "Select All That Apply." Trust us. We hate those too! The key here is to be a master of the content! Picmonic is great at helping you remembering all of the gritty details.

Don't freak out on question number 76, or 77. It's not over. Take a break and gather your head. Sit back in your chair and close your eyes for a moment. See yourself as a nurse and once you've taken a few deep breaths get back at it. Remember the exam is adaptive so you'll be given a few less complex questions followed by more difficult ones again until you've been determined to be above the passing threshold.

In 2012, the average number of items (questions) administered per candidate was around 119 on the NCLEX®-RN and 117 on the NCLEX®-PN.

Reference: NCSBN



### Q: When will my exam end?

A: The exam will end at one of three scenarios:

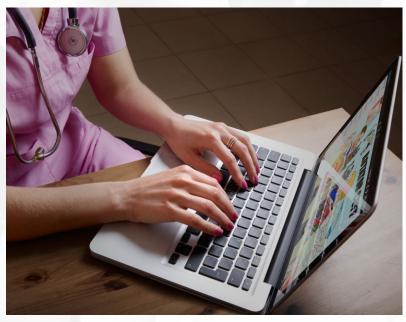
- 1. Adaptive testing determines you are at a sufficient level to pass the exam in each subject area (using a 95% confidence rule)
- 2. When a maximum of 6 hours of testing is reached, or
- 3. When a maximum of 265 questions have been answered.

You'll need to be at a passing level in EACH subject area. Have you had an instructor say that the NCLEX® exam will find your weaknesses? Well it's true!

Don't forget to review other subject areas like psychology and obstetrics. If you're weak in OB/GYN then you're less likely to get the SATA questions correct... and more likely to get more than 75 questions with several less complex OB/GYN questions.

Don't sweat it. If you don't know a question make your best guess and move on.

Do not rush! We repeat: **DO NOT RUSH!** Don't be worried about running out of time. Feel free to read a question twice. Spending another few seconds to get a question correct rather than guessing and feeling pressured for time will likely end in better results.



Did we say don't rush? If you run out of time the system will analyze the last 60 questions you answered to help determine whether you pass or fail. So put your best foot forward on each question.

Reference: NCSBN



# Q: How long do I have for the exam and what about breaks?

### A: Total length: Up to 6 Hours

Per the NCSBN <u>website</u>, you will be given a scheduled break "after approximately" two hours followed by another one after three and a half hours have passed by.

Time management is important but it is more important to have a level head. To maintain a level head during the exam you should take the breaks!



Breaks take away from your total test time so don't spend all day relaxing out there but make sure you take a break!



#### Q: What types of questions should I expect to see?

- 1. Multiple Choice (ONLY 4 choices 1,2,3,4)
- 2. Ordered Response (Place the sequence in order)
- 3. Select all that apply
- 4. Fill in the blank (usually math)
- 5. Drag and drop
- 6. Hotspot (place the cursor over the area on the diagram that does the selected action)
- 7. Chart/Exhibit
- 8. Graphic Option
- 9. Audio

There are several different question format types that you should expect to see on exam day so make sure you thoroughly read the question before answering!

**Don't get fooled!** We recommend purchasing and practicing with a question bank before your exam so you get comfortable with each question type.

#### SET A GOAL

Pick a week to take your exam and stick to it! After you pick your date work backwards to create your personalized study plan.

Our Study Plan is designed to help you master the content and then reinforce it with a question bank of your choosing. We've estimated this should take you between 4 to 6 weeks based on how many hours per day you put in and your knowledge level. The time is budgeted accordingly based on feedback from our users. Can you go through it quicker? That's all on you. Need to miss a day? Life happens. Just adjust and adapt as needed.



Don't procrastinate on taking your exam. Students who wait a long time to take board exams after graduating school often do worse. The information doesn't stay fresh in your brain. You've come so far, just get it done!

### KNOW YOUR STRENGTHS & WEAKNESSES

You've completed or are about to complete nursing school and its possible you have a few weaknesses. Gather your exit exam score sheets, take a look at your exam scores or even your course grades. If you know your weak areas before you start studying, you'll be able to make sure those don't trip you up on exam day.



Don't skip high yield content and "hope" you don't get questions about it. You probably will and we want you to stay calm. Besides: There's probably a picmonic for that.

#### **ALLOCATE TIME**

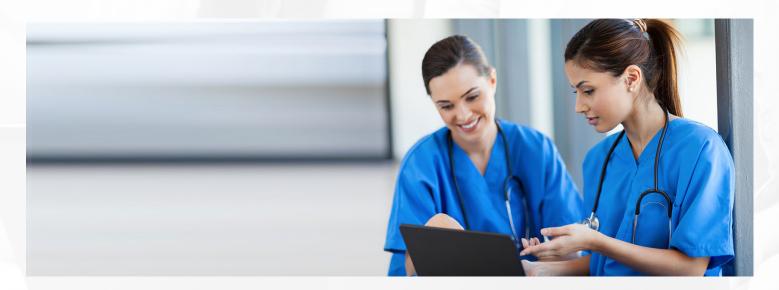
Your daily study time can vary greatly. Our Study Plan is designed to cover nearly all areas of nursing, but you may find yourself already a master of certain topics. If this is the case simply skip ahead but use gained time wisely.

Our study sessions last anywhere from 30 minutes to just over 3 hours. It's all about versatility here. Can you stack days on top of each? Absolutely. Should you? Well, that's on you. If the content is too much, or you feel burnt out, maybe its time to take a break or call it a day. The main idea is knowing what to expect time commitment wise and plan ahead. This way, you're not cramming until 3am the night prior. As with any deadline, the sooner you begin, the easier time you'll have.





**Get sleep.** Depriving your body of needed sleep and recovery time is detrimental to any kind of effective studying.



### **STEP 2: MASTER THE CONTENT**

You'll want to be a master of the content. Picmonic has a long track record of helping students master content for quicker recall. We're research proven to improve memory over 330%! Want to know how? Give this <u>article a quick read</u>.

We've created this Study Plan to walk you through our expansive library of content by selecting and grouping them into smaller digestible chunks.



You've probably heard about learning "concepts" and Picmonic is great for helping you keep generalized features straight in your brain. Example: In HYPOthyroidism everything slows down and you often see weight gain but in HYPERthyroidism everything speeds up and you see weight loss. Sometimes remembering the general idea about a disease or disorder can help you make an educated guess.

#### INCORPORATE PICMONIC

You know NCLEX® is just around the corner and whether its HESI, Kaplan or ATI that will serve as your exit exam, you know it doesn't end there. Although they may successfully predict your likelihood of passing the NCLEX® you want to make sure you cover everything you possibly can (and that's where Picmonic comes in).

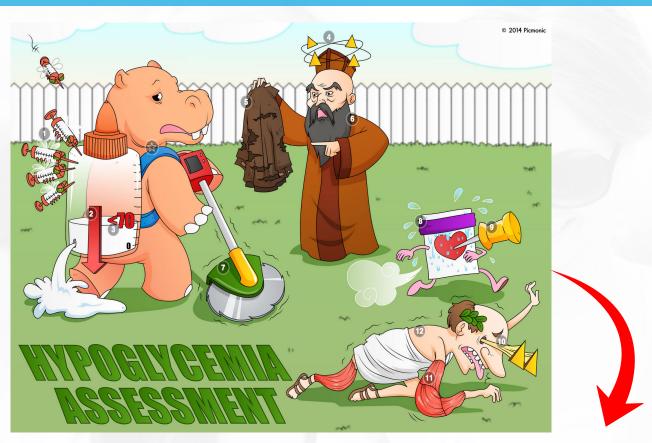
### SO, WHAT IS PICMONIC EXACTLY?

