

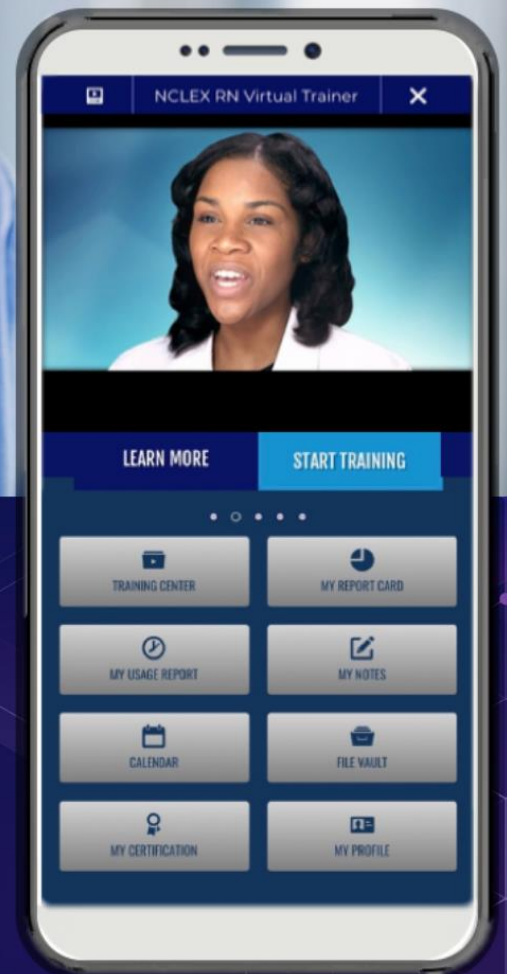
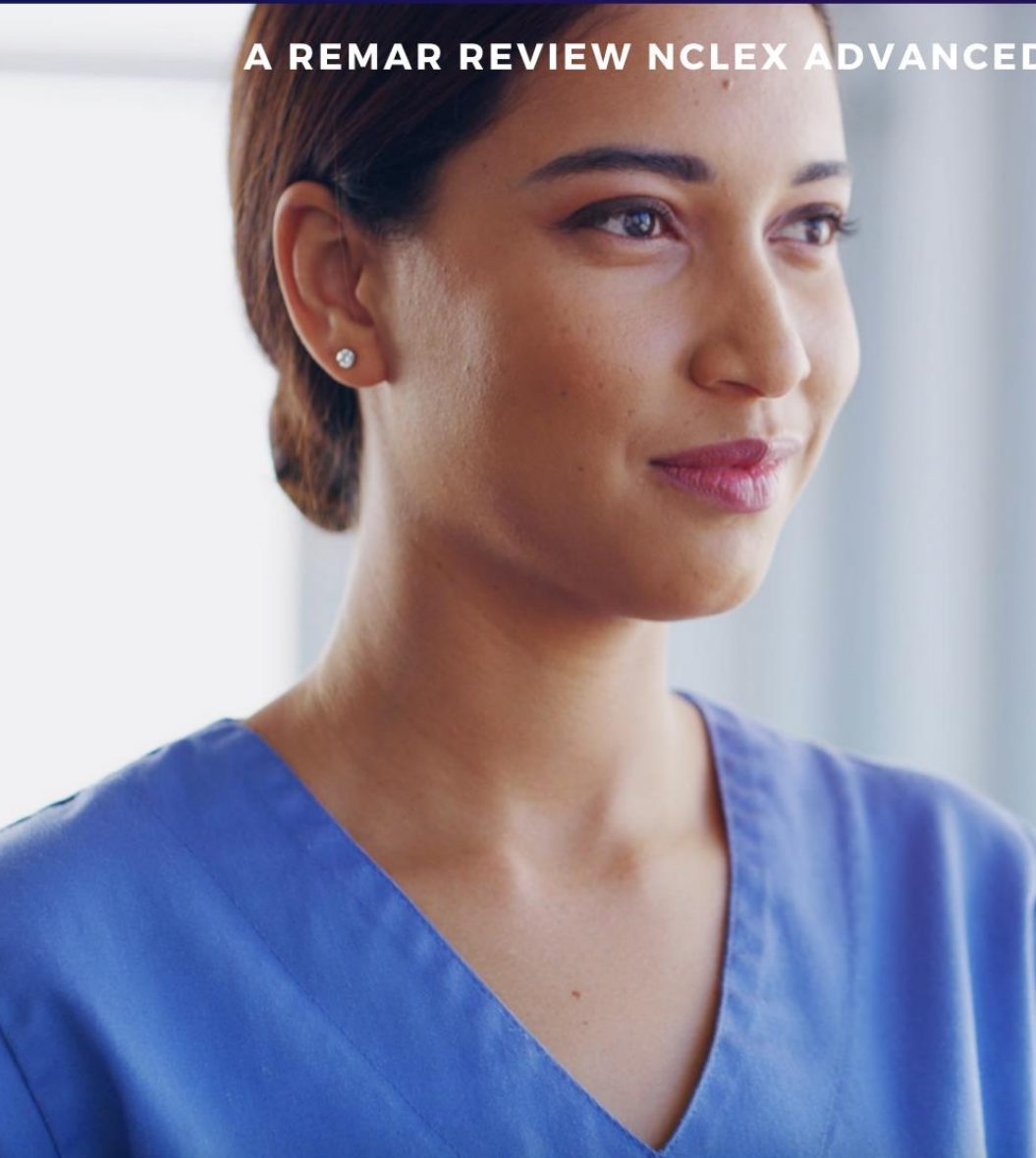


DECEMBER 26TH - JANUARY 3RD!

WELCOME TO THE

SEVEN DAYS OF NCLEX

A REMAR REVIEW NCLEX ADVANCED STUDY SESSION



STUDY FEATURED CONTENT FROM THE ALL NEW
NCLEX VIRTUAL TRAINER
CHEST TUBES, PREGANCY, TPN, PHARM, PSYCH, & MORE!

If you love the FREE content get the FULL NCLEX REVIEW and save \$300 with 90-day extended access on the most advanced NCLEX Training System on the planet! Order now and pay \$150 + S/H while supplies last sale ends January 3, 2020 @ ReMarNurse.com



WE ARE REMAR!

BY THE NUMBERS

PREPARED FOR SUCCESS!

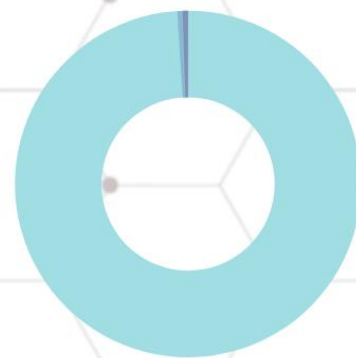
ReMar Nurses have a 99.2% NCLEX Success Rate Studying Core Nursing Content.

