



FEBRUARY 5TH - FEBRUARY 15TH!

WELCOME TO THE

LOVE YOUR CONTENT EVENT

A REMAR REVIEW NCLEX ADVANCED STUDY SESSION

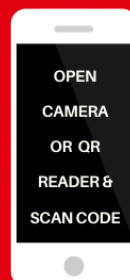


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February 13th & 14th & 8PM EST
NCLEX VIRTUAL TRAINER

PREGNANCY & SEXUALLY TRANSMITTED DISEASE REVIEW

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A MESSAGE FROM YOUR INSTRUCTOR

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 given the challenge to take care of my grandparents.

My grandmother – she 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 might think I would feel helpless in this new environment but I was empowered because of a home health nurse named Linda. She taught me how to practice bedside nursing in a simple straight to the point way. She turned my challenge into an opportunity.

Nurse Linda 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.

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.

I have personally beaten the odds and as a ReMar Nurse I expect you to do the same.

I've helped thousands of nurses pass NCLEX - from new grads, foreign nurses, to repeat-testers. It doesn't matter if you've tested 10 times, I want to encourage you to stay focused on this one goal and believe in yourself because if you study this content in the NCLEX Virtual Trainer You Will Pass NCLEX.

I created the NCLEX Virtual Trainer to give you complete control of your studies.

During the Love Your Content Event I'm going to take what's in my head and put it in yours as we study the topics of labor, delivery, and sexually transmitted diseases. During this event I'm also going to give you the full opportunity to have all of my content inside of the NCLEX Virtual Trainer.

Stay focused; put FAITH over fear and invest in yourself - YOU CAN, YOU WILL, and YOU MUST Pass NCLEX!



**WE ARE
REMAR!**

BY THE NUMBERS

PREPARED FOR SUCCESS!

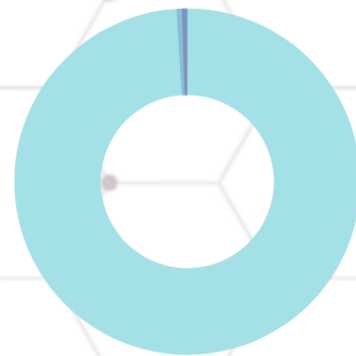
ReMar Nurses have a 99.2% NCLEX Success Rate Studying Core Nursing Content.

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.

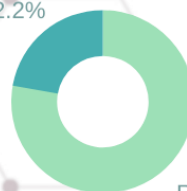
- The NCLEX-RN & LPN test plans and Practice Analysis serve as our guide for content development.
- Our curriculum narrows down the content to emphasize the key topics found on the exam.
- We save time by only teaching the information that a new graduate is expected to know for NCLEX.
- Our streamlined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

We Care About the 1%



Success Rate
99%

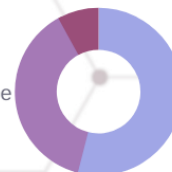
LPN
22.2%



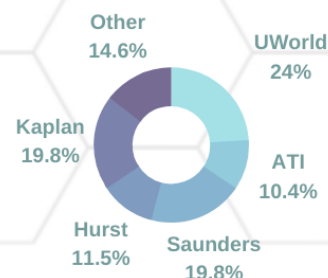
RN
77.8%

Foreign
8%

1st Time
38%



Repeat
54%



UWorld
24%

ATI
10.4%

Hurst
11.5%

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 takes 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!

LOVE YOUR CONTENT NCLEX EVENT SCHEDULE

Watch both NCLEX Review Episodes on either [Facebook.com/ReMarReview](https://www.facebook.com/ReMarReview) or [YouTube.com/ReMarReview](https://www.youtube.com/ReMarReview)

 **FEB 5RD** **BEGIN - LOVE YOUR CONTENT NCLEX REVIEW SALE**
Order the NCLEX Virtual Trainer on Sale for \$189

 **FEB 13TH**

DAY #1 - LOVE YOUR CONTENT NCLEX REVIEW (Wednesday – 8:00 PM EST)