Picmonic is an audiovisual learning system that takes textbook information and turns it into unforgettable images and stories that are scientifically proven to make studying more effective. We call them Picture-Mnemonics.

PICMONIC = PICTURE MNEMONIC

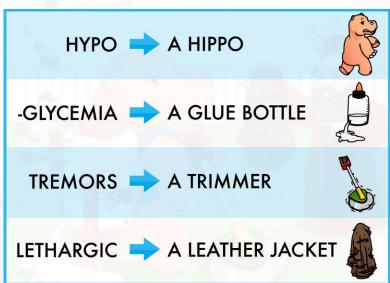
We have over 480 Picmonics included just in our NCLEX® Study Plan. We've turned that stack of boring notecards into unforgettable pictures that you will not only remember longer but actually enjoy learning!

#### Here's a Picmonic covering Hypoglycemia Assessment



# HOW DO I LEARN WITH PICMONICS?

It won't take you long to see that we associate words with characters. Each word becomes part of a consistent character that you can remember as they show up again and again across our entire learning system.



As you learn with Picmonic you'll start visualizing these characters inside each Picmonic because they interact inside a cohesive story.

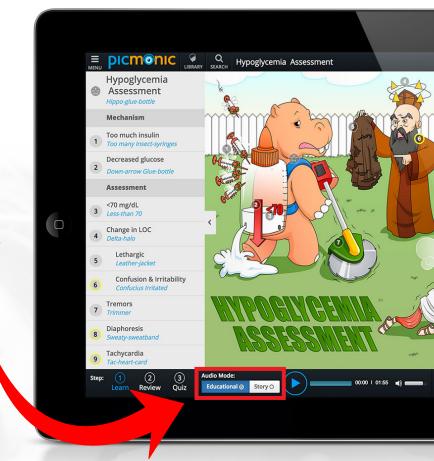


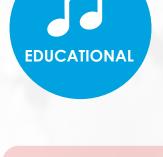






On each Picmonic you'll encounter two audio modes: Educational and Story. Educational audio guides you through a version of the topic similar to what you would hear in a classroom or read in a textbook while also introducing the characters represented for each attribute. Story audio is the part of our learning system that allows you to tie together each character by listening to a story about how the characters interact.









Be sure to sound out the characters to yourself to make sure you understand them. Try to recall these characters and Picmonics each time you are questioned about a topic.

You can augment your learning experience utilizing our quiz feature. The quiz feature will remove the characters and cycle you through the Picmonic's attributes. If you remember the name correctly, you can mark correct or incorrect.



Our users self report the most success in retention after using a Picmonic 3-5 times. So make sure you review a specific topic as you study.

### STEP 3: MASTER THE QUESTIONS

#### CONDITION YOURSELF TO ANSWER QUESTIONS

At Picmonic we love pie... and to make an amazing pie you need a great recipe. Learning how to answer NCLEX® questions is no different. If you follow a recipe as you answer questions you'll be eating the pie you really want. Success pie. There are several different strategies for answering NCLEX® style questions and here's our recipe for success.

- Read the question entirely. Read the entire thing! Every bit!
   You should always read each question. Don't get into the habit of
   skipping ahead because you could miss out on an important
   sentence.
- Ask yourself: Which part of "The Nursing Process" is this question asking me?

Assessment, Analysis/Diagnosis, Planning, Implementation or Evaluation. If you aren't immediately sure, you can rephrase the question in your own words.



Don't add to the question. NCLEX® doesn't care about personal experiences, opinions, etc. Stick to the facts. Adding personal experiences to questions will often only get you into trouble on the NCLEX®.

Assessment: Make sure you have always gathered all of the assessment data before doing an intervention. Even if the patient will "eventually" be getting said treatment or intervention you must have a complete assessment before moving ahead.



You can only skip ahead in the nursing process in a few scenarios. The main one: If I don't do something now.... This patient will be in immediate danger or face serious health threats. Don't kill your patients! Example: Your patient is cyanotic and in obvious respiratory distress. Do you continue to assess? Nope. You sit them up, give them oxygen, etc. As a general rule: Skipping ahead in the nursing process is the wrong answer.

#### • Find the keywords.

Determine the style of the question: Positive or Negative

Positive Questions: Ask something that you should DO or is BEST. Look for Keywords: appropriate, most essential, highest priority, safe, therapeutic, accurate, next, first, best, indicated.

Negative Questions: Ask what you should AVOID, or NOT DO. Look for Keywords: lowest priority, avoid, unsafe, re-teach, least, inappropriate, atypical, incorrect, contraindicated, false, inconsistent.



Truly negative questions asking things like "except" and "all but" have essentially been eliminated on the NCLEX. Always ask yourself "What is this question asking me?"

#### Rule out answers.

If you are sure answers are not correct then mark them off of your list of possible answer choices.

#### Use Critical Thinking

You'll need to use critical thinking to apply the information you've learned. We've included many tips above but you'll need to think about each answer and then prioritize the answers. Here are some quick tips. Remember:

ABC Airway, Breathing, Circulation	Prioritize patients based on which one is most critical. Airway. Airway. Airway. Wait. Did we say Airway?
The Nursing Process	Never skip ahead in the nursing process. (read our blurb above, then read it again)
Maslows Hierarchy of Needs	Prioritize patient based on importance of needs. A patient without physiological needs like food and water is more important than one without love. (Sorry guys)



Are you stumped? Think you should call the physician? Imagine it's 3AM on a Friday night. That's all fine and good.... But MAKE SURE you have gathered all of the information prior to calling.



#### HAIL MARY!

#### OKAY. YOU'VE READ THE QUESTION AND YOU HAVE NO IDEA.

Here are some hacks to help you improve your odds at well... guessing.

Find similarities in the answers. Then choose the odd ball. When all else fails this just might help!

Example: A nurse is determining which of the following activities would be best for the patient who just started prednisone therapy.

- 1. Take her daughter to the state fair.
- 2. Begin yoga classes at her gym.
- 3. Painting at home.
- 4. See the latest movie at the theater.

Even if you didn't remember that prednisone causes immunosuppression and you should avoid crowds. You should be able to figure out that choice 3 involves the least amount of people and also involves her staying at home.



You are sure two answers are likely correct. Ohhh NCLEX®... why must you make us choose the "most correct" answer? In these scenarios you must use critical thinking. In implementation questions: the answer is likely the easiest and quickest to implement.



#### PRACTICE IT ALL WITH QUESTIONS

Imagine that the NCLEX® is a marathon... A marathon of questions. So should you run a marathon without first conditioning? Well duh. You don't run. You have someone carry you! As far as NCLEX® goes you'd be crazy not to practice some questions after we have given you all of these juicy deets.

We suggest selecting a practice question bank that allows you to separate questions into subject areas. You'll need to practice as many questions as possible before your exam date and we suggest doing intervals of 50-55 questions each day.

We think you'd be crazy to practice less than 1,500 questions in addition to Picmonic. If you aren't killing the questions then you may need to do as many as 2,500-3,000 before you're considered a master.



If you miss a question, quickly review the Picmonic on the topic to make sure you will remember it next time! You'll know which section they are and what playlist because we did the searching and cataloguing for you!

When you miss a question (and you will, hotpants) make sure you take the time to review why you missed it! You'll be surprised that you'll be able to recall information faster than ever with Picmonic but make sure you don't get tripped up in other ways. If it isn't a knowledge deficit you likely need to refine your recipe for success. Get that recipe perfect! No one likes burnt brownies.