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

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

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

We Care About the 1%



Success Rate
99%

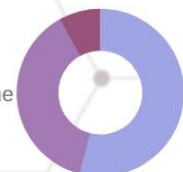
LPN
22.2%



RN
77.8%

Foreign
8%

1st Time
38%

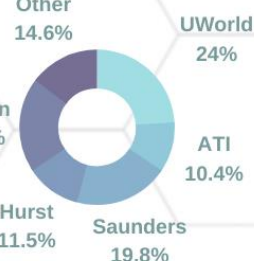


Repeat
54%

Other
14.6%

Kaplan
19.8%

Hurst
11.5%



UWorld
24%

ATI
10.4%

Saunders
19.8%

WHAT'S THE DIFFERENCE ?

We asked more than 5,000 repeat-testers "What resources have you previously used?" More than half of these students reported using UWorld, Kaplan, & Saunders; many also self identified as having experienced test anxiety.

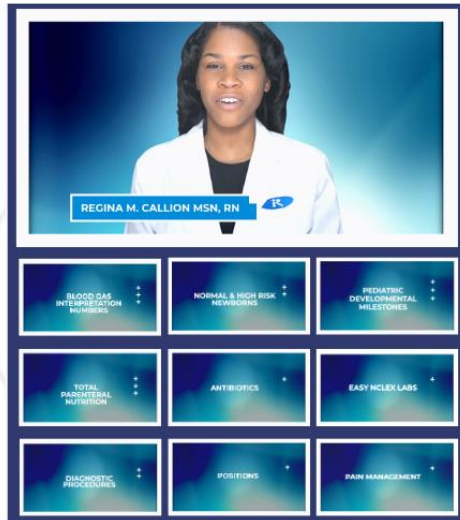
Doing questions along with complicated strategies take away from learning the core-content. More than anything, you need simple, easy to understand content. When you focus on the content - your confidence grows because you are better equipped to answer any question NCLEX gives you!

Our goal is to help you to become a ReMar Nurse because ReMar Nurses KNOW the Content! Start your journey today at www.ReMarNurse.com!

THE NCLEX REVIEW FOR THE NEXT GENERATION

INTERACTIVE CONTENT

Your virtual training platform contains comprehensive content lectures by the #1 Instructor Regina Callion MSN, RN. Students can access each lecture individually or follow the recommended six-week calendar.



FULLY MOBILE RESPONSIVE



PRINTED WORKBOOKS

The NCLEX VIRTUAL TRAINER includes the *NCLEX-VT Student Workbook & Quick Facts for NCLEX* to optimize your study experience and deepen your connection with the written content-based material.



CRITICAL THINKING QUESTIONS

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

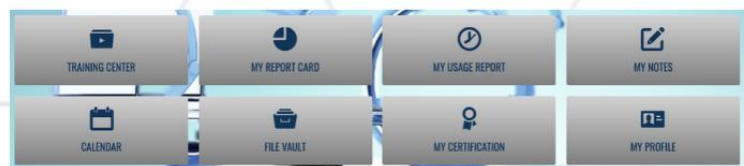


DAILY STUDY CALENDAR

Follow our six-week study calendar to stay on track and take control of your daily study routine and pass your state board exam with confidence and eight weeks of online access! **90-DAYS ONLINE ACCESS!**

INSTANT ANALYTIC REPORTING

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



NCLEX VIRTUAL TRAINER

\$150 ^{+S/H}

SAVE \$300+ Dec. 26 - Jan. 3rd



SCAN ME

REMARNURSE.COM

A MESSAGE FROM YOUR INSTRUCTOR

Your success in nursing will be determined by your ability to think, plan, decide, and act. The actions you take will be based upon your core content knowledge of the fundamental practice of nursing.

These same skills are necessary as you prepare to take NCLEX®. The stronger you are with the fundamentals, the faster you will learn how to critically think and make the right decisions. During this event my goal is to help you make the right decision when it comes to choosing the best review for your NCLEX prep – because passing NCLEX is the next major thing standing in the way of you and your nursing license!

Welcome to the ReMar Nurse NCLEX Virtual Trainer

My name is Regina M. Callion MSN, RN and I will be your instructor to help you complete this journey of passing NCLEX. I started my nursing career very early, at the age of 16! I was presented with the challenge to take care of my grandparents in their home.

My grandmother was a double amputee she lost her legs and vision to diabetes. My grandfather had a stroke and couldn't talk, swallow or walk. Some people might think that a teenage girl would feel helpless but I was empowered to provide care. It was the home health nurse Linda who taught me simple, straight to the point nursing information. She turned my challenge into an opportunity.

She wasn't afraid of my age or lack of experience. She believed in me.

As we begin our journey together I want you to see the challenge of passing NCLEX as the opportunity of your lifetime.

I'm going to make you a BOLD PROMISE.

I have personally beaten the odds and as a ReMar Nurse I expect you to do the same. I help thousands of nurses pass NCLEX each year from new grads, foreign nurses, and repeat-testers.

Whether this is your first time taking NCLEX or you've tested 10 times or more, I want to encourage you to stay focused on this one goal and believe in yourself because if you study this content you'll pass NCLEX.

I know that you can pass NCLEX because I've seen it done so many times and the only thing the student needed to do was to follow the instructions, stay with the schedule, and not give up.

I created the NCLEX Virtual Trainer to give you complete control of your studies. During the next 7-days you'll be able to get everything you need to pass NCLEX. I'm going to take what's in my head and put it in yours. **Stay focused; put FAITH over fear and invest in yourself - YOU CAN, YOU WILL, and YOU MUST Pass NCLEX!** Scan the code below and let's stay connected!



HOW TO USE THIS NCLEX-VIRTUAL TRAINER SAMPLE WORKBOOK

This workbook is designed to be used in combination with the Seven Days of NCLEX as a demonstration of the ReMar Nurse NCLEX Virtual Trainer online platform. When you're ready to begin your complete NCLEX Review you can place your order directly at www.ReMarNurse.com

PRINT THIS WORKBOOK!

You will need this complete workbook to fill in your lectures as you study directly with Regina MSN, RN during each pre-recorded episode of the "7-DAYS of NCLEX".

During this event you will study directly with Regina MSN, RN as you watch live via Facebook and YouTube! She will also take you into the NCLEX Virtual Trainer to watch the high-quality video lectures and experience it for yourself to build your confidence during our time together.

Be sure to follow the event and episode schedule on the following pages to make sure that you don't miss anything!

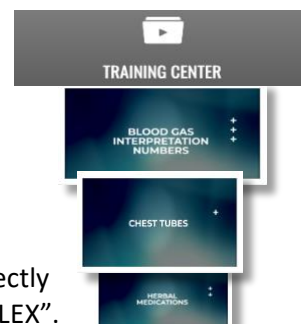
It takes six-weeks for (45-days) to effectively study for NCLEX! During the "7-DAYS of NCLEX" we're giving you a full 90-days access. You're also able to extend your access for an additional 30-days if needed.

HOW TO USE YOUR SIX-WEEK NCLEX STUDY CALENDAR

It takes six-weeks to pass NCLEX and we provide you with a step by step daily study calendar to guide you every minute of your journey!

Please note that each day has a specified start and stop time for your studies. Don't worry these are only recommendations for you to see how much time you should be spending with your review material. For example, if the calendar starts at 8:00am and the first activity takes 30-minutes to complete but you choose to begin at 6:30 am - then you can adjust that time to your personal schedule but the activity should still take about 30-minutes to complete.