- Sexually Transmitted Disease (Page 6 - 8)
- Maternity (Page 9 - 13)
- Danger Sign in Pregnancy (Page 14)
- Labor / Delivery (Page 15 - 16)

 **FEB 14TH**

DAY #2 - LOVE YOUR CONTENT NCLEX REVIEW (Thursday – 8:00 PM EST)

- Normal & High-Risk Newborns (Pages 17 - 19)
- Newborns Nursing Interventions (Page 20)
- Advanced Homework Questions (Page 21 - 22)
- How to use NCLEX Virtual Trainer (Page 23)

 **FEB 15TH**

END - LOVE YOUR CONTENT VT SALE
(Sale may end early – while supplies last)

ReMar Nurse Extra Bonuses!

JOIN FREE 3-DAY TRIAL STARTING ON PAGE 24!

TAKE NCLEX GRIEF ASSESSMENT ON PAGE 46!

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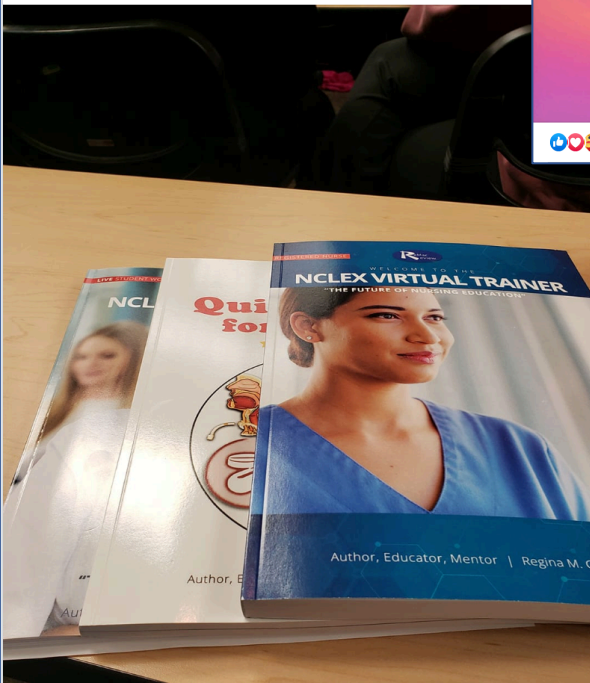


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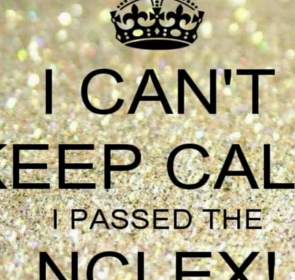


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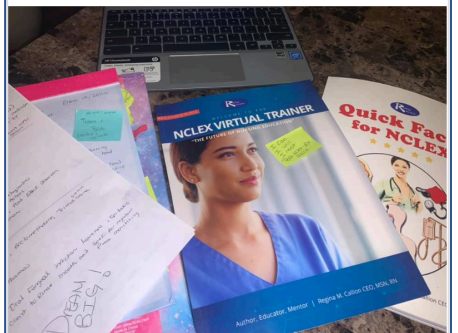
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34 Comments



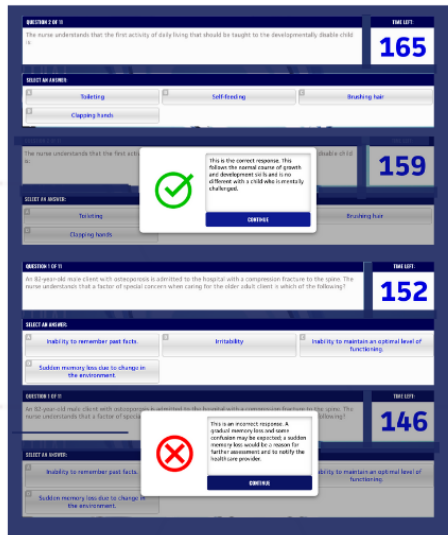
I CAN'T
KEEP CALM
I PASSED THE
NCLEX!



EXPERIENCE THE NEW REMAR NCLEX VIRTUAL TRAINER!

