



# NCLEX Mental Preparedness & Grief Form

Regina M. Callion MSN, RN



Dear ReMar Nurse,

If you are experiencing any anxiety in some way and you need to manage it in order to move forward, let me just say, you are normal.

There is no one who doesn't feel anxious at some point in their life, especially perusing something important and meaningful as your nursing career.

Remember you've come too far to leave without you license. I'm so excited to be with you on this journey and I can't wait to see your testimony on the other side of NCLEX. ReMar Nurses trust the process; put Faith-Over-Fear, and move forward.

Finally, if you are not familiar with ReMar Review and the ReMar Nurse Family take some time to do your research! ReMar is the best NCLEX review for core-content with literally thousands of reviews and testimonials from nurses just like you that found the right help and never gave up!

If you have any questions about this personal assessment don't hesitate to email me directly at [Support@ReMarReview.com](mailto:Support@ReMarReview.com), and I'll be glad to help walk you through the process of passing NCLEX. Also to you soon 😊.



**Regina M. Callion MSN, RN**

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**ReMar Nurses: We Can. We Will. We Must Pass NCLEX!**

**Directions:** You are doing this form because you have failed NCLEX or have a general anxiety or doubts about studying for NCLEX.

If this is correct, you are in need of the healing process. It's time to begin the process of healing by allowing yourself to be open about where you are now and moving past your past.

Answer each question open and honestly and allow the answers to provide insight into your steps toward success. **This is for your eyes only!**

**Did you give (or) are you giving NCLEX preparation your all?**

**How do you know?**

**If you could go back what things would you do exactly the same?**

**If you could go back what things would you do differently?**

**I failed (or) may be at risk of failing because? Select all that apply**

- I needed to study more
- I had external pressures affecting me (i.e. job, family, deaths, )
- I was overly anxious
- I was unprepared
- I over thought the questions
- I was not confident in my abilities
- I was over confident in my abilities
- I had too many different study resources

**If you selected any of the above choices which ones were out of your control?  
Which ones could you have controlled?**

**As each question on your NCLEX exam went on how did you feel?**

**Do you have difficulty talking about the process (or) experience to others?**

**Have you gone through any of the following emotions? What has that been like?**

Guilt -

Shame -

Defeat -

Mistrust -

Disconnected -

Helplessness -

\*If you are experiencing guilt, shame, defeat, mistrust etc. recognize that these are all normal responses however you must choose to identify those thoughts and replace them with a more balanced picture of what actually happened in order to move forward.

**What do you feel you need moving forward?**

**What are your strengths when it comes to learning?**

**What are your strengths when it comes to overcoming adversity?**

**Are you willing to give yourself the best opportunity to pass this exam?**

**What guarantee are you willing to make to yourself?**

**Before moving forward** - You may need some time to reflect on your personal assessment from the previous page. If so, please take the time to do so before coming back to this section!

If you feel the need to do so please feel free to shoot me a quick email to [Support@ReMarReview.com](mailto:Support@ReMarReview.com) about your journey, where you are, and let's see what's best. You can also get in touch with the team M-F by using the Chat feature at [www.ReMarNurse.com](http://www.ReMarNurse.com)

## **What You'll Find on NCLEX!**

**If you're ready to move forward**, on the following pages I have provided the list of ReMar specific topics that you will need to know and study before testing.

This is the essential core content for NCLEX along with my (6) week study calendar, and additional information about our comprehensive DVD Self-Study Program.

It may seem like a great deal of material to cover but you will see NCLEX becomes so much easier when you focus on the content, but don't rush the process, your time is coming!

The content of the NCLEX Test Plan is organized into four major ***Client Needs*** categories.