We recommend that your study time is limited to approximately 3-hrs per day maximum in order to avoid fatigue and NCLEX burnout! This is a recommendation and you may find that you are able to handle more but I want you to be kind to yourself as we go through this process together! We believe that your content should be simple, easy to understand, and straight to the point because great nurses have compassion and know their content.



EVENT STUDY SCHEDULE AND CALENDAR!

Watch each (1-HR) EPISODE via [Facebook.com/ReMarReview](https://www.facebook.com/ReMarReview) or [YouTube.com/ReMarReview](https://www.youtube.com/ReMarReview)

DAY #1 of 7	RN & LPN OVERVIEW CHEST TUBES Thursday, December 26 th – 8:00 pm EST
DAY #2 of 7	HOT TOPICS PAIN MANAGMENT Friday, December 27 th – 12:00 pm EST
DAY #3 of 7	NCLEX PHARMACOLOGY REVIEW Saturday, December 28 th – 8:00 PM EST
DAY #4 of 7	PSYCHOLOGICAL CONCEPTS ABGs MADE EASY Sunday, December 29 th – 8:00 PM EST
DAY #5 of 7	PREGNANCY TOTAL PARENTAL NUTRITION Monday, December 30 th – 8:00 PM EST
DAY #6 of 7	NCLEX HOMEWORK QUESTIONS REVIEW Tuesday, December 31 st – 8:00 PM EST
DAY #7 of 7	NCLEX OPEN HOUSE QUICK FACTS REVIEW Wednesday, January 1 st – 8:00 PM EST

(HAPPY NEW YEARS! #REMARNURSES)

“7-DAYS of NCLEX” Day #1 - ReMarNurse.com



Scan to Watch!



Scan to Order!

RN & LPN OVERVIEW | CHEST TUBES | SPIRITUAL DEVELOPMENT (1 HR)

Episode begins: Thursday, December 26th, 8:00 pm - 9:00 pm EST

Welcome to Day #1! In today's lesson we're going to teach you exactly how to approach your NCLEX exam. There are five key points that students miss when preparing for NCLEX that if you get this you'll be able to learn the content you need without being surprised when it's time to test.

Not knowing how to study the content is a major cause of NCLEX testing anxiety. We've helped thousands of nurses overcome anxiety and get their license. In this lesson, I want to teach you how WE do it.

These principles will give you the structure to build your confidence and give you a better approach to breaking down the content. At the end of the lesson I will take you directly into the Virtual Trainer for my **sample lecture on Chest Tubes** where you will continue to take your notes and fill in this workbook.

After today you will be an expert on Chest tubes – just like that!

Hey did you know that hospitals have chaplains. Often times, one of my students will message me and say – “I'm really going through a tough time right now, please pray for me”, and so that's exactly what we do.

My goal is to give you the best of what I have and share it with you.

Over the past 10-years God has taken ReMar from a one-on-one tutoring service to the #1 content-based NCLEX review on the market helping tens of thousands of nurses pass NCLEX each year. For me my nursing journey has been a walk of faith; I know I wouldn't be here without God. Mark and I just want to let you know that “With God it's possible. I hope you enjoy day #1 remember to share today's lecture and I'll see you inside of the Virtual Trainer!

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com

Remember today is the first today the NCLEX Virtual Trainer sale – order now while supplies last. Please allow 5-7 business days to receive your NCLEX-VT Workbook due to the high volume of orders at the \$150 sales cost with 90-days access.

RN & PN TEST OVERVIEW

NCLEX Overview Point 1	
NCLEX Overview Point 2	
NCLEX Overview Point 3	
NCLEX Overview Point 4	
NCLEX Overview Point 5	

NCLEX PRACTICE EXAM

1. A nurse is caring for a client with a “Comfort Measures Only” order from the healthcare provider. Which of the following should be on the interdisciplinary team? Select all that apply.

1. Registered Nurse
2. Pharmacist
3. Dietician
4. Healthcare Provider
5. Chaplain
6. Respiratory therapist

NCLEX Case Study #1

A 63-year-old male is admitted to the medical surgical unit after an emergency pleural biopsy and thoracic ultrasound. The client has a closed drainage chest tube on the right side. He reports no pain and is currently in stable condition.

2. Which of the following is an expected auscultation finding involving a collapsed lung?

1. Adventitious breath sounds
2. Rhonchi
3. Absent breath sounds
4. Stridor

3. The healthcare provider has ordered a computerized tomography (CT) scan. The priority nursing action during transportation with the chest tube *in situ* is which of the following?

1. Monitor the client’s level of pain.
2. Keep client NPO before the exam.
3. Reinforce the dressing at the insertion site before transportation.
4. Keep the chest tube upright and below the level of insertion.

4. While standing for proper positioning during the CT scan the client’s chest tube becomes dislodged which is the priority action by the nurse?

1. Clamp the chest tube at the base of the unit.
2. Notify the healthcare provider.
3. Reinforce the dressing at the insertion site before transportation.
4. Keep the chest tube upright and below the level of insertion.

End of case study.

5. A nurse is caring for a client with a nasogastric tube. The healthcare provider has ordered this intervention to assist decompression. Which of the following is the most important action for the nurse to take?

1. Discontinue wall suction during treatment times.
2. Discontinue wall suction when the client complains of pain.
3. Maintain a semi-fowler’s position.
4. Provide protection care to the nares every 8 hours.

6. A client with a heroin addiction admits to frequent relapses. The client states “All people with addiction have relapses, this is normal.” The nurse is aware this statement is an example of:

1. Sublimation
2. Denial
3. Rationalization
4. Anger

7. A 38-year-old client, newly diagnosed with stomach cancer only has a few months to live. After a severe episode of pyrosis and indigestion the client states “This is just heartburn. I will be fine in a few hours.” Which is the best response by the nurse?

1. “You are avoiding the truth, this is stomach cancer.”
2. “It is stomach cancer that you are experiencing.”
3. “You are in denial, the healthcare provider told you that your diagnosis was stomach cancer.”
4. “Tell me more about your illness.”
5. “I will ask the healthcare provider to come back in and speak to you.”

8. A nurse is preparing to discharge a refugee living alone in Canada. The client does have a son who lives in a nearby province. The client will need help with daily personal care. Which of the following is the most appropriate action to include in a discharge planning?

1. Assess the client’s ability to have close neighbors offer assistance.
2. Consult with social work for a long-term placement admission.
3. Recommend to have a skilled healthcare worker provide in home care.
4. Recommend to have the son stay with the father for a few days.

9. A nurse is caring for a client two days post-operative a left hip replacement. Upon entering the room the client tells the nurse “I have completed my incentive spirometry and deep breathing exercises as you requested.” Which is the best response by the nurse?

1. Document the statement in the nurse’s notes.
2. Ask the client to explain how he completed the procedure.
3. Encourage the client to notify the nurse when doing the incentive spirometry and deep breathing exercises.
4. Request the client repeat the treatments in her presence.

10. A nurse is attending an educational conference on the possible dangers of narcotic treatments in certain populations. A narcotic medication should be avoided in which client?

1. The client with a history of alcohol abuse.
2. The client with a neurological impairment. Diminishes level of consciousness and pupil response.
3. The client refusing to participate in education regarding his current medications.
4. The client with rectal bleeding.