### LET'S GET STARTED

1 Open the plan that you wish to utilize (4 Week or 6 Week).

#### OPEN THE 4 WEEK PLAN

## OPEN THE 6 WEEK PLAN

2 Open the checklist. We strongly recommend printing this out.

## OPEN THE CHECKLIST

- Begin by clicking on the playlist for Day 1, which is "Fundamentals Beginning." This link will take you straight to the Playlist. (For quicker access in the future, we suggest you add this playlist to your Picmonic Library.)
- Begin going through the six Picmonics. How do you know if you've mastered it? After you feel like you have the material, quiz yourself using the quiz feature. Rate your confidence and track it in the "Confidence" field. We suggest using a pencil because your feelings on this could change. You can rate 1-5.
- **5** Review and repeat.



### 4 WEEK PLAN

DAY:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
PICMONIC PLAYLIST:	Fundamentals - Beginning	Fundamentals - Lab Values	Fundamentals - Medication Admin	Fundamentals - Physical Exam	Fundamentals - Communication and Early Development	Med-Surg Acid and Base Disorders Fluid and Electrolytes	Med-Surg Respiratory Disorders
TOTAL PICMONICS:	6 Picmonics	28 Picmonics	16 Picmonics	23 Picmonics	14 Picmonics	15 Picmonics	22 Picmonics
TOTAL TIME:	42 Minutes	3 hours 16 Minutes	1 Hour 52 Minutes	2 Hours 41 Minutes	1 Hour 38 Minutes	1 Hour 45 Minutes	2 Hours 34 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
PICMONIC PLAYLIST:	Nursing Pharm Respiratory Pharmocology	Med-Surg Genitourinary and Renal Disorders / Nursing Pharm Diuretics	Med-Surg Cardio Disorders	Nursing Pharm Anticoagulants Cardio Pharm	Med-Surg Endocrine and Metabolic Disorders	Nursing Pharm Endocrine Medications	Pathology
TOTAL PICMONICS:	5 Picmonics	22 Picmonics	19 Picmonics	23 Picmonics	23 Picmonics	11 Picmonics	24 Picmonics
TOTAL TIME:	35 Minutes	2 Hours 34 Minutes	2 Hours 13 Minutes	2 Hours 41 Minutes	2 Hours 41 Minutes	1 Hour 17 Minutes	2 Hours 48 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
PICMONIC PLAYLIST:	Pharmacology GI Pharm	Med-Surg Neurological Disorders	Nursing Pharm Neurological Pharm	Med-Surg Hematological and Oncological Disorders / Pharm Hematology and Oncology	Med-Surg Autoimmune Disorders Musculoskeletal	Pharm Anti- Inflammatories / Med-Surg Perioperative Care	Med-Surg Visual and Auditory and Wounds
TOTAL PICMONICS:	5 Picmonics	22 Picmonics	15 Picmonics	23 Picmonics	13 Picmonics	4 Picmonics / 5 Picmonics	24 Picmonics
TOTAL TIME:	35 Minutes	2 Hours 34 Minutes	1 Hour 45 Minutes	2 Hours 41 Minutes	1 Hour 31 Minutes	1 Hour 3 Minutes	2 Hours 48 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
PICMONIC PLAYLIST:	Obstetrics 1	Obstetrics 2	Obstetrics 3 / Pharm Reproductive	Psychiatric Nursing Psych Disorders	Pharm Antidepressants	Obstetrics 2 / Psychiatric Nursing Side Effects, Toxicities	Pediatric Disorders / Pediatric Infectious Diseases
TOTAL PICMONICS:	19 Picmonics	12 Picmonics	18 Picmonics / 5 Picmonics	25 Picmonics	13 Picmonics	11 Picmonics	19 Picmonics
TOTAL TIME:	2 Hours 13 Minutes	1 Hour 24 Minutes	2 Hours 41 Minutes	2 Hours 55 Minutes	1 Hour 31 Minutes	1 Hour 17 Minutes	2 Hours 13 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions



<sup>\*</sup> Picmonic does not provide a question bank.

### 6 WEEK PLAN

DAY:	Day 1	Day 2	Day 3	Day 4	Day 5
Picmonic Playlist:	Fundamentals - Beginning	Fundamentals - Lab Values	Fundamentals - Medication Admin	Fundamentals - Physical Exam	Fundamentals - Communication and Early Development
Total Picmonics:	6 Picmonics	28 Picmonics	16 Picmonics	23 Picmonics	14 Picmonics
Total Time:	42 Minutes	3 hours 16 Minutes	1 Hour 52 Minutes	2 Hours 41 Minutes	1 Hour 38 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 6	Day 7	Day 8	Day 9	Day 10
Picmonic Playlist:	Med-Surg Acid and Base Disorders Fluid and Electrolytes	Med-Surg Respiratory Disorders	Nursing Pharm Respiratory Pharmocology	Med-Surg Genitourinary and Renal Disorders	Nursing Pharm Diuretics
Total Picmonics:	15 Picmonics	22 Picmonics	5 Picmonics	16 Picmonics	6 Picmonics
Total Time:	1 Hour 45 Minutes	2 Hours 34 Minutes	35 Minutes	1 Hour 52 Minutes	42 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 11	Day 12	Day 13	Day 14	Day 15
Picmonic Playlist:	Med-Surg Cardio Disorders	Nursing Pharm Anticoagulants Cardio Pharm	Med-Surg Endocrine and Metabolic Disorders	Nursing Pharm Endocrine Medications	Pathology
Total Picmonics:	19 Picmonics	23 Picmonics	23 Picmonics	11 Picmonics	24 Picmonics
Total Time:	2 Hours 13 Minutes	2 Hours 41 Minutes	2 Hours 41 Minutes	1 Hour 17 Minutes	2 Hours 48 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 16	Day 17	Day 18	Day 19	Day 20
Picmonic Playlist:	Pharmacology GI Pharm	Med-Surg Neurological Disorders	Nursing Pharm Neurological Pharm	Med-Surg Hematological and Oncological Disorders	Pharm Hematology and Oncology
Total Picmonics:	5 Picmonics	22 Picmonics	15 Picmonics	20 Picmonics	3 Picmonics
Total Time:	35 Minutes	2 Hours 34 Minutes	1 Hour 45 Minutes	2 Hours 20 Minutes	21 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 21	Day 22	Day 23	Day 24	Day 25
Picmonic Playlist:	Med-Surg Autoimmune Disorders Musculoskeletal	Pharm Anti- Inflammatories	Med-Surg Perioperative Care	Med-Surg Visual and Auditory and Wounds	Obstetrics 1
Total Picmonics:	13 Picmonics	4 Picmonics	5 Picmonics	24 Picmonics	19 Picmonics
Total Time:	1 Hour 31 Minutes	28 Minutes	35 Minutes	2 Hours 48 Minutes	2 Hours 13 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 26	Day 27	Day 28	Day 29	Day 30
Picmonic Playlist:	Obstetrics 2	Obstetrics 3	Pharm Reproductive	Psychiatric Nursing Psych Disorders	Pharm Antidepressants
Total Picmonics:	12 Picmonics	18 Picmonics	5 Picmonics	25 Picmonics	13 Picmonics
Total Time:	1 Hour 24 Minutes	2 Hours 6 Minutes	35 Minutes	2 Hours 55 Minutes	1 Hour 31 Minutes
Qbank* (Optional):	55 Questions	55 Questions	55 Questions	55 Questions	55 Questions
DAY:	Day 31	Day 32	Day 33		
Picmonic Playlist:	Obstetrics 2Psychiatric Nursing Side Effects, Toxicities	Pediatric Disorders	Pediatric Infectious Diseases		
Total Picmonics:	11 Picmonics	10 Picmonics	9 Picmonics		
Total Time: Qbank* (Optional):	1 Hour 17 Minutes 55 Questions	1 Hours 10 Minutes 55 Questions	1 Hour 3 Minutes 55 Questions		

<sup>\*</sup> Picmonic does not provide a question bank.