CRITICAL THINKING QUESTIONS

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



INTERACTIVE NCLEX CONTENT

Your virtual training platform contains comprehensive content lectures by Instructor Regina Callion MSN, RN. Each video is fun, easy to understand and engaging, like watching Netflix for NCLEX! Students are also able to take interactive quizzes by selecting on screen questions asked by the instructor.

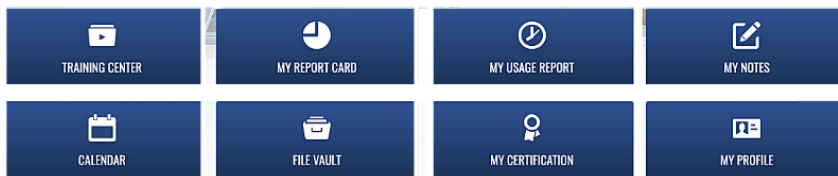


DAILY STUDY CALENDAR

Follow our six-week study calendar to take control of your study routine and pass your state board exam with confidence and **THREE-MONTHS ONLINE ACCESS!**

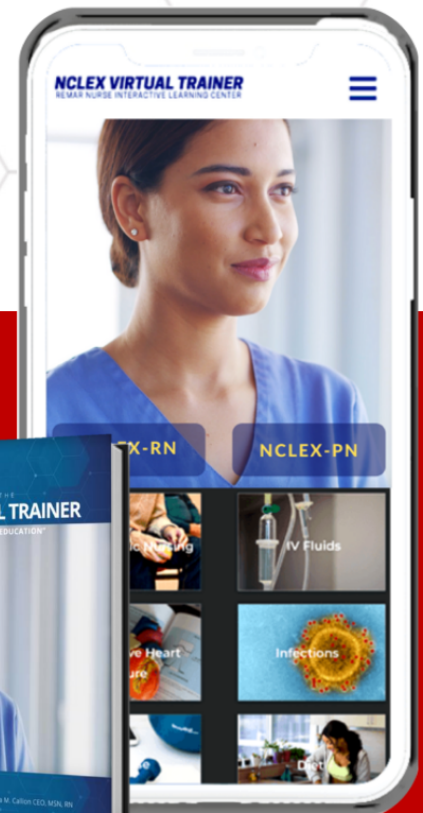
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You'll have access to our extensive dashboard with reporting tools, comprehensive analytics, with daily reporting to keep you on track. Your progress reports will demonstrate your readiness for NCLEX!



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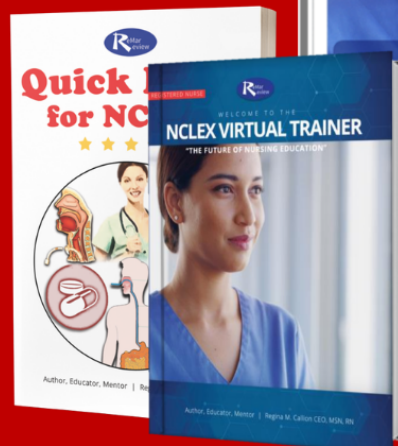


NCLEX Virtual Trainer

Save \$180 off \$369 MSRP

\$189

February 5th - February 15th
at ReMarNurse.com





ReMar Nurse Advanced Study Session

A. Sexually Transmitted Diseases (STDs) –

STDs can either be _____ or _____.

Bacteria	
Virus	

The four ways _____ are _____.

- 1.
- 2.
- 3.
- 4.

Sores	Drips

1. Sores:

A.

Incubation	
Signs	
Treatment	

B.

Incubation	HS1- HS2-
Signs	HS1- HS2-
Treatment	

What is the difference between herpes _____ and herpes?

_____?

C.

It is half _____ and half _____.

Incubation	
Signs	
Treatment	

2. Drips:

A.

Incubation	
Signs	
Treatment	

B.

Incubation	
Signs	
Treatment	

Maternity

The Childbearing Cycle

A. Conception

Conception is the penetration of:

Sperm is also called	Male
Ovum is also called	Female

Where does conception take place?

Remember the number 23 for chromosomes.

1. Gender

Sex is determined by:

What are the letters for a female child:

What are the letters for a male child:

Where does nidation take place?