CHEST TUBES

A.) Chest tube is a _____ drain that allow fluids or air to escape the pleural space

Remember normal breathing works on _____.

Negative pressure is the idea that when humans inhale it is a result of the diaphragm contracting and moving down and the rib muscles move out. This causes the lungs to expand. The pressure inside the lungs drops. And it is the negative pressure that sucks the air in.

Chest tubes are needed whenever the _____ in the pleural space is disrupted.

Tension pneumothorax- _____ is in between _____ and _____ which can be caused by trauma, surgery, falls etc. Outside air creates a one way valve inside the lung.



Classic signs of a tension pneumothorax:

Trachea deviation	Yes

This is a medical emergency, client needs treatment right away!

Treatment of tension pneumothorax:

B.) Chest tube Setup: All chest tube systems have these three chambers

Collection chamber	Water Seal	Suction Control
Purpose is to: Notify primary healthcare provider 1. 2.	Purpose is to: Allow a _____ to exist from pleural space during _____ & _____ air to enter the pleural space during _____. Bubbling/Tidaling Continuous Intermittent	Amount of suction applied to the client. Both water seal and suction control have water in them. Bubbling/Tidaling Continuous- Intermittent-

C.) Care of a client with a chest tube

- 1) Assess client for:
- 2) Chest tubes should be placed _____ chest level.
- 3) Do not milk or strip chest tube without a doctor's order.
- 4) Daily _____ x-rays are needed to check _____.
- 5) Clients will have an _____ dressing at the insertion site.
- 6) Never clamp a chest tube without a M.D. order.

D.) Common NCLEX troubleshooting

1. Noticed the water seal is broken
 - A. Place the distal end of the tube in 2 cm of sterile water.
2. Pulled the chest tube out
 - A. Use a _____.
 - B. Cover the opening with an _____.
 - C. _____ the dressing on _____ sides only so that you can allow:

Critical Think: What is the difference between a regular sterile dressing & an occlusive dressing?

3. Complaints of pain won't comply-medicated and have the client to cough and deep breath
- A.
 - B.

For NCLEX you have at the bedside of a client with a chest tube.

- 1.
- 2.
- 3.

Critically Think Future Nurses

1. What kind of lung sounds would the nurse expect to hear with a client who needs a chest tube? Select all that apply.

- 1. Wheezes
- 2. Crackles
- 3. Stridor
- 4. Diminished
- 5. Pleural friction rub

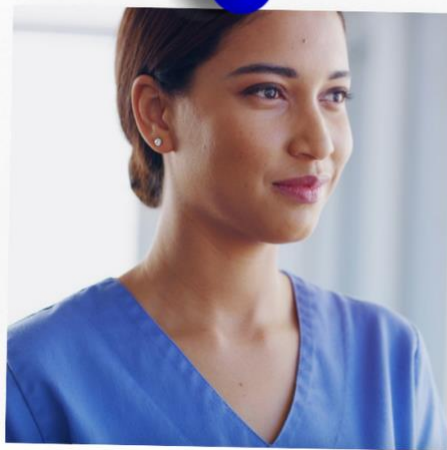
2. When caring for a client with a chest tube what should the nurse do to evaluate the effectiveness of the chest tube?

- 1. Empty chest tube drainage every shift
- 2. Mark chest tube drainage every shift
- 3. Clamp the chest tube when transferring the patient
- 4. Add water to the water seal chamber when she notices it is low

3. What should be done once the fluid in the water seal chamber no longer fluctuates with inspiration or expiration?

4. After a client has his chest tube removed by the healthcare provider which dressing should the nurse have ready to place over the incision site?

- 1. Transparent film dressing
- 2. Xeroform petroleum dressing
- 3. Seaweed healing dressing
- 4. Sterile cotton dressing



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99.2% NCLEX PASSING RATE (2019)

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- Interactive Video Lectures
- Quick Facts for NCLEX (**Amazon Bestseller!**)
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- 600+ Interactive Questions
- Group Study Chat
- 90-Days Extended Access



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School quotes: Support@ReMarReview.com



SCAN ME

I CAN
I WILL
I MUST
PASS NCLEX!

Regina M. Callion MSP, RN

These ReMar Nurses passed NCLEX... JUST LAST WEEK!

Let others talk about it – we're going to be about it! Join the NCLEX-VT and get your license in the next 6-8 weeks period.

Kristine Vital
1 hr

Thank you so much Remar Family!!! Got my mail and i passed LVN. 🙏🥳🥳 Thank you and Merry Christmas! 🎄🎄🎄

98 Likes 27 Comments

Goy Waraphon
20 hrs

I can't keep calm I have passed the Beast NCLEX -RN on my 4th times on Dec 21/19 ! , I had 55 SATA 1 calculation 2 drag and drop 5 EKG and TON of which pt would you call back first, computer shut off at 189 question.

English is my second language I graduated in 2005 moved to Canada in 2008 and work as PN.

I am 37 weeks pregnant and work full time

Traceen Hollis
December 20 at 9:03 PM

Thanks to all of my Remar Family!

I CAN'T KEEP CALM I PASSED THE NCLEX!

230 Likes 76 Comments

Jenelle Krysten Hayden
December 18 at 1:33 PM

I just want to thank ReMar for NCLEX !!!! After failing two times both at 265 questions (February 2019) and (May 2019) I finally passed with another 265 questions!! I'm a nurse!! Thank you god! ❤️

11:42 AM wsr.pearsonvue.com

NCSBN
Leading Regulatory Excellence

Veronique Akem
December 18 at 3:26 PM

I can't keep calm I passed my Nclex . I took it yesterday and found out this morning that i passed. Please listen to Remar if you don't know something look it up exactly what I did and I passed Nclex RN. I want to thank Remar for the wonderful review material she had for us to study with and the study group here. *You all are Amazing.*

Finally I want to my husband and my children with all the support they gave me. If i can do it with English be my second language you too can do it.

You and 280 others 132 Comments

Renee Marshall
20 hrs

Praise Report

I took my NCLEX RN on 12/20 and I am so very proud to say I AM A REMAR NURSE. All thanks be to the ALMIGHTY CHRIST GOD MY LORD AND SAVIOR. I want to thank Regina, this Remar family and the Remar team. I can, I will, I did pass NCLEX. I'm exceedingly and abundantly grateful. And to those who are in preparation for NCLEX, all things are possible through Christ who strengthens you. Remar review is the best product out there. With Christ, prayer and Remar you will succeed.

105 Likes 43 Comments

“7-DAYS of NCLEX” Day #2 - ReMarNurse.com



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HOT TOPICS for NCLEX | PAIN MANAGEMENT (1-HR)

Episode begins: Friday, December 27th, 12:00 pm – 1:00 pm EST

You sit down for NCLEX after weeks and months of studying and it hits you like a bomb – a topic that you never seen or studied before. They didn’t cover it in nursing school and it wasn’t amongst the hours of questions you spent time with on Uworld and NCLEX Mastery. Oh no!