## CHECKLIST (TABLE OF CONTENTS)

1. Fundamentals - Beginning (6 Picmonics)	Pag	je :	24
2. Fundamentals - Lab Values (28 Picmonics)	Pag	je :	24
3. Fundamentals - Medication Admin (16 Picmonics)	Pag	je :	25
4. Fundamentals - Physical Exam (23 Picmonics)	Pag	je :	25
5. Fundamentals - Communication and Early Development (14 Picmonics)	Pag	je :	26
6. Med-Surg Acid and Base Disorders Fluid and Electrolytes (15 Picmonics)	Pag	e :	26
7. Med-Surg Respiratory Disorders (22 Picmonics)			
8. Nursing Pharm Respiratory Pharmocology (5 Picmonics)			
9. Med-Surg Genitourinary and Renal Disorders (16 Picmonics)	Pag	e :	27
10. Nursing Pharm Diuretics (6 Picmonics)	Pag	e :	27
11. Med-Surg Cardio Disorders (19 Picmonics)	Pag	je :	27
12. Nursing Pharm Anticoagulants Cardio Pharm (23 Picmonics)			
13. Med-Surg Endocrine and Metabolic Disorders (23 Picmonics)	Pag	je i	28
14. Nursing Pharm Endocrine Medications (11 Picmonics)			
15. Pathology (24 Picmonics)			
16. Pharmacology GI Pharm (5 Picmonics)			
17. Med-Surg Neurological Disorders (22 Picmonics)			
18. Nursing Pharm Neurological Pharm 15 Picmonics)	Pag	je :	30
19. Med-Surg Hematological and Oncological Disorders (20 Picmonics)			
20. Pharm Hematology and Oncology (3 Picmonics)	Pag	е	31
21. Med-Surg Autoimmune Disorders Musculoskeletal (13 Picmonics)	Pag	je :	31
22. Pharm Anti-Inflammatories (4 Picmonics)			
23. Med-Surg Perioperative Care (5 Picmonics)	Pag	е	32
24. Med-Surg Visual and Auditory and Wounds (24 Picmonics)			
25. Pharm Antibiotics (15 Picmonics)	Pag	е	33
26. Obstetrics 1 (19 Picmonics)			
27. Obstetrics 2 (12 Picmonics)			
28. Obstetrics 3 (18 Picmonics)			
29. Pharm Reproductive (5 Picmonics)			
30. Psychiatric Nursing Psych Disorders (25 Picmonics)	Pag	е	35
31. Pharm Antidepressants (13 Picmonics)			
32. Psychiatric Nursing Side Effects, Toxicities (11 Picmonics)			
33. Pediatric Disorders (10 Picmonics)	Pag	je :	36
34. Pediatric Infectious Diseases (9 Picmonics)	. Pac	ie :	36

## **CHECKLIST**

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIEL
Fundamentals -			The Nursing Process		
eginning (6 Picmonics)	Basic Principles		Maslow's Hierarchy of Needs		H
			Patient Position Overview		
			Contact Precautions		(II)
	Contact Precautions	Be sure to know which patients you would put together in the same room.	Standard Precautions		(II)
	Troductions	togotion in the dame room.	Droplet-Airborne Precautions		<b>M</b>
Fundamentals - Lab			Potassium (K+) Lab Value		(II)
alues (28 Picmonics)			Calcium (Ca2+)Lab Value		(III)
			Phosphorus (PO43-)Lab Value		(H)
			Sodium (Na+)Lab Value		(H)
			Chloride (CI-)Lab Value		(H)
			Magnesium (Mg2+) Lab Value		(III)
			WBC Differential Lab Value		HI
			Normal Electrolyte Lab Values		
		You are most likely to see Potassium, Sodium, Magnesium, Calcium, Chloride, HgB, Hct, PT/ INR, Platelets, Total Protein, Albumin, and pH	Hemoglobin (Hgb) Lab Values		H
			Hematocrit (Hct) Lab Values		(H)
			PT/PTT Lab Values		
			INR Lab Value		
	Lab Values		Platelet Lab Value		<u> </u>
			Bleeding Time Lab Values		
		lab values. We've made them pretty easy to remember so don't leave yourself guessing on	Urine Specific Gravity Lab Value		
		exam day.	pH - Blood and Urine Lab Value		
			BUN (Blood Urea Nitrogen) Lab Values		
			Blood Glucose Lab Value		
			Hemoglobin A1c Lab Value		(H)
			Albumin Lab Value		
		1/4/5/	Red Blood Cell Count (RBC) Lab Values		
			Creatinine Lab Values		
			Total Protein Lab Values		
			Liver Enzyme Tests: AST and ALT		
			Bilirubin Lab Value		
			Cholesterol Lab Values		(H)
			Triglycerides Lab Value		
			Troponin Lab Values		
			Lung Sounds - Crackles		(H)
		Be sure you can identify the differences	Lung Sounds - Rhonchi		(H)
	Lung Songs	between lung sounds but more importantly know that adventitious lung sounds mean often	Lung Sounds - Wheezes		
		mean impending respiratory problems.	Lung Sounds - Pleural Friction Rub		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELD
3 Fundamentals - Medication Admin (16 Picmonics)			Aseptic Technique		(III)
Admin (16 Pichonics)	Hospital Care		Oxygen Delivery Methods		
			Routes of Administration Part One		
		1. 4. 4. 4.	Routes of Administration Part Two (Parenteral)		
			Mixing NPH and Regular Insulin for Injection		(11)
			IM Medication Administration		
			Transdermal Medication Administration		(11)
	Medication Administration	Knowing safe medication administration techniques is a must review.	Eye Medication Administration		
	Administration	techniques is a must review.	Ear Drops Medication Administration		(III)
			Enema Administration		(11)
			IV Solutions		
			Blood Types and Compatibilities		
			Conversions: Pounds & Double & Conversions: Pounds & Double & Double & Conversions: Pounds & Double &		
			Needle Sizes & Uses		
	Pharmacology		6 Rights of Medication Administration		(H)
	Principles		Peak and Trough		
4 Fundamentals - Physical Exam (23 Picmonics)			Vital Signs - Adult		(1)
	Physical Exam		Neurovascular Assessment 6 P's		
			Pain Assessment		
	Mobility & Immobility		Prevention of Falls		(H)
			Immobility		
		60/	Sizing Crutches		H
			Cane		(H)
			Walker		(H)
			Diet Progression		(III)
	Nutrition		Therapeutic Diets		(H)
			Fever		
	Patient Assessments		Level of Consciousness: Descriptive guide for Glasgow Coma Scale		
			Glasgow Coma Scale		
	Safety		Fire - Environmental Emergencies		
	Tests and		Tuberculosis Skin Mantoux Test (PPD)		(1)
	Procedures		Magnetic Resonance Imaging (MRI)		HY
			Total Parenteral Nutrition (TPN)		
			Cobalamin (Vitamin B12)		(III)
	Nutrition Pharmacology		Iron (Ferrous Sulfate)		(H)
	5.		Vitamin K1 (Phytonadione)		
			Ergocalciferol (Vitamin D2)		
	Vitamins		Vitamin C		
	Medication Administration	Foods that contain tyramine shouldn't be given to who? Patients taking MAOI's of course.	Tyramine Containing Foods		(1)