NCLEX Emergency:

Condition:

Signs:

Laboratory values

Treatment:

B. Developmental Stages



1. Fertilized Ovum	
2. Embryo	Also, called:
3. Fetus	

C. Special Structures of Pregnancy

1. Amniotic Fluid	<p><i>Functions of amniotic fluid</i></p> <ul style="list-style-type: none">•••• <p>Can be used for:</p> <p>What is the pH:</p>
2. Umbilical Cord	<p>Wharton's Jelly-Mucoid substance that surrounds the umbilical cord.</p> <p><i>Critical Thinking:</i> <i>When the umbilical cord is cut does the baby feel discomfort?</i></p>
3. Placenta	<p><u>The placenta is an endocrine gland that is present only during pregnancy.</u></p> <p><i>Critical Thinking:</i> <i>Why is the placenta a part of the endocrine system?</i></p>

D. GTPAL number system & Obstetric Assessment

1. GTPAL

Gravida	Number of
Term	Number of
Pre-Term	Number of
Abortion	Number of
Living	Number of

*Parity-number of pregnancies after 20 weeks

Critical thinking:

A pregnant client provides the following obstetric history to the nurse during a prenatal visit: Scheduled abortion at age 14; an 8-year-old daughter born at 39 weeks' gestation; and 5-year-old twin girls born at 33 weeks gestation. Using the GTPAL system, which option is correct?

1. G₃, T₁, P₂, A₁, L₃
2. G₄, T₁, P₁, A₁, L₃
3. G₄, T₁, P₂, A₁, L₄
4. G₃, T₁, P₁, A₁, L₃

2. Estimated due date

Length of Pregnancy:

Nagele's rule:

Find 1st Day of Last normal menstrual period

Add	
Subtract	
Add	

Critical Thinking:

1st day of LNMP: September 16, 2020

Using Nagele's rule when is the estimated delivery date:



Self-Study Reading Assignment

Read and study the information below to gain content knowledge concerning prenatal care:

Prenatal Care Client Educational Points



Estimated Gestational Age	Doctor's Visit Schedule
Up to 28 weeks	15-19 Weeks-
28-36 weeks	Every 2 Weeks Visits Tdap can be given
36 to 40+ weeks	Every Week Group B strep screening Start Herpes simplex virus suppression if there is a history of genital herpes

Nutritional Client Education

Weight gain	Trimester
1-4 lbs.	First
1 lb. per week	Second and Third

F. Diagnostic Procedures:

1.

Indication	
Administration	
Patient Education	

2.

Indication	
Administration	
Patient Education	

3.

Indication	
Administration	
Patient Education	

If the baby is not full term these signs indicate a woman needs to go to the hospital immediately!



REMAR NCLEX VIRTUAL TRAINER WORKSHEET

So - Are you loving the content so far? Now I'm going to take you inside of the ReMar NCLEX Virtual Trainer! If you love the content get full access for 3-months now through Valentine's Day February 15th while supplies last at ReMarNurse.com/NCLEX-VT.

H. Danger signs in pregnancy

- 1.
- 2.
- 3.
- 4.

If danger signs are present never assess client _____.

Complications of Pregnancy

1. Preterm Labor

Medications to stop premature labor

If you Give: _____ Watch for: _____

If you Give: _____ Watch for: _____

A.)	Less than
B.)	Less than
C.)	

If you give: Ritodrine Watch for: _____

If you Give: _____ Watch for: _____

2. **Preeclampsia-**_____

The three defining characteristics are:

- 1.
- 2.
- 3.

Risk Factors

- 1.
- 2.
- 3.
- 4.

NCLEX Maternal Emergency	
-----------------------------------	--

Nursing Care for Preeclampsia:
--

Treatment: Only cure is to _____ the _____.