In today’s lesson I’m going to teach you how to study the newest topics for NCLEX and be prepared for boards even if you’ve never heard of the topic before. We won’t be able to cover everything in this one-hour session but studying these topics now will give you a better foundation of content so that NCLEX won’t take you by surprise! Especially as a repeat-tester!

At the end of today’s lesson, I’ll take you directly into the NCLEX Virtual Trainer to go more in-depth with one of today’s Hot Topics on Pain Management where you will continue taking your notes and build out this workbook.

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com

HOT NCLEX TOPICS

<p>1. _____</p>	<p>Pediatric population:</p> <p>NCLEX Question: Which of the following children would be most dangerous to our _____ client?</p> <ol style="list-style-type: none"> 1. The child with varicella. 2. The child with influenza. 3. The child with active bleeding. 4. The child with cystic fibrosis. <p>Can they _____ after treatment?</p>
<p>2. Nursing _____</p>	<p>What are they responsible for?</p> <p>Can they delegate?</p>
<p>3. _____</p>	<p>Can the UAP apply restraints?</p>
<p>4. <u>Comfort Measures</u> (care) Only</p>	<p>What can the client have?</p> <p>Can the client eat what they want?</p> <p>Supplemental oxygen:</p> <p>IV fluids:</p> <p>Cardiac Monitoring?</p> <p>Dialysis?</p> <p>Nausea Medication?</p>

<p>5. _____</p> <p>Surgical? Migraine? Labor? Renal calculus? Rheumatoid?</p>	<p>1. 2. 3. 4. Level of consciousness</p>
<p>6. _____</p>	<p>F I C A</p>
<p>7. _____</p>	<p>You need to know the order the cycle occurs.</p>
<p>8. _____</p>	

PAIN MANAGEMENT

Pain is _____. It can feel different from client to client.

Pain can be _____ or _____.

Rating	Technique
Adults	
Babies/Children	

Non-verbal cues of pain

Pain is experienced differently because of:

Routes for pain medication:

Patient controlled analgesia (PCA) Pump

NCLEX notes about PCA Pumps.

Critical thinking question:

Should the nurse teach about PCA pump before or after surgery?

2 Things to Monitor

1.

2.

ReMar Tip: This is a lot of information to learn but you are doing great!

"7-DAYS of NCLEX" Day #3 - ReMarNurse.com



Scan to Watch!



Scan to Order!

NCLEX PHARMACOLGY REVIEW | SPIRITUAL DEVELOPMENT (1-HR)

Episode begins: Saturday, December 28th, 8:00 pm – 9:00 pm EST

Welcome to Day #3 - Today's review will answer the question "What is the best way to study pharmacology?" "Once and for all!"

There's a way to study pharmacology and I'm going to show you how. Some of the information we'll study today comes from the pharmacology section in the rear of Quick Facts for NCLEX.

If you like what you learn in today's review during our time together I absolutely know that you'll love the newly updated NCLEX Virtual Trainer (VT) that you can purchase during this event. With the VT you can complete your studies in the next 6 to 8 weeks ([ReMarNurse.com/NCLEXVT](https://www.RemarNurse.com/NCLEXVT)).

All too often students make the mistake of just trying to remember drugs for NCLEX, they fall into the trap of studying medications out of context. For best results, pharmacology has to be studied within the complete system of the disease and treatment process because when you understand the process you'll understand the drug treatment and build your confidence for passing NCLEX!

INSTRUCTOR REGINA M. CALLION MSN, RN

www.RemarNurse.com

PHARMACOLOGY

Drug Interactions for NCLEX

There are 3 types of drug interactions.

- 1
- 2
- 3

1.

A substrate -

The major substrate for NCLEX is DIGOXIN. If a client is taking digoxin it can react with both an inducer or inhibitor.

Medications that increase Digoxin levels

1.

2.

3.

4

Critical Thinking Question:

1. A newly admitted client takes digoxin 0.25 mg/day. The nurse knows that which is the serum therapeutic range for digoxin?

- 1 0 to 0.5 ng/mL
- 2 0.5 to 2.0 ng/ mL
- 3 0 to 2.0 ng/ mL
- 4 2.0 to 4.0 ng/ mL

- 5 Before administering digoxin which of the following would be most important to assess a client for?

1. Hypocalcemia
2. Hypokalemia
3. Hypotension
4. Atrial fibrillation

Major Inducers

These medications will make a medication more potent because the body will metabolize it quicker.

Major Inhibitors

These drugs will stop a medication from working because the body will not be able to metabolized the medication.

- Grapefruit
-
- Cimetidine (Tagamet)
-
-
- Phenobarbital
- Carbamazepine
- Amiodarone- increases warfarin & digoxin
- St. John's Wort

Medications Safe with MAOI's - MAOI have a variety of food and drug interactions. It is best to remember the drugs SAFE to take with MAOIS as there are just a few exceptions the acronym is: **IMALE**

I	
M	
A	
L	
E	

Ototoxic Agents

NCLEX Pharmacology Clinical Case Study 1

Healthcare provider Orders

1.	0.9% NS at 125 mL/hr. given for hydration
2.	
3.	Laboratory work reveals K+ of 3.1
4.	
5.	
6.	Ciprofloxacin 400 mg IV every 12 hours
7.	Repeat urine specimen for foul odor

Healthcare Provider Progress Notes

0900: Mary Jane, 64 had ingested an overdose of benzodiazepines with a large glass of wine. Because this was unknown when entering the emergency department, the client received several interventions to reverse the possible cause of the condition.

1. **Mary Jane, was transferred to the medical-surgical unit. Using the call light, she requests to see the registered nurse immediately. Upon arrival of the nurse, Mary Jane is pacing around the room displaying symptoms of psychosis. Mary Jane admitted to using cocaine in the bathroom for an energy rush to get her through the day. Her current vital signs:**

Heart rate-113

Respirations- 32

Blood pressure- 142/98

Temperature- 98.9

After notifying the healthcare provider which medications should the nurse anticipate to administer? Select all that apply.

1. Nicotine
2. Propranolol
3. Haloperidol
4. Diazepam
5. Caffeine

2. **The following day the unlicensed assistive personnel reported Mary Jane to be lethargic and unable to respond to verbal commands. The registered nurse obtained a capillary glucose reading of 48 mg/dL. She reported the finding to the healthcare provider. Which of the following orders would be the most effective intervention?**

1. 10% Dextrose at 5 mL/hr. until stable
2. Three Glucose tablets (15 grams of Glucose gel)
3. Glucagon IM 1 mg
4. Ritodrine IV

3. **Carl Jane, the husband of the client comes for a visit. He tells the nurse that when Mary discusses her best friend's death, she uses more drugs. Which members of staff should be included on the interdisciplinary team? Select all that apply.**

1. Pharmacist
2. Healthcare provider
3. Nurse
4. Occupational therapist
5. Dietician
6. Psychologist

4. **Mary Jane is discharged home with a prescription for a short-term anxiety medication. She asks the nurse if she can take the anti-anxiety medication with only 1 glass of red wine. What is the best response by the nurse to the client?**

1. "The wine mixed with the medication will cause a dangerously high level of your blood glucose reading. You should not drink and drive."
2. "The medication may be taken with 1 glass of wine is safe but no more than that."
3. "Combining the alcohol and medication could kill you as the mixture is lethal."
4. "Are you worried you will not be able to maintain your sobriety?"