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIE
undamentals -			Care for the Visually Impaired		(11)
mmunication and Early velopment (14 Picmonics)	Communication		Care for the Hearing Impaired		(1)
			I-SBAR-R		
	0.11		Religion & Dietary Preferences		
	Culture	Remember you can only delegate stable	Overview		
	Delegation	patients and only an RN can do patient assessments, interpretations, or evaluations.	5 Rights of Delegation		(III)
			2 Months		
			4 Months		
			6 Months		
		Picmonic is the best at helping you memorize	9 Months		
	Early Developmental	important milestones in early growth and development of children. You may often get a	1 Year		
	Milestones	question asking you if the child is developing normally.	18 Months		
			2 Years		
			3 Years		
			4 Years		
			TICUIS		
Med-Surg Acid and Base corders Fluid and			Respiratory Acidosis Assessment		(1)
ctrolytes (15 Picmonics)			Respiratory Alkalosis		(1)
	Acid and Base	You are likely to have to interpret acid base	Metabolic Alkalosis Assessment		(1)
	Disorders	imbalances. Be comfortable knowing the basics of assessment.	Metabolic Alkalosis		(1)
			Respiratory Acidosis Interventions		
			Metabolic Alkalosis Interventions		
		1	How to Interpret Acid Base Disorders		(1)
			Hypokalemia		(11)
			Hyperkalemia		<u></u>
		Keep your electrolytes straight in your head	Hyponatremia		(1)
	Fluid and Electrolytes	d and with Picmonic. These questions are common. If	Hypernatremia		
	Lieutolytes		Hypocalcemia		(1)
			Hypercalcemia		(1)
			Hypomagnesemia		
			Hypermagnesemia		
			•		
Med-Surg Respiratory corders (22 Picmonics)			Hypoxia (Early Symptoms)		<b>(III)</b>
			Hypoxia (Late Symptoms)		
			Restrictive vs. Obstructive Lung Diseases		
			Emphysema		
			Asthma Assessment		(11)
			Asthma Implementation and		(1)
			Education		
			COPD Overview (Chronic Obstructive Pulmonary Disease Overview)		(III)
			Chronic Bronchitis Assessment		(11)
			Chronic Bronchitis Interventions		
		Airway. Airway. Airway. Be sure to know how a	Pneumonia Assessment		
	Respiratory	patient in respiratory distress will present during an assessment. Also be sure to choose the	Pneumonia Intervention		
	Disorders	basic interventions before the more difficult	Tuberculosis Assessment		
		ones.	Tuberculosis Intervention		
			Acute Respiratory Distress Syndrome		
			(ARDS) Assessment Acute Respiratory Distress Syndrome		
	100		(ARDS) Interventions		
			Cystic Fibrosis Assessment		
			Cystic Fibrosis Interventions		
			Anaphylaxis Intervention		
			Pneumothorax		(11)
			Epiglottitis		(11)
			Pulmonary Embolism Assessment		(11)
			Pulmonary Embolism Causes		



PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIEL
8 Nursing Pharm Respiratory Pharmocology (5 Picmonics)			Albuterol (Proventil)		(III)
			Cromolyn (Mast Cell Stabilizers)		
	Respiratory Pharmacology	Don't forget that using inhaled medications require you to rinse your mouth afterwards.	Isoniazid (INH)		(11)
	- namacology	require you to mise your mount another ac-	Theophylline (Theo-24)		
			Ethambutol (Myambutol)		
Med-Surg Genitourinary		Be watchful of the patient with a fever and	UTI Symptoms		
and Renal Disorders (16 Picmonics)	Genitourinary Disorders	confusion! They are likely to have a urinary tract infection. Females and patients with indwelling			
		catheters are even higher risk.	UTI Prevention and Treatment  Benign Prostatic Hyperplasia (BPH)		
	Male Reproductive		Assessment  Benign Prostatic Hyperplasia (BPH)		
			Interventions Aspirin Poisoning (Salicylism)		(H)
			Assessment		
			Acute Glomerulonephritis Interventions		
			Glomerulonephritis Assessment		
			Pyelonephritis Assessment		(11)
			Pyelonephritis Interventions		(II)
		You can learn a lot about someone from their	Chronic Glomerulonephritis		
	Renal Disorders	urine. Keep in mind patients with decreased kidney function are not able to remove toxins as	Interventions		(H)
		well as many drugs from their bodies.	Chronic Kidney Disease Early Symptoms Assessment		(1)
			Chronic Kidney Disease Late Symptoms Assessment		
			Chronic Kidney Disease Interventions		
			Dialysis		(H)
			Nephritic Syndrome		
			Nephrotic Syndrome		
0 Nursing Pharm Diuretics		HCTZ is often given to african american patients for hypertension. Another common reminder is that: Loops lose calcium	Loop Diuretic Education		
6 Picmonics)			Loop Diuretics	- i	(II)
	Diuretics				
			Hydrochlorothiazide HCTZ		
			Mannitol (Osmitrol)		
	Renal	Putting it all together: Your kidneys normally make erythropoietin and it serves to stimulate RBC production in your bone marrow. This is why patients with renal disease on dialysis often receive this medication to treat/prevent	Spironolactone (Aldactone)		
	Pharmacology	anemia.	Erythropoietin		
1 Med-Surg Cardio			Hypertension Assessment		(1)
Disorders (19 Picmonics)			Heart Failure Interventions		(II)
			Hypertension Intervention		(II)
		These are a few picmonics you should not skip	Stable Angina		
	Cardiovascular	over. Know that LEFT heart failure fluid backs up into the LUNGS and that RIGHT heart failure	Types of Heart Failure		
	Disorders	fluid backs up into the BODY. Make sure you also know the difference between unstable and	Unstable Angina		
		stable angina.	Right Heart Failure Assessment		
			Myocardial Infarction Assessment		<b>M</b>
			Left Heart Failure Assessment		<b>M</b>
			Myocardial Infarction Interventions		(III)
			Myocardial Infarction Diagnosis		
	Heart Disorders	Cardiac tamponade has a classic presentation.	Cardiac Tamponade		
	rican Disorders	Know it.	Abdominal Aortic Aneurysm (AAA)		(1)
		\	Assessment Supine Hypotension (Vena Cava		
			Syndrome) Chronic Venous Insufficiency (Venous		
	Cardiovascular		Stasis Ulcer) Assessment Chronic Venous Insufficiency (Venous		
	Disorders		Stasis Ulcer) Interventions		(11)
			Arterial Ulcer Assessment		
			Arterial Ulcer Interventions		
			Peripheral Artery Disease (PAD)		(11)