Two of the four categories are divided into subcategories:

### **Safe and Effective Care Environment**

- Management of Care [RN] & Coordinated Care [PN]
- Safety and Infection Control

### **Health Promotion and Maintenance**

#### **Psychosocial Integrity**

#### **Physiological Integrity**

- Basic Care and Comfort
- Pharmacological Therapies
- Reduction of Risk Potential
- Physiological Adaptation

<p style="text-align: center;"><b>Areas To Study</b></p>	<p style="text-align: center;"><b>ReMar Specific Topics for NCLEX</b></p>
<p style="text-align: center;"><b>Management of Care RN</b></p> <p style="text-align: center;"><b>Coordinated Care PN</b></p>	<ul style="list-style-type: none"> <li>• Case Management</li> <li>• Client rights-HIPPA,</li> <li>• informed consent-components that make up</li> <li>• Do not resuscitate (DNR) order</li> <li>• Assault</li> <li>• Battery</li> <li>• False Imprisonment</li> <li>• Communicable Diseases</li> <li>• Establishing Priority</li> <li>• Assignment, Delegation, Supervision</li> <li>• Reporting impaired co-workers</li> <li>• Organ Donation</li> </ul>
<p style="text-align: center;"><b>Safety &amp; Infection Control</b></p>	<ul style="list-style-type: none"> <li>• Populations at risk for falls</li> <li>• Position of personnel when ambulating a client</li> <li>• Assistive devices (cane, walkers, etc and patient education)</li> <li>• Seizure precautions</li> <li>• Use of seclusion room/restraints</li> <li>• Alternatives to restraints</li> <li>• How long does an order for a restraint last</li> <li>• Fire response and RACE</li> <li>• Client's allergies/sensitivities (latex, food)</li> <li>• Incident reports for medication errors</li> <li>• Hand hygiene</li> <li>• Room assignments</li> <li>• Verify appropriateness of a written order</li> <li>• Infection control measures (contact, droplet, respiratory)</li> <li>• Surgical Asepsis</li> <li>• Immunization (schedule, live, reactions)</li> <li>• Child safety seat/ car seats</li> <li>• Transmission of pathogens</li> <li>• Appropriate toys for children</li> </ul>

<p><b>Health Promotion &amp; Maintenance</b></p>	<ul style="list-style-type: none"> <li>• Expected changes in aging</li> <li>• Diagnostic Tests</li> <li>• Levels of intervention (primary, tertiary)</li> <li>• Neurological Assessment</li> <li>• Glasgow Coma Scale</li> <li>• Neuro-Checks</li> <li>• Phototherapy patient education</li> <li>• Signs of Pregnancy</li> <li>• Physical Adaptations and Discomforts of Pregnancy</li> <li>• Teratogenic Effects on Fetal Development</li> <li>• Stages of Labor</li> <li>• Complications During the Postpartum Period</li> <li>• Substance Abuse and the Newborn</li> <li>• Congenital Heart Defects</li> <li>• <i>Erikson's stages of psychosocial development,</i></li> <li>• Developmental milestones</li> <li>• Dietary counseling</li> <li>• Steps to use a meter induced inhaler</li> <li>• Hepatitis A, B, C, D transmission</li> <li>• Hepatitis A, B vaccine administration</li> </ul>
<p><b>Psychosocial Integrity</b></p>	<ul style="list-style-type: none"> <li>• Eating disorders and treatment</li> <li>• Schizophrenia</li> <li>• Therapeutic communication</li> <li>• Psychiatric medication classes, side effects, patient teaching</li> <li>• Religious influences on healthcare</li> <li>• Mental health concepts</li> </ul>
<p><b>Basic Care &amp; Comfort</b></p>	<ul style="list-style-type: none"> <li>• Non-Pharmacological comfort interventions</li> <li>• Assistive devices</li> <li>• Apply and maintain devices used to promote venous return antiembolic stockings</li> <li>• Sequential compression devices</li> <li>• Assess the client's need for pain management</li> <li>• Enema administration</li> <li>• Z track method IM injection</li> <li>• What are abnormal assessment findings after a bronchoscopy?</li> </ul>
<p><b>Pharmacological &amp; Parenteral therapies</b> (This section is for RN Students)</p>	<ul style="list-style-type: none"> <li>• Provide the client with nutrition through continuous or</li> <li>• intermittent tube feedings</li> <li>• Central line management</li> <li>• Administration of blood/plasma/blood products</li> <li>• Evaluate the therapeutic effect of medications</li> <li>• Dosage calculation</li> </ul>