Labor & Delivery Overview

J. Labor

1. Want to help labor along?
2. When you give oxytocin when do you Stop it?

K. Stages of Labor

1. First Stage

<i>Stage of Labor</i>	<i>Description</i>
A. Pre-Labor	Days before Labor Begins
B.	Cervix dilates
C.	Cervix dilates
D.	Cervix dilates

NCLEX Pharmacology Tips: Pain Management During Labor

<i>Medication</i>	<i>Notes</i>
1. Regional Blocks	
2. Hydromorphone	See Quick Facts
3. Morphine	See Quick Facts

2. Second Stage:

3. Third Stage:

4. Recovery Stage:



REMAR NCLEX VIRTUAL TRAINER PAGE

Normal & High-Risk Newborn

Welcome to Day #2 of the Love Your Content Review! We're starting today inside of the NCLEX Virtual Trainer! If you love your content and you're ready to pass NCLEX sign up now for full access for only \$189 (a \$396 MSRP).

The Love Your Content sale ends tomorrow February 15th, while supplies last at ReMarNurse.com/NCLEX-VT.

1. Apgar Scoring is done at _____ and _____ minutes.

<i>Sign</i>	<i>Score = 0</i>	<i>Score=1</i>	<i>Score=2</i>
<i>Heart Rate</i>		Below	
<i>Respirations</i>			
<i>Muscle tone</i>		Some	Well
<i>Appearance (color)</i>		Body normal	Body and
<i>Reflex (Irritability)</i>			

Score at _____ minutes is more valuable.

Eyes: _____

Temperature: _____

Pulse: _____

Respirations: _____

Abdomen: _____

Cord Care

Allow _____ to _____.

By _____ cord should have _____.

Monitor for signs

1. _____ Addicted Newborn

Symptoms:

What is the best way to test for illegal drugs in infants? _____

Nursing care: Cluster Care

Cluster Care Examples:

Turn the baby on:

Elevating

Decrease

2. HIV Mother Interventions

1. Use
- 2.
3. Can the baby stay in the mother's room?
4. Teach mother do not give

Examples of live vaccination:

5. Can you give Vitamin K shot?

3. Fetal

Characteristics to know

- 1.
- 2.
- 3.
- 4.

Risk for:

Treatment:

4.

Definition:

Watch for:

Treatment:

_____ may be required.

Client Safety Point Position:

5.

Treatment:

Client Education for Parents:

NCLEX Tip: Nutrition is a major concern for these birth defects.

Nursing Interventions for Newborns:

Priority Nursing Action:	Too much oxygen:
Cord Care	
Eyes	
Temperature	
Breastfeeding	
Head Circumference	



Advanced Study Homework Questions

1. A nursing student would need follow-up teaching if she stated which of these is a sexually transmitted disease?
A.) Hepatitis A
B.) Hepatitis B
C.) Hepatitis C
D.) Candidiasis
2. Which of the following is a recommended term for men who have sexual intercourse with other men? Select all that apply.
A.) Transsexual
B.) Gay
C.) Bisexual
D.) Man who has sex with men
E.) Transgender
3. A nurse is reviewing the laboratory results of a 27-year-old male client who had a painless open sore on his penis that healed. The laboratory results show the client is still infected with syphilis. The nurse is aware the client has which form of syphilis?
A.) Primary
B.) Secondary
C.) Latent
D.) Incurable
4. A nurse is caring for a 16-year-old female client diagnosed with chlamydia. Which of the following statements is **most** accurate to include in patient education?
A.) Avoid all forms of sex for seven days after taking the medication, and then be retested for the sexually transmitted infection.
B.) Do not have sex with your current partner until they are tested and treated.
C.) Do not have sex until all sexual partners are tested and treated.
D.) Do not have sex until your doctor re-evaluates your condition as permanent damage can be expected.
5. Pubic lice and head lice are the same sexually transmitted infection and they live on both the head and genitals together.
A.) True
B.) False
6. Which of the following is not at risk for a sexually transmitted disease? Select all that apply.
A.) A 26-year-old college student who is not sexually active but is in a long-term relationship.
B.) A 35-year-old married man who has one sexual partner but uses a condom.
C.) A 40-year-old female who has multiple sexual partners but uses a condom.
D.) A 70-year-old male who has multiple sexual partners but does not use a condom.
E.) A 72-year-old male who has one sexual partner and uses a condom infrequently.