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIEL
2 Nursing Pharm Anticoagulants Cardio Pharm			Aspirin (Acetylsalicylic Acid)		(III)
23 Picmonics)			Heparin (Unfractionated)		(III)
		Be sure to remember which drug requires which	Enoxaparin (Lovenox)		(III)
	Anticoagulants	lab monitoring. With heparin you must monitor PT/PTT and with warfarin you monitor PT/INR.	Clopidogrel (Plavix)		(II)
			Warfarin (Coumadin)		(II)
			Alteplase		
	Cardiac				
	Pharmacology		Hypertension Medications		
	Antihypertensives	/ 1//	Angiotensin II Receptor Blockers (ARBs)		
			Calcium Channel Blockers (Verapamil & Diltiazem)		(11)
			Angiotensin-Converting Enzyme (ACE) Inhibitors		(H)
		Be sure to remember the the endings of the medications that are associated with each type	Beta Blockers		(H)
	Cardiovascular	of medicationsolol = Beta Blockers -pril = ACE inhibitors -sartan = ARBS 2. If you	Prazosin (Minipress)		(H)
	Pharmacology	remember nothing else don't forget that ACE	Epinephrine (Adrenaline)		
		inhibitors (lisinoPRIL) may cause what side effect? Cough.	Sodium Nitroprusside (Nitropress)		(H)
			Dobutamine		(11)
	Autonomic Pharmacology		Beta-2 Agonists		(1)
	Pharmacology				(H)
	Cardiovascular Pharmacology There are several medications that have narrow therapeutic ranges meaning they have a higher risk for toxicity. Test makers love them: Digoxin, Theophylline, Lithium, Phenytoin.		Digoxin (Lanoxin)		
			Atropine		
		Nitroglycerin			
		risk for toxicity. Test makers love them: Digoxin,	Adenosine (Adenocard)		(H)
		meophylline, Elulium, Phenytoin.	Lidocaine		H
			Atorvastatin (Lipitor)		(H)
			Statins		
3 Med-Surg Endocrine and					(II)
Metabolic Disorders (23			Hypothyroidism Assessment		
licmonics)			Hypothyroidism Intervention		
			Hyperthyroidism Assessment		(H)
			Hyperthyroidism Interventions		
			Hypoglycemia Assessment		(H)
			Hypoglycemia Intervention		H
			Hyperglycemia		(H)
			Hypoparathyroidism		
			Hyperparathyroidism		
		You must be able to distinguish the assessment findings in hypothyroidism versus	Cushing's Syndrome Assessment		H
	Endocrine Disorders	hyperthyroidism. 2. Be sure you know the difference between addisons disease and	Addison's Disease Intervention		
		cushing's syndrome. Luckily Picmonic will help you keep these straight in your brain.	Addison's Disease Assessment		(H)
		you keep these straight in your brain.	Addisonian Crisis		
			Acromegaly Assessment		HY
			Syndrome of Inappropriate		
			Antidiuretic Hormone (SIADH) Assessment		
			Syndrome of Inappropriate Antidiuretic Hormone (SIADH) Nonpharmacologic Interventions		
			Syndrome of Inappropriate Antidiuretic Hormone (SIADH) Pharmacologic Interventions		
			Diabetes Insipidus Assessment		(1)
			Diabetes Assessment		
	Metabolic	Know the different types of diabetes and the	Diabetes Interventions		
	Metabolic Know the different types of diabetes and the early presentations of each.	Diabetes Education			
			Stages of Hypothermia		(11)

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELD
14 Nursing Pharm Endocrine Medications (11 Picmonics)			Levothyroxine (Synthroid)		
Wednesdon's (11 1 Ismornes)			Insulin		HI)
			Metformin (Glucophage)		(H)
			Glucagon (GlucaGen)		H)
		1. (1.)	Alendronate (Fosamax)		(III)
	Endocrine		Chlorpropamide & Tolbutamide (Orinase) (1st Generation Sulfonylureas)		(1)
	Medications		Glyburide & Glipizide (2nd Generation Sulfonylureas)		(11)
			Pioglitazone (Thiazolidinediones)		H
			Acarbose (Precose) & Miglitol (Glyset) (Alpha Glucosidase Inhibitors)		(H)
			Sitagliptin (Januvia) & Saxagliptin (Onglyza) (DPP-4 Inhibitors)		
			Repaglinide & Nateglinide (Meglitinides)		
15 Pathology (24 Picmonics)			Gastroesophageal Reflux Disease (GERD) Assessment		(1)
	GI Disorders	Be sure to know the assessment and	Peptic Ulcer Disease Assessment		(III)
		interventions for GERD.	Peptic Ulcer Disease Interventions		(H)
			Crohn's Disease Assessment		(III)
	Gastrointestinal Disorders	Be able to distinguish the difference between Crohn's Disease and Ulcerative Colitis.	Ulcerative Colitis Assessment		(11)
			Diverticulosis and Diverticulitis Assessment		(III)
	GI Disorders		Diverticulosis and Diverticulitis Interventions		(III)
			Types of Intestinal Obstruction		
			Intestinal Obstruction		HY
	Gastrointestinal		Irritable Bowel Syndrome (IBS) Interventions		
	Disorders		Irritable Bowel Syndrome (IBS) Assessment		H
			Types of Hernias		
	GI Disorders		Hernia Interventions		
	Gastrointestinal	Make sure you know how to identify	Appendicitis Assessment		(III)
	Disorders	Appendicitis.	Appendicitis Interventions		
			Acute Pancreatitis Causes		(H)
	Pancreatic		Acute Pancreatitis Interventions		(H)
	Disorders		Acute Pancreatitis Assessment		M)
			Hepatitis A (HAV) Assessment		(III)
			Hepatitis B (HBV) Assessment		(III)
			Hepatitis C (HCV) Assessment		M)
	GI Disorders	Knowing how each type of hepatitis is transmitted is important for you to know.	Cirrhosis Assessment		(1)
			Cirrhosis Interventions		
			Complications of Cirrhosis		<b>W</b>
16 Pharmacology GI Pharm (5 Picmonics)			Cimetidine and Ranitidine (H2 Receptor Blockers)		(H)
			Sucralfate (Carafate)		(H)
	Gastrointestinal Pharmacology		Pancreatin, Pancrelipase (Pancreatic Enzymes)		
			Promethazine (Phenergan)		(H)
			Activated Charcoal (Actidose)		H