“7-DAYS of NCLEX” Day #4 - ReMarNurse.com



Scan to Watch!



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PSYCHOLOGICAL CONCEPTS | ABGs MADE EASY (45-MIN)

Episode begins: Sunday, December 29th, 8:00 pm – 9:00 pm EST

So, whose fault is it when Nursing Students don't understand important subjects for NCLEX?

Two years ago, I finished teaching a class in South Florida and a small group of students came up at the end and thanked me for reviewing their school.

One student nurse said she had the hardest time with Arterial Blood Gas (ABGs) Interpretations before the class and her teacher never really explained it. She was shocked about how easy it was to learn once we opened the workbook and studied it together (it took less than 5-minutes).

In today's lesson I'm going to teach you a few of the most important Psychological concepts for NCLEX and of course how-to breakdown the ABGs in less than 5-minutes!

So, whose fault is it when students aren't prepared for NCLEX?

The reality is NCLEX isn't concerned about whose fault it is! It's only objective is to make sure that you're a safe and competent nursing professional capable of saving a life and reducing medical errors.

We all have our role to play. The school is responsible for teaching but it's your name that goes on the license. I created the NCLEX Virtual Trainer to help you Take Control over your nursing career. During the “7-Days of NCLEX” I've lowered it to less than one-third of the cost, just \$150 (a \$474 value)!

My goal is to help you remove all excuses and finally get your nursing license!

You can, you will, you must – pass NCLEX!

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com

PSYCHOLOGICAL CONCEPTS

1.

_____ is an acute _____ change that
is reversible with _____.

Causes:

S	
I	
D	
E	

Assessment note:

Memory Impairment Note: Client will have a decreased short-term memory

Treatment:

NCLEX Point: Research shows that even experienced nurses confuse the symptoms of delirium with dementia.

2. Dementia

Dementia is a _____ progressive

_____ that has no cure. The disease also affects

- 1.
- 2.
- 3.

The most common form of dementia is _____.

Critically Think

Is Alzheimer's disease considered a mental illness?

Know the _____ of Alzheimer's Disease and also find these in Quick Facts

1. _____ - inability to use an object correctly, client is unable to recognize what it is for.
2. Alexia -
3. _____ - inability to communicate
4. _____

3. Stages of Alzheimer's

1. Mild/Early	
2.	A's Agnosia Alexia Aphasia Apraxia
3. Severe/ Late	Incontinence of bowel and bladder Further decline in cognitive and psychomotor coordination.

Treatment

_____ and _____ should be provided by the nurse.

When _____ is not appropriate then

_____ is the next action.

NCLEX Tips: Other Nursing Interventions

1. Maintain a strict schedule to promote a sense of security
2. Keep a calendar/clock in sight.
3. Keep familiar objects such as family photos and objects from the past in the client's environment.
4. Address the client's caregivers to provide support.

4. _____

These clients are _____ to _____.

	Depression = Extreme Sadness	Mania = Extreme elation
Signs	*all signs are negative* No pleasure in things Crying Suicidal Thoughts	*all signs are positive* Impulsive Pleasure seeking
Similarities		
Treatments The treatment is the same for both.	Laboratory test:	Mood stabilizers, Counseling, lithium Antipsychotics No laboratory test for mania.

Critically think: Circle the diagnosis based on the symptom.

1. Difficulty accepting compliments	Depression Mania
2. Bizarre dress	Depression Mania
3. Euphoria	Depression Mania
4. Fear	Depression Mania
5. Impulsiveness	Depression Mania

NCLEX Safety Point	Depression: Nursing Interventions:
	Mania: Defensive and against authority

5. _____ - can't tell the difference

between _____ and _____.

Disease is _____ and requires _____ treatment.

Positive Psychotic Symptoms

1. Delusions-
2. Hallucinations-
3. Neologism-
4. Echolalia- constantly repeating something they heard
5. Flight of Idea- jumping from topic to topic during conversation

Negative Signs: mute catatonic, suicidal, homicidal

Treatment:

Medical: Antipsychotic medications

Environmental: Nurse behavior

Use _____

Sit in silence

Set _____

Nursing Care:


1. Always keep in mind _____.
2. _____ their _____.
3. Present _____.
4. Set _____.
5. Avoid _____ the _____.

BLOOD GAS INTERPRETATION BY NUMBERS

pH	HCO ₃
Below 7.35=	
Above 7.45 =	

THINK R.O.M.E.! Respiratory Opposite Metabolic Equal

A.) How would you interpret this blood gas? pH 7.53 PaCO₂ 33 HCO₃ 33 PaO₂ 72

pH 7.53  HCO₃ 33 = _____

B.) How would you interpret this blood gas? pH 7.10 PaCO₂ 24 HCO₃ 45 BE 3

pH 7.10 _____ HCO₃ 45 _____ = _____

C.) How would you interpret this blood gas? pH 7.32 PaCO₂ 35 HCO₃ 17 PaO₂ 89

pH 7.32 _____ HCO₃ 17 _____ = _____

BLOOD GAS INTERPRETATION BY DIAGNOSIS

1st question: Is this a breathing problem?

Yes	No
R	M
Respiratory Alkalosis= Respiratory Acidosis=	Metabolic Alkalosis= Metabolic Acidosis=

Critically Think:

- 1) Which blood gas value would you expect to see in a client with a pulmonary embolus
- 2) Which blood gas value would you expect to see in a client who has diabetes mellitus type 2?
- 3) Which blood gas value would you expect to see in a client who has chronic obstructive pulmonary disorder?
- 4) Which blood gas value would you expect to see in a client who has a pancreatic fistula and diarrhea?
- 5) Which blood gas value would you expect to see in a client 26 weeks pregnant with hyperemesis gravidarum?

*For NCLEX you do not have to worry about compensated or partially compensated blood gas interpretation.

“7-DAYS of NCLEX” Day #5 - ReMarNurse.com



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PREGNANCY | TOTAL PARENTAL NUTRITION (45-MIN)

Episode begins: Monday, December 30th, 8:00 pm – 9:00 pm EST

In today's lesson we're going directly into the NCLEX Virtual Trainer for two advanced study sessions!

I want to impress upon you what it's like to study NCLEX content in an organized way. There is a difference in the quality of education that you'll get from resources that you'll find on Facebook, YouTube, and free downloadable apps vs. when you invest in the resources that are designed to help you reach your nursing goals.

If you're new to ReMar I have hundreds of FREE videos on YouTube and Facebook that you can go and watch right now. I've done this every Monday at noon for the past three-years!

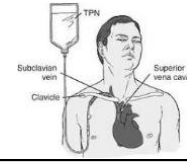
Thousands of nurses have passed NCLEX with ReMar because they saw the free lessons and saw that they could understand the content! They took the next steps, made the investment and got their nursing license!

Passing NCLEX isn't a mystery - I just want to show you that I can be done because I believe in you.

You can learn the content in a simple straight forward way with a structured, organized, comprehensive NCLEX review you can, you will, you must – Pass NCLEX!

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com



TOTAL PARENTERAL NUTRITION

What are the nutrients going through?