7. Match the word in column II with the associated definition in column I.

Column I	Column II
1. ____ Intense burning and inflammation of the vulva.	A. Acyclovir
2. ____ A preferred treatment for candidiasis.	B. Pap smear
3. ____ A drug of choice for herpes genitalis.	C. Vulvodynia
4. ____ This test is used to diagnose cervical cancer.	D. Mycostatin

8. Mary Jane, a 21-year-old college student, has recently noticed increased vaginal discharge that is grey to yellowish white in color. After examination, the nurse prepares a wet mount vaginal smear. When potassium hydroxide is added to the smear, a fishy odor is noted. Mary probably has:
A.) Bacterial vaginosis
B.) Candidiasis
C.) Atopic vaginitis
D.) Herpes Simplex 1

9. Metronidazole is prescribed to be taken twice-a-day for one week. While taking this medication, Mary Jane should be instructed to:
 - A.) Avoid dairy products.
 - B.) Avoid sunlight.
 - C.) Avoid alcohol.
 - D.) Lie down flat for at least 30 minutes after taking the medication.

10. Jennifer, a 39-year-old mother of two, has just been recently diagnosed with herpes genitalis; a reoccurring, lifelong viral infection on the.
 - A.) Cervix
 - B.) External genitalia
 - C.) Vagina
 - D.) All the above areas.

11. The herpes virus that is accountable for about 80% of genital and perineal lesions is:
 - A.) Epstein-Barr virus.
 - B.) Herpes simplex type 2.
 - C.) Cytomegalovirus
 - D.) Varicella zoster

12. Which of the following is a positive sign of pregnancy? **Select all that apply.**
 - A.) Positive pregnancy test
 - B.) Enlargement of the uterus
 - C.) Fetal movement
 - D.) Positive ultrasound
 - E.) Goodell's sign

13. If the last menstrual period is September 9, 2019, the expected delivery date is:
 - A.) May 16, 2020
 - B.) January 16, 2020
 - C.) July 16, 2020
 - D.) June 16, 2020

14. A mother is preparing for an abdominal ultrasound to monitor her seventh month of pregnancy. The nurse should instruct her to:
 - A.) Remain NPO eight hours before the examination.
 - B.) Provide a clean urine specimen before the examination.
 - C.) Drink at least 32 oz. of water before the examination.
 - D.) Do not eat breakfast but instruct the patient to drink a cup of coffee.

15. Rachel 33, is at her prenatal visit. She has 2 living children born as preterm twins in her first pregnancy. She has a set of triplets born at 38 weeks. She has an 8-year-old child born at 39 weeks. She had a spontaneous abortion at 16 weeks. She also had another child who died at 3 years old who was born to term. What is her current obstetric history?
 - A. G₉ T₄ P₁ A₁ L₆
 - B. G₆ T₄ P₁ A₁ L₅
 - C. G₄ T₃ P₁ A₁ L₆
 - D. G₅ T₃ P₁ A₁ L₆
 - E. G₆ T₃ P₁ A₁ L₆

PASS THE NCLEX WITH REMAR REVIEW

NCLEX VIRTUAL TRAINER

I created the ReMar NCLEX Virtual Trainer in part to give you full control over your NCLEX preparation and training experience!

With this **FREE NCLEX Review class**, brought to you by **ReMar NCLEX Virtual Trainer for RN & LPN**, I want you to see how we break down core content and build your confidence in the testing process. This is your best opportunity to pass NCLEX even if you've failed before. This is the content that you need!

The NCLEX Virtual Trainer (VT) has the best NCLEX **CONTENT, QUESTIONS**, and **ACCOUNTABILITY!**

It's highly recommend and used by thousands of ReMar Nurses to pass NCLEX every single month!

Sincerely with Love,

Your Favorite NCLEX Instructor,
Regina M. Callion MSN, RN



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YOU CAN, YOU WILL, YOU MUST, PASS NCLEX!