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELD
17 Med-Surg Neurological Disorders (22 Picmonics)			Types of Seizures		(III)
Disorders (22 Picmonics)			Seizure Precautions		(III)
			Seizure Interventions		H
		1.	Types of Strokes		
			Right Hemisphere Stroke Assessment		H
			Left Hemisphere Stroke Assessment		(II)
			Types of Head Injuries		
			Increased Intracranial Pressure (ICP) Assessment		(11)
			Increased Intracranial Pressure (ICP) Interventions		(H)
		Know the differences between LEFT and	Traumatic Brain Injury Assessment		
	Neurological	RIGHT sided strokes. We've made it easy. 2.	Meningitis Assessment		
	Disorders	Don't skip over parkinsons, alzheimers and delirium you are likely to see questions related	Meningitis Interventions		(H)
		to these and have to distinguish between them.	Parkinson's Disease Assessment		H
			Parkinson's Disease Interventions		H
			5 A's of Alzheimer's Disease		
			Alzheimer's Disease Assessment (Early Symptoms)		(11)
			Alzheimer's Disease Assessment (Late Symptoms)		(II)
			Alzheimer's Disease Interventions		HY
			Huntington's Disease		
			Amyotrophic Lateral Sclerosis (ALS)		
			Guillain-Barre Syndrome Assessment		
			Myasthenia Gravis Assessment		
3 Nursing Pharm			Morphine		HI
eurological Pharm 15 icmonics)	/ (1)		Codeine		H
			Naloxone (Narcan)		(H)
			Meperidine (Demerol)		H
			Pregabalin (Lyrica)		
			Levodopa/Carbidopa (Sinemet)		
			Benztropine (Cogentin)		H
	Neurological Pharmacology		Phenobarbital (Barbiturates)		H
	1 Harmacology		Phenytoin (Dilantin)		(H)
			Valproic Acid (Depakote)		HI
			Carbamazepine (Tegretol)		HI
			Lamotrigine (Lamictal)		HI
			CNS Stimulant Indications		HI
			CNS Stimulant Side Effects		
			Zolpidem (Ambien)		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELI
19 Med-Surg Hematological and Oncological Disorders			Bleeding Precautions		(H)
20 Picmonics)		Sepsis is a hot topic in healthcare and is likely to be on your exam. Remember that undiagnosed UTI's often travel up the GU tract into the kidneys and progress to sepsis.	Types of Blood Products		
			Blood Transfusion Administration		
			Transfusion Reactions		
			Disseminated Intravascular Coagulation (DIC) Assessment		
	Hematological Disorders		Disseminated Intravascular Coagulation (DIC) Interventions		(III)
			Sepsis Assessment		M)
		A	Severe Sepsis & Septic Shock Assessment		(H)
			Venous Thromboembolism (DVT) Interventions		(11)
			Venous Thromboembolism (DVT) Assessment	(III)	
	Leukemias		Polycythemia Vera Overview		
			Cancer Warning Signs (CAUTION)		(H)
			ABCDEs of Melanoma		
		You are likely to get a question about one of these types of cancers. Be sure to know the warning signs and screening tests for each.	Lung Cancer Assessment		(H)
	Oncology		Breast Cancer Assessment (Self-Exam)		(H)
			Breast Cancer Diagnosis		(III)
			Breast Cancer Interventions		(H)
			Prostate Cancer Assessment		
0 Pharm Hematology and	GI Disorders		Colorectal Cancer Assessment		
	Oncology Pharmacology		Vincristine (Oncovin)		
Oncology (3 Picmonics)	Hematology & Oncology Pharmacology		Tamoxifen		
			Bleomycin		
			Busulfan		
1 Med-Surg Autoimmune			Rheumatic Fever Assessment		(11)
visorders Musculoskeletal 13 Picmonics)	Autoimmune Disorders		Rheumatic Fever Interventions		
			Rheumatoid Arthritis Assessment		H
			Rheumatoid Arthritis Interventions		
			Osteoarthritis Assessment		(II)
			Osteoarthritis Interventions		
	Musculoskeletal Disorders	Know the key differences to differentiate     Osteoarthritis from Rheumatoid arthritis. 2.     Don't forget the patients at risk for Osteoporosis (like: Postmenopausal Women, and patients	Osteoporosis Assessment		(II)
			Osteoporosis Interventions		
					H
		taking corticosteroids)	Compartment Syndrome Interventions		(H)
			Types of Fractures		
			Hip Fracture		(H)
			Hip Surgery		(II)

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELD
22 Pharm Anti- nflammatories (4 Picmonics)	Anti-Inflammatories	Prednisone is a common steroid medication. Know the important side effects and subsequent patient education.	Ibuprofen (Advil, Motrin)		(H)
			Prednisone (Glucocorticoids)		(H)
	Immunological		Tacrolimus (Prograf) Overview		
	Pharmacology	1	Tacrolimus (Prograf) Side Effects		
3 Med-Surg Perioperative	Shock		Types of Shock		(1)
Care (5 Picmonics)			Chest Tubes: Management and Care		(H)
	Perioperative Care	Know when a chest tube isn't working properly.	Postoperative Care		
			Preoperative Care		
	Postoperative		Postoperative Fever		
4 Med-Surg Visual and uditory and Wounds (24			Primary Open-Angle Glaucoma (POAG - Chronic)		(1)
licmonics)		You may get asked to know the vision changes between AMD and cataracts.	Primary Angle-Closure Glaucoma (PACG - Acute)		(III)
	Visual and Auditory Disorders		Age-Related Macular Degeneration (AMD)		(H)
			Cataract		(III)
			Ménière's Disease		
	Wounds		Types of Wound Healing		(H)
			Wound Drainage Types and Devices		(II)
			R.I.C.E. (Treating Soft Tissue Injury)		
			Types of Burns		(III)
			Rule of 9's for Burns		(H)
			Burns Assessment		<del>M</del>
			Stages of Burn Care		<del>M</del>
			Burns Interventions		<del>M</del>
	Integumentary Disorders		Parkland Formula		
	Wounds	Make sure you know what we do to prevent pressure ulcer formation.	Braden Scale		<b>M</b>
			Pressure Ulcers		H
	Integumentary Disorders		Interventions for Impaired Skin Integrity		(11)
		Don't be surprised if you get a question about the progression and stages of HIV.	Infectious Mononucleosis		
	Infectious Disease		Lyme Disease		
			Influenza		(H)
			Human Immunodeficiency Virus (HIV) Interventions		(11)
			Human Immunodeficiency Virus (HIV) Assessment		(H)
	RNA Virus		Ebola Virus		
			Ebola Virus Symptoms		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIEL
5 Pharm Antibiotics (15 icmonics)		You should be comfortable knowing the main side effects with each antibiotic class. Spend a little more time knowing the side effects and patient education rather than which infection we	Penicillin		H
			Ampicillin and Amoxicillin		(III)
			Cephalosporins		(II)
			Vancomycin		(H)
			Macrolides		H
			Fluoroquinolones		(H)
			Aminoglycoside Overview		(H)
	Antibiotics		Aminoglycoside Side Effects		(II)
		give them form.	Tetracyclines Overview		
			Tetracyclines Side Effects		(II)
			Chloramphenicol (Chloromycetin)		
			Silver Sulfadiazine (Silvadene)		
			Mafenide Acetate (Sulfamylon)		
			Sulfonamides		
			Sulfa Drug Allergies		(11)
	Antivirals		Acyclovir (Zovirax)		(H)
Obstetrics 1 (19			Prenatal Care		
monics)			Prenatal Nutrition		
		(4)	Lab & Diagnostic Tests During Pregnancy		
			Presumptive Signs of Pregnancy Probable Signs of Pregnancy		
					(III)
			Positive Signs of Pregnancy		(H)
			Pregnant Cardiac Patient Assessment  Pregnant Cardiac Patient Interventions		
	Prenatal Period	You should feel comfortable knowing the difference between presumptive, probable, and			
	///	positive signs of pregnancy.  Pregnant Diabetic Patient Interventions  Discomforts of Pregnancy - First Trimester			
				(11)	
			Discomforts of Pregnancy - Second Trimester		
			Discomforts of Pregnancy - Third Trimester		
			Hyperemesis Gravidarum		
			Amniocentesis		(H)
			Toxoplasma gondii TORCH		
			Rubella TORCH		
	TORCHES		CMV TORCH		
		\\\\	Syphilis TORCH		
	Pediatric Disorders		TORCH Screening		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELI
27 Obstetrics 2 (12 Picmonics)			Placental Implantation Abnormalities		(11)
		Know the contrasting features between Placenta Previa and Abruptio Placenta 2. Don't skip over RhoGAM you need to know when the times to administer it.	Placenta Previa		H
			Abruptio Placentae		H
			Eclampsia		H
			Preeclampsia Assessment		H
	Pregnancy		Preeclampsia Interventions		(H)
	Complications		Severe Preeclampsia		(H)
		unes to duminister it.	Ectopic Pregnancy		(H)
			RhoGam [Rho(D) Immune Globulin]		(H)
			Prolapsed Umbilical Cord		
			Incompetent Cervix		
			Chorioamnionitis		
8 Obstetrics 3 (18			Early Decelerations		
icmonics)	Labor and Delivery	decelerations and accelerations VEAL CHOP	Late Decelerations		HI
			Decelerations (and Accelerations) Overview		(II)
			Variable Decelerations		(II)
			Mechanism of Labor		
			True vs. False Labor		
			Induction of Labor		
	Early Developmental Milestones	It is very likely that one of your OB questions will ask you to calculate an APGAR score on a newborn at 1 or 5 minutes.	APGAR Score		(1)
	Baby Circulatory	Circulatory	Fetal Circulation		
System			Postnatal Circulation		
	Postpartum Period		Postpartum Nursing Assessment		
			Postpartum Hemorrhage		(H)
	High Yield		Sheehan's Syndrome		(II)
			Postpartum Infection		
	Postpartum Period		Breastfeeding		H
	Reproductive System Basics		Menopause Lab Findings		
	Anatomy and Physiology		Ovulatory Hormones I - Follicular Phase		(H)
			Ovulatory Hormones II - Luteal Phase		(II)
29 Pharm Reproductive (5	medications like Magnesium bas Reproductive Pharmacology Pharmacology DTR's, and you medication and	Be sure to know the CONCEPT behind giving medications like magnesium sulfate.	Magnesium Sulfate		(II)
icmonics)			Dinoprostone & Misoprostol		
		Magnesium basically slows muscle contraction. You can find the signs and symptoms under the hypermagnesemia picmonic. (Ps: Its decreased	Methylergonovine (Methergine) & Ergotamine (Ergot Alkaloids)		
		DTR's, and you should slow the rate of the medication and have the antidote ready:	Oxytocin (Pitocin)		(H)
		calcium gluconate)	Terbutaline (Brethine)		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELI
80 Psychiatric Nursing Psych Disorders (25 Picmonics)			Anxiety Assessment		(H)
			Depression Assessment		H
			Anorexia Nervosa Assessment		H
		1	Bulimia Nervosa Assessment		H
			Anorexia Nervosa Bulimia Nervosa Interventions		(H)
			Hallucinations, Illusions, Delusions		(II)
			Delirium		H
			Schizophrenia Assessment		H
			Schizophrenia Interventions		(H)
			Bipolar Disorder Assessment		H
			Bipolar Disorder Interventions		H
		1. Know the key assessment findings between	Tardive Dyskinesia		H
		schizophrenia and bipolar disorder. 2. The nurse should be aware of identifying a patient at	General Personality Trait Disorder		
	Psych Disorders	risk for suicide and know what to ask. 3. Remember that child abuse must be reported to	Narcissistic Personality Disorder		
		the authorities know how to differentiate between normal age injuries.	Obsessive Compulsive Personality Disorder		
			Borderline Personality Disorder		
		Schizotypal Personality Avoidant Personality Histrionic Personality Antisocial Personality Suicide Assessment	Schizotypal Personality Disorder		
			Avoidant Personality Disorder		
			Histrionic Personality Disorder		
			Antisocial Personality Disorder		
			Suicide Risk Factors		
			Use of Restraints		H
			Post Traumatic Stress Disorder (PTSD)		M)
			Child & Elder Physical Abuse Assessment		(III)
Pharm Antidepressants		You may want to brush up on the reasons we	Benzodiazepine [Diazepam (Valium)]		H
3 Picmonics)	Anxiolytics	may give benzodiazepines. (Anxiety, Insomnia, Seizures, Alcohol Withdrawal)	Buspirone (Buspar)		
	Antidepressants	You should know: 1. TCA's are the most common medication used in overdoses. 2. MAOI's require limiting tyramine, check out our "Tyramine Containing Foods" Picmonic.	Bupropion		
			Monoamine Oxidase Inhibitor (MAO-I) Contraindications		(H)
			Tricyclic Antidepressant Drugs (TCAs)		(H)
			Fluoxetine (Prozac)		(H)
	Medical (trial)		Trazodone		
	Antipsychotics		Neuroleptic Malignant Syndrome		(H)
		Don't be surprised about getting asked about antipsychotic drug side effects. Make sure you know these.	Lithium		HI
			Chlorpromazine (Thorazine)		
			Haloperidol (Haldol)		HX
			Clozapine (Clozaril)		(II)
	Neurological		(C.52411)		