Who needs TPN?

Examples

The goal of TPN is to _____.

What labs to monitor?

What electrolyte imbalances can TPN cause?

What is your emergency substitute for TPN?

How do you stop TPN?

PREGNANCY

A.) Human chorionic gonadotropin(HCG) is the hormone responsible for pregnancy.

B.) Probable Signs

1. Hegar's sign
- 2.
3. Chadwicks sign-
- 4.

C.) Positive Signs

- 1.
- 2.
- 3.

D.) Naegele's Rule (*NCLEX will give you the last date of the menstrual period.)

1. add _____ days
2. subtract _____ months
3. add _____ year

*Best Calculation for months April to December

Practice Question: LMP- May 5, 2018

What is the estimated due date? _____

NCLEX Pro Tip: If LMP falls between January to March Add 7 Days to LMP then add 9 months

E. Monthly Doctor's Visits and Milestone Markers

Months	Doctor's Visits & Milestone Markers
Up to 28 weeks	16 weeks -
	Bi-weekly doctor visits
	28 weeks -
	Weekly doctor visits
	36 weeks-Rapid fat production
	Lightening -

1. Gravity	
2.	

Critical Thinking Question: A woman has 4 children (2 singles and a set of twins) what is her parity?

F. Diagnostic Procedures:

1.

Indication	<ol style="list-style-type: none">1. Fetal Lung maturity2.
Administration	Invasive Procedure:
Client Teaching	<p>4 NCLEX Teaching Points for Registered Nurses</p> <ol style="list-style-type: none">1.2.3.4. <p>Watch for:</p>

2.

Indication	
Administration	<p>Rh (D) Immune Globulin Rhogam Administration</p> <p>When to give?</p>
Client Education	<p>Indirect Coombs Test</p>

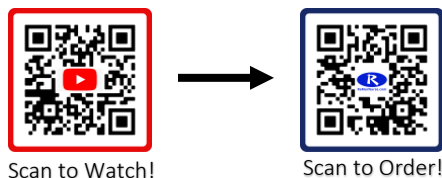
3.

Indication	<p>1.</p> <p>2.</p> <p>3.</p>
Administration	<p>Results-</p> <p>Reactive is negative =</p> <p>Non-reactive=</p>
Client Education	

G. 6 Points of Client Education:

1. Morning Sickness	
2.	
3.	
4. Diet	
5.	
6.	

“7-DAYS of NCLEX” Day #6 - ReMarNurse.com



REMAR NURSE NCLEX QUESTIONS REVIEW (1-HR)

Episode begins: Wednesday, December 31th, 8:00 pm – 9:00 pm EST

In just a few hours, millions of people across the US and worldwide will be gathering at midnight to watch the ball drop! ReMar Nurses thank God for a New Year but we're not dropping the ball especially when it comes to NCLEX!

This year we're doing it this the right way; we have the winning formula and a proven way to pass NCLEX.

We're not trying to do 100 NCLEX questions a day.

We're not wasting time with complex and complicated test taking strategies.

We're not going to allow fear, anxiety, or failure keep us from reaching our goal.

There is a way to pass NCLEX – we're going to study the content and then answer the questions.

We're not going to spend five and six hours a day with this.

We're not renewing subscriptions for Uworld over and over.

We're not paying for \$400 for the same NCLEX Review that failed didn't work the last time.

We're studying the content and then answering the questions – that's the plan.

Do this for the next six weeks, follow the calendar, reduce your study time to about 2hrs a day and let's get this done! We can, we will, we must – Pass NCLEX!

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com

NCLEX Case Study #1

A 55-year-old male was admitted to the psychiatric unit for management of schizophrenia. He isolated himself by remaining in his room and was observed to be staring at the ceiling, his head leaning to one side, and speaking to himself. He refused his food and medications because he said they were poisonous.

1. Which form of schizophrenia should the nurse document for the client?

1. Paranoid
2. Catatonic
3. Disorganized
4. Depressive

2. Which of the following areas are most important to the mental status assessment of this client? Select all that apply.

1. Diet
2. Hearing
3. Judgement
4. Thought process
5. Pupillary dilatation
6. Personal appearance

3. Which of the following indicators are diagnostic criterion for schizophrenia? Select all that apply.

1. Enhanced intellectual skills
2. Severe physical disability
3. Severe anxiety
4. Word salad
5. Fixed false beliefs

4. Which of the following behaviors is the nurse most likely to observe when caring for this client?

1. Regression
2. Suspiciousness
3. Emotional outbursts
4. Abnormal body posturing

5. Which of the following nursing strategies is most appropriate to address this client's lack of desire for social interaction?

1. Conduct only one-on-one counseling sessions with him.
2. Initiate weekly group interaction as the main focus of therapy.
3. Keep interactions short, frequent and non-demanding.
4. Offer infrequent attempts to establish a relationship with him.

6. Which of the following pharmacological agents would be most appropriate for this client? Select all that apply.

1. Diazepam
2. Haloperidol
3. Fluphenazine
4. Lithium carbonate

End of case study.

7. A nurse is caring for a child with bacterial meningitis. Which of the following would indicate the child has developed disseminated intravascular coagulation?

1. Cyanosis
2. Pedal edema
3. Hemorrhagic skin rash
4. Lower side flank pain

8. A 6-year-old child is scheduled for a lumbar puncture. The nurse should place the client in which position for the procedure?

1. Side-lying with legs pulled up and head bent down to the chest
2. Supine with a pillow under the shoulders
3. Prone with a pillow under the abdomen
4. Prone with a pillow under both knees

9. A nurse is evaluating the lumbar puncture results of a child diagnosed with bacterial meningitis. Which of the following laboratory results would she expect?

1. Clear CSF, decreased glucose, decreased protein
2. Cloudy CSF, elevated protein, decreased glucose
3. Cloudy CSF, decreased protein, decreased glucose
4. Bloody CSF, elevated protein, decreased glucose

NCLEX Case Study #2

A community health nurse, visits a 52-year-old spiritual healer who is being treated for diabetes and a non-healing venous ulcer on his right foot. The client tells the nurse he has stopped applying the antibiotic ointment and taking his insulin lispro on the advice of a herbal healing book. He is wearing a religious medal that was acquired after reading the herbal healing book.

10. Which question about the medal would be most appropriate for the nurse to ask?

1. "Will you tell me the significance of the medal to you?"
2. "What is the reason for wearing the medal?"
3. "Do you think that the medal will help heal your foot?"
4. "Do you want to wear this metal in the hospital?"

11. The client agrees to be treated in the local hospital. The healthcare provider orders an x-ray of the right foot. The client insists on wearing the medal. Which of the following is the most appropriate action for the nurse to take?

1. Removing the medal in the client's room and wearing it until the client returns from the x-ray.
2. Promising the client that the medal will be safe until the client returns.
3. Sending a written note with the client that the medal can be wore during the x-ray.
4. Requesting that the physician order an alternate diagnostic procedure.
5. Removing the medal just before the start of the x-ray and then returning the medal to the client when the x-ray is completed.

12. A 73-year-old hospitalized client refuses her bedtime sleeping medication. The client has mild cognitive impairment. Which is the best action by the nurse?