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FREE 3-DAY TRIAL



The following content inside of this workbook can only be accessed by creating a NCLEX Virtual Trainer FREE TRIAL Account. You can create your free account by using your smart phone camera to scan the QR Code [the square above] or by visiting (ReMarNurse.com/FREENCLEX) and using the link to create your trial account. You will need a valid credit card to create your account. You will not be charged before, during, or after your trial. If you love the content you can upgrade to the full program with your discounted link from inside of your FREE NCLEX Review Trial.

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Blood Gas Interpretation Numbers


ReMar Review

pH	HCO ₃
Below 7.35=	
Above 7.45 =	

THINK R.O.M.E.!

Respiratory **O**pposite **M**etabolic **E**qual

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

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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.

CHEST TUBES

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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.

CHEST TUBES

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Classic signs of a tension pneumothorax:

Trachea deviation	Yes

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

Treatment of tension pneumothorax:

CHEST TUBES

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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 & occlusive dressing?

3. Complains 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! ReMar 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.

- 2. Wheezes
- 3. Crackles
- 4. Stridor
- 5. Diminished
- 6. 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

Vent Alarms

ReMarNurse.com

ReMar Tip about Ventilator Alarms	High alarm sound = Caused by: mucous, blockage, biting
	Low alarm sound = Caused by:
If you don't know what to do then:	Disconnect the client and manually resuscitate them.

H.O.L.D. Help

H	High Alarm
O	Obstruction
L	Low Alarm
D	Disconnection

Congestive Heart Failure

ReMarNurse.com

When the _____ cannot pump enough blood and nutrients to meet the needs of the organs.

Big Problem:

_____ Side	_____ Side
<i>L think</i>	<i>R think</i>
Signs:	Signs:

Most clients will have failure _____.

B.) Diagnostic Tests

C.) Medications

- 1.
- 2.
- 3.
- 4.

D.) Nursing Interventions

Congestive Heart Failure Practice Questions

1. Mr. Green is scheduled to receive furosemide 60 mg IV BID for a diagnosis of congestive heart failure. The medication will have which of the following effects? Select all that apply.

1. Decrease blood pressure
2. Increase urine output
3. Increase blood pressure
4. Decrease urine output
5. Decrease pain
6. Increase edema

2. A 62-years-old client presents with dyspnea and blue colored nails and lips. The client has a suspected history of congestive heart failure and is admitted to emergency room. The client has not been compliant with his medication regimen and states he has not taken his hydrochlorothiazide for 4 days. The nurse should anticipate a diagnosis of which of the following?

1. Pneumonia
2. Pulmonary edema
3. Pneumothorax
4. Atelectasis

3. You are teaching the parents of a child with congestive heart failure about fluid intake. Which statement indicates understanding of monitoring fluid retention?

1. I will calculate all of the fluids that my child drinks as this is the best method to monitor fluid retention.
2. I will weigh each diaper daily as this is the best way to monitor fluid retention.
3. I will weigh the child each day at the same time as this is the best way to determine fluid retention.
4. I will listen to the lungs with my stethoscope as this is the best way to monitor fluid retention.

4. A client comes into the wellness clinic after being diagnosed with congestive heart failure. She complains of becoming tired after only very little activity. Which activity suggestion would the nurse give to preserve energy and decrease oxygen demands?

1. Setting a specific time during the day and accomplishing all daily tasks at one time.
2. Eating small frequent meals throughout the day.
3. Removing oxygen therapy during rest to build up a tolerance without it.
4. Exercise shortly after waking up in the morning when energy levels are highest

Diagnostic Procedures

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1. Lumbar puncture

Position:

Client Teaching:

2. _____ non-invasive test that uses _____ to create a detailed picture.

Position:

Client Teaching:

3.

Position -

Client teaching:

4. Esophagogastroduodenoscopy

Position -

Client Teaching:

5.

Position -

Client teaching:

Before exam: Do not take anticoagulants and herbal medications.

After exam: What is the most serious complication after a liver biopsy?

Diagnostic Procedures

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6.

Position -

Client Teaching:

7. Angiogram or Arteriogram (RN only topic)

Position

Client education

Before Exam:

Medications to hold: Metformin, anticoagulants

After the exam:

1. Assess the:

2. Bedrest for _____ to _____ hours.

**Note: Some references say hold Metformin 24-48 hours before diagnostic study requiring IV iodine contrast media.*

LOWERING CHOLESTEROL

The goal of therapy is to lower _____
and _____

Why does cholesterol matter?