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELI
2 Psychiatric Nursing Side ffects, Toxicities (11 icmonics)	Substance Related Disorders	You will likely be asked to identify and differentiate between patients who are alcoholic and abusing various drugs. Know the key differences in presentation.	Alcohol Abuse Assessment		(III)
			Substance Abuse Assessment		
			Alcohol Abuse Interventions		(III)
			Opioid Abuse & Withdrawal Assessment		(III)
			Warfarin Toxicity		
			Benzodiazepine Toxicity		
			Acetaminophen Toxicity		
	Toxicities	Do you know your antidotes? Well you should after you listen to these Picmonics. Antidotes	Amphetamine Toxicity		
		are very high yield.	Beta Blocker Toxicity		
			Opioid Toxicity		(H)
			Tricyclic Antidepressant (TCA) Toxicity		
3 Pediatric Disorders (10 icmonics)			Respiratory Syncytial Virus (RSV) Interventions		
	Pediatric Disorders		Respiratory Syncytial Virus (RSV) Assessment		(II)
			Hydrocele		
			Muscular Dystrophy		
			Tetralogy of Fallot		(H)
			Cleft Lip or Palate Interventions		(H)
	GI Disorders vomiting. I		Hypertrophic Pyloric Stenosis (HPS) Assessment		(III)
		You may get a question about a neonate with vomiting. Be sure to know how to distinguish	Hypertrophic Pyloric Stenosis (HPS) Interventions		
		this as Pyloric Stenosis.	Imperforate Anus		
			Intussusception		
Pediatric Infectious seases (9 Picmonics)			Varicella (Chickenpox)		
odoco (o i iomonico)	Pediatric Infectious Disease		Rubella		
			Rubeola (Measles)		
			Erythema Infectiosum (Fifth's Disease)		
			Exanthema Subitum (Roseola Infantum)		
			Mumps (Parotitis)		
			Otitis Media Assessment		(III)
			Otitis Media Interventions		
	Pediatric Disorders		Croup (Laryngotracheobronchitis)		(H)

### CONCLUSION

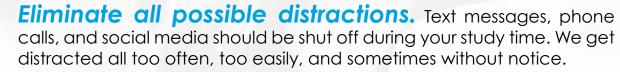
You've spent hours on end in nursing school, you've put in the time, you're sick of care plans. We're glad you've decided to use our study plan as you achieve success in acing your exam. Give yourself a pat on the back... You're ready to make that plan and start tackling your weaknesses. Soon you'll be mastering the content with Picmonic and experiencing learning with pictures. You're armed with our best hints, tips, and tricks on mastering NCLEX® style questions.

#### Before your exam, don't forget to...

**Assess your weaknesses.** Once you've been able to identify your weaknesses you can justify spending more time and focus on where they're needed most.

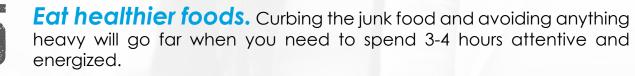


Find your study location. Library? Coffee shop? Wherever it is, it needs to be your designated area, where you can go to study without fail, devoid of anything that can distract you.





Incorporate exercise. Do your best to follow a regular exercise routine. Physical exertion is a great way to release stress and bring needed energy to our already overworked bodies. Caffeine can only do so much...





Get sleep. Depriving your body of needed sleep and recovery time is detrimental to any kind of effective studying.

Best of luck, and let us know how you did!

The Picmonic Team <a href="mailto:feedback@picmonic.com">feedback@picmonic.com</a>

### **ABOUT THE AUTHOR**

About Wm. Kendall Wyatt

Kendall has worked for over the past year as Picmonic's Instructional Content Strategist alongside renowned author JoAnn Zerwekh EdD, RN designing the Picmonic for Nursing product. Kendall is no stranger to the world of standardized testing. He currently holds dozens of certifications including RN and EMT-Paramedic as well as currently finishing his third year of medical school in Phoenix, Arizona.

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