<p><b>Reduction of Risk Potential</b></p>	<ul style="list-style-type: none"> <li>• Laboratory values</li> <li>• Blood gas interpretation</li> <li>• Shock</li> <li>• CPR</li> <li>• EKG interpretation</li> <li>• EEG</li> <li>• Position placement after a liver biopsy?</li> </ul>
<p><b>Physiological Adaptation</b></p>	<ul style="list-style-type: none"> <li>• Electrolyte imbalance</li> <li>• Allergic reactions and treatment</li> <li>• Amputation</li> <li>• Gout</li> <li>• Systemic Lupus Erythematosus</li> <li>• Rheumatoid Arthritis vs. Osteoarthritis</li> <li>• Hepatitis</li> <li>• Cirrhosis</li> <li>• Pancreatitis</li> <li>• Crohn's Disease and Ulcerative Colitis</li> <li>• Venous Disorders</li> <li>• Transient Ischemic Attacks</li> <li>• Head Injury</li> <li>• Laminectomy</li> <li>• Multiple Sclerosis</li> <li>• Parkinson's Disease</li> <li>• Myasthenia Gravis</li> <li>• Meniere's Disease</li> <li>• Guillain-Barre Syndrome</li> <li>• Detached Retina</li> <li>• Cataract</li> <li>• Glaucoma</li> <li>• Increased Intracranial Pressure</li> <li>• Endocrine System Disorders</li> <li>• Adrenal Gland disorders</li> <li>• Thyroid Gland disorder</li> <li>• Hyperthyroid storm signs, treatment</li> <li>• Parathyroid Gland function</li> <li>• Asthma</li> <li>• COPD</li> </ul>



## REMAR REVIEW - NCLEX DVD STUDY CALENDAR

NAME:

MONTH:

YEAR:

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
<b>WEEK 1</b>				
Download workbook		Age specific Nursing Care		Diets
	Best Bet for Kids	Pregnancy	<b>R</b>	Review 1 <sup>st</sup> week notes
Quick Facts pg. 1-10	Normal High Risk	Quick Facts pg. 11-20	<b>E</b>	Review QF pg 1-20
Quick Facts Pharm (Allergy/Analgesics)	Quick Facts Pharm (Antibiotics)	Quick Facts Pharm (Anticoagulants/Anticonvulsants)	<b>S</b> <b>T</b>	Quick Facts Pharm (Anti-Parkinson's)
<b>WEEK 2</b>				
Expected Changes	Orthopedics		Antibiotics	Pain Management, IV fluids
Basic Care/Comfort	Homework review	<b>R</b>	Central Line, TPN	TPN, Central Lines
Quick Facts 21-30	Quick Facts pg. 31-40	<b>E</b>	Quick Facts pg. 41-50	Review Notes
Quick Facts Pharm (ACE Inhibs/ARBs)	Quick Facts Pharm (Anti-Arrhythmic)	<b>S</b> <b>T</b>	Quick Facts Pharm (CCB & BB)	Quick Facts Pharm (Digoxin/ Nitrates)
<b>WEEK 3</b>				
Easy Electrolytes	Positions/Disaster Management	Blood Gas Interpretation		CHF
Diabetes Insipidus	Herbal Medications	Chest tubes/Vents	<b>R</b>	Email any questions?
Review QF pgs. 1-50	Quick Facts pg. 50-55	Quick Facts pg. 56-60	<b>E</b>	Quick Facts pg. 61-66
Quick Facts Pharm (Diuretics)	Quick Facts Pharm (GI Meds 1 <sup>st</sup> Page)	Quick Facts Pharm (GI Meds 2 <sup>nd</sup> Page)	<b>S</b> <b>T</b>	Quick Facts Pharm (Insulins)
<b>WEEK 4</b>				
Diagnostic Procd	Ear Spotlight		Therapeutic Comm.	Review notes
Lowering Cholest	Diabetes Overview	<b>R</b>	Psych	Any questions by this
	Quick Facts pg. 67-71	<b>E</b>		Point email Instructor
Quick Facts Pharm (Natural Alternatives)	Quick Facts Pharm (Maternity)	<b>S</b> <b>T</b>	Quick Facts Pharm Respiratory Meds	
<b>WEEK 5</b>				
	Review Homework	Start Activity book	Make Flash cards if	
EKG Overview	Review All Notes		Needed for Quick	<b>R</b>
			Facts	<b>E</b>
Quick Facts Pharm (Psych Meds 1 <sup>st</sup> -2 <sup>nd</sup> pg.)	Quick Facts Pharm (Psych Meds 3 <sup>rd</sup> -4 <sup>th</sup> pg.)	Quick Facts Pharm (TV drugs)	Review Quick Facts Pages 51-71	<b>S</b> <b>T</b>
<b>WEEK 6</b>				
Finish Activity book	Refocus on	Start Practice exam		Review All Notes
	Weak areas	50% correct is goal	<b>R</b>	
	Review Notes	Quick Facts should	<b>E</b>	Watch any videos
Email Questions?		Be memorized by this	<b>S</b>	You need again &
		Point!	<b>T</b>	Email Instructor