1. Notify the healthcare provider immediately.
2. Comply with the client and document the interaction.
3. Explain to the client the importance of proper sleep and insist on the medication.
4. Notify the family to discuss the client's request.

13. A 35-year-old client has just been told that she has terminal cancer. Her husband and three children are present and while speaking to the nurse they are in great distress. Which action is most appropriate by the nurse?

1. Inform the client that the healthcare organization has an excellent cancer treatment program.
2. Acknowledge the client's feelings and let them know that there is still quality time for them to spend together.
3. Recognize the difficulty of the situation and ask if they would like to spend some time alone.
4. Tell the client and family not to lose hope or give up.

14. A 93-year-old client tells the nurse he wishes to speak to his mother. Which of the following is the best response by the nurse?

1. "I will try to locate her, but it may be difficult for me."
2. "Is there anyone else I can contact instead?"
3. "Begin speaking and your mother and I will hear you."
4. "I know it must be difficult for you to be alone."

15. A nurse is caring for a client diagnosed with schizophrenia and hypertension. While lying in bed the client begins to have an acute myocardial infarction. The client suddenly becomes short of breath. Which is the priority action for the nurse to take?

1. Ask the client to take deep breaths.
2. Elevate the client's feet on two pillows.
3. Place the client in semi-fowler's position
4. Take the client's vital signs.

16. A telehealth nurse is calling Mr. White to discuss his recent employee physical examination. She has been directed by Mr. White's employer to call him. When the nurse calls, Mr. White states he does not want to discuss his results with her and hangs up the phone. What is the most appropriate action by the nurse?

1. Call Mr. White back and start the conversation off by stating the purpose of the call.
2. Notify the healthcare provider of Mr. White's behavior.
3. Document the behavior.
4. Notify the healthcare provider and then document the client interaction.

“7-DAYS of NCLEX” Day #7 - ReMarNurse.com



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REMAR NURSE NCLEX OPEN HOUSE | SPIRITUAL DEVELOPMENT (45-MIN)

Episode begins: Wednesday, January 1st, 2020, 8:00 pm – 9:00 pm EST

Today is our final session for the “7-Days of NCLEX”! By now I hope you’ve already placed your order for the VT and your books are either on the way or in your hand. Worst case scenario we’ve run out of inventory and we’re doing everything possible to restock before the sale ends on Friday, January 3rd, 2020!

Sometimes it’s difficult to gauge the level of response but at this price of \$150 - it’s the lowest any of my programs since I started ReMar as a private tutoring service over 10-years ago!

It’s a bit crazy but Mark and I are stepping out on faith to give you our all in the hopes that you’ll respond because when you do we know your testimony is coming and we can’t wait to see it!

The Virtual Trainer is by far the best NCLEX resource from ReMar. It has questions, content, and greater accountability. It’s twice as good as any review on the market, you name it – our content is better, and the truth is YOU are better!

I don’t care if you’ve taken NCLEX 10 times, or you been out of school for 15-yrs!

I know you have what it takes to pass NCLEX because I’ve seen ReMar Nurses take this content and turn it into a nursing license. That’s what I want from you – I can’t wait to see your testimony on the other side of NCLEX! Please feel free to email with any questions, Regina@ReMarReview.com, or call and speak with #TeamReMar directly at 1-855-NCLEX-NOW

INSTRUCTOR REGINA M. CALLION MSN, RN

www.ReMarNurse.com

Happy New Year ReMarNurses!

1. A client demonstrates laryngeal edema and shock after a single dose of penicillin. Which interventions are the most important at this time? Select all that apply.

1. Epinephrine
2. A tongue blade
3. Oxygen
4. Tracheostomy
5. Nasogastric tube

Open House Topic #1	NCLEX Tips
_____ Questions	Also called: 1. Turn each answer into:

2. A nurse is caring for a client who was involved in a severe motor vehicle accident. The client's attorney comes to visit the client and requests medical information to validate a proper lawsuit. What is the best response by the nurse?

1. Inform the attorney on the client's medical treatment.
2. Contact the hospital's ethics committee.
3. Call the nearest of kin to obtain consent to speak to the attorney.
4. Notify the physician.

Open House Topic #2	NCLEX Tips

3. A nurse manager has received a formal complaint about a nurse who is physically abusing elderly clients on the unit. The priority action for the administration is to do which of the following?

1. Notify the local authorities
2. Notify the appropriate board of nursing
3. Notify and file a complaint with a hospital's legal team
4. Write an incident report including physical evidence gathered in the client's chart

Open House Topic #3	NCLEX Tips
	<p>Nurses are mandatory reporters of:</p> <p>Child/Elder abuse</p> <p>Neglect</p> <p>Domestic violence- including rape</p> <p>Other mandatory reporters</p>

This is a Critical Thinking Question:

1. A nurse suspects a 3-month-old is being physically abused. Which laboratory test will be the most likely to validate this suspicion?

1. MRI
2. Coagulation studies
3. Nutrition panel
4. Chemistry panel

5 Star QUICK Facts Quiz
1.
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7.
8.
9.
10.
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12.
13.
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20.

CONGRATULATIONS – YOU’VE COMPLETED THE NCLEX VIRTUAL TRAINER!



You're one step closer to sitting for NCLEX! As I said in the introduction to this book, I'm confident that if you haven't studied the content and honored the process that you can pass NCLEX!

Even if you are feeling a bit anxious I promise you it's normal! This test is important and I know that you can do it – in fact I want to see your testimonial video on the other side of NCLEX where you're smiling or sharing tears of joy as soon as you see your name on the board results and it has that big RN or LPN attached to it.

You deserve that moment and just know that your success will not only bless you but it's going to bless everyone around you! Once you pass NCLEX I need you to do me a favor. I need you to document your journey and cap it off by making a ReMar Nurse testimonial video!

Mark and I would love to know more about your journey and what God is doing for you! You don't know how much your journey, struggles, and victories will bless the next nurse!

When you post your video Mark and I would like to send you a gift because you gave back!

After you post the video just contact my team via email, Support@ReMarReview.com, and you can choose between a new copy of my book **"FIRST SHIFT – How to Dominate your First Two Years of Nursing"** or, my favorite ReMar Nurse **"With God It's Possible"** Blue T-Shirt as my personal gift to you!

Please let me know if you have any questions about the review! When we launched the Virtual Trainer during Black Friday 800 nurses joined in first three days and I hope to share the same experience with you during this event and the weeks to come as you continue you study inside of the (VT) to pass NCLEX and FINALLY GET YOUR PROFESSIONAL NURSING LICENSE! Say it with me -

I CAN. I WILL. I MUST – PASS NCLEX!

A promotional banner for the NCLEX Virtual Trainer. The background is dark blue with a hexagonal pattern. The text "NCLEX VIRTUAL TRAINER" is at the top in white. Below it, "\$150" is written in large white font, with "+S/H" to its right. A green banner at the bottom says "SAVE \$300+ Dec. 26 - Jan. 3rd". On the right, there is a QR code with a small "R" logo in the center, and a button that says "SCAN ME" with a mobile phone icon. The website "REMARNURSE.COM" is at the bottom right.

NCLEX VIRTUAL TRAINER

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