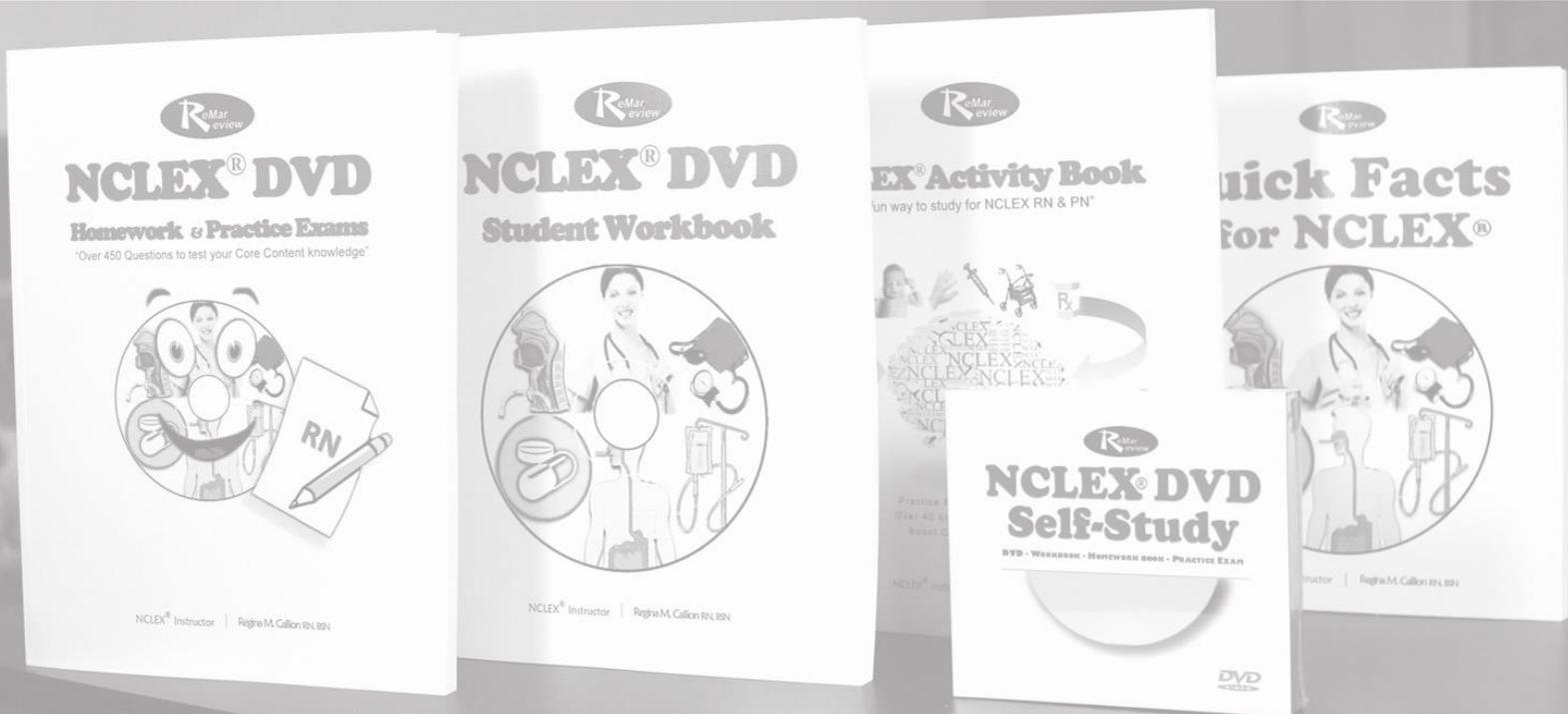
## TAKING THE NEXT STEPS FOR NCLEX

The ReMar DVD Self-Study Program is the absolute best resource for mastering NCLEX content. I want to make sure you have everything you need to build your content knowledge and pass NCLEX-RN or NCLEX-LPN.

When you're ready to test, order your DVD package and enter the code: REMARNURSE and take 10% OFF of your order which will arrive in just three to five days when placed at [www.ReMarNurse.com](http://www.ReMarNurse.com)

Here is what is included in your Self-Study Review, four (4) NCLEX Lecture DVDs and four (4) NCLEX Study workbooks including Quick Facts for NCLEX! Here is how you'll use the DVD Self-Study Program to pass NCLEX in six weeks studying 1.5 hrs. – 3 hrs. a day for 4-5 days each week!

- Watch **NCLEX Lecture DVDs** daily
- Read **DVD Workbook** daily
- Read **Quick Facts for NCLEX** daily
- Write in **Homework book** daily
- Respond to questions in the **NCLEX Activity Book** at end
- Respond to questions in the **NCLEX Practice Exams** at end



**- REMAR NURSES WE'RE STRONGER TOGETHER -  
WE CAN. WE WILL. WE MUST & WE DO PASS NCLEX!**

ReMar is a great tool for the NCLEX, Regina is a great instructor and she makes the content very easy and understandable. I will continue to spread good news about ReMar DVD Package. I loved the DVD package, I graduated with my BSN in August 2018 I took the NCLEX in September 2018 and I passed in 76 questions on my first time. Know your content before, solving questions. You cannot go wrong with ReMar, ReMar review all the way!!!! God bless the ReMar family, much love!

**Nurse A. Mavis BSN, RN**

ReMar was by far the best study material for NCLEX!!! With the grace of God and the Quick Facts for NCLEX I passed my NCLEX LPN on the first try!! Thank you Regina!!

**Nurse Imari Reign LPN**

So my college bestie recommended ReMar to me after she passed her exam this year. OMG I' m so blessed! You guys are on point with your content! Everything you need to know to pass NCLEX, REMAR has it! Your awesome Self-Study DVD and spiritual guidance are the reasons why I passed it! It' s been 8 years since I graduated and I passed in 75!! You can never go wrong when you walk with God with this journey to passing NCLEX!

**Nurse O-Ren USRN**

I graduated nursing school in 1994, from the Philippines. My NCLEX journey was like driving a car, even an old model like mine, with the right upkeep and maintenance (knowing the content) you will be able you to answer any questions in any format. With a good GPS, that was ReMar for me, and fueled with faith and determination. I met the bumps, rough roads, and traffic lights but I stayed in my lane and trusted my GPS, and I made it! If you are still having hard time driving your own car to your destination remember the song, and let him takes the Wheel!

**Nurse Nancy Francisco USRN**