Values to know:

LDL (Bad) =

HDL (Good) =

Total Cholesterol =

Triglycerides =

Examples of Dyslipidemias: *Simvastatin, Rosuvastatin, Atorvastatin*

Drug name ends in: Statin

Side effects of Statins:

What about the B3 vitamin *Niacin*?

Side effects of Niacin:

Avoid flushed face by giving aspirin 30 minutes before treatment.

When your client is on a dyslipidemia assess them for?

What are the three types?

Which organ is damaged due to free-flowing muscle fibers?

How will the muscle tissue be excreted?

How to treat:

NCLEX teaching about lowering cholesterol:

Goal of Low Cholesterol diet:

Avoid:

Dairy foods such as cheese, butter, ice cream, egg yolk

Foods to include: avocados- which help raise HDL and lower LDL

Physiological Adaptation Homework Exam

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You will complete this exam in the book and then check your answers inside of your NCLEX Virtual Trainer (VT) account. When you answer these same questions in the VT the answers will be marked correct or incorrect. You must achieve a 95% to move on. You are able to take every exam again if needed.

1. A client is experiencing hyperventilation while receiving treatment on a mechanical ventilator. The nurse should monitor the client for:
 - A. Hypercapnia
 - B. Respiratory acidosis
 - C. Respiratory alkalosis
 - D. Decreased respiratory rate
2. Which position would provide the greatest respiratory capacity during an episode of dyspnea?
 - A. Sims' position
 - B. Supine position
 - C. Orthopneic position
 - D. Semi-Fowler's position
3. A nurse is caring for a client diagnosed with acute pleuritis. Which of the following is the most important to include in the plan of care?
 - A. Administer pain medication frequently
 - B. Assess for signs of pneumonia
 - C. Administer medications to reduce cough
 - D. Restrict fluids to reduce pulmonary edema
4. A client has just returned from a bronchoscopy. Which of the following is the best way to assess the return of the gag reflex?
 - A. Inserting a tongue depressor to the back of the throat.
 - B. Asking the client to say 4 or 5 short words.
 - C. Monitoring the client while swallowing 5 ml of water.
 - D. Asking the client to cough and deep breathe.
5. A client is being discharged from the hospital to complete his tuberculosis treatment at the outpatient clinic. Which of the following diets should the nurse instruct the client to maintain?
 - A. A liquid diet with protein supplements
 - B. A low calorie, low protein diet
 - C. A high calorie, low protein, high carbohydrates diet
 - D. A high calorie diet with frequent small meals
 - E. A low calorie, low dairy and low carbohydrates diet

6. A nurse is caring for a client 10 hours following a left pneumonectomy. The nurse should place the client in which position?

- A. Left side-lying or supine
- B. Right or left side-lying position
- C. High Fowler's or right side-lying
- D. Right side-lying or prone

7. A client with lung cell cancer is scheduled for biopsy. Which of the following should be included in the client education?

- A. Take your aspirin as normal.
- B. Eat nothing after midnight.
- C. You will require a chest tube to assist with the procedure.
- D. An iodine contrast may be used to visualize the location of the cancer.

8. A nurse is caring for a client scheduled for a thoracentesis. The nurse knows:

- A. A thoracentesis may increase respiratory distress immediately after the procedure.
- B. The thoracentesis is used to remove fluid and blood from the thoracic cavity.
- C. The thoracentesis may negatively affect the client's blood pressure.
- D. The thoracentesis is used to increase the circulating fluid volume.

9. A nurse is working in the post-operative unit. Which is the most important action to ensure adequate ventilation?

- A. Administer oxygen while the client is sedated.
- B. Assess the client's lung sounds per doctor's order.
- C. Obtain a pulse oximetry reading if oxygen saturation is less than 95%.
- D. Place the client in the lateral position with the neck extended.

10. A client is caring for a client with a chest tube. During ambulation, the client's chest tube becomes separated from the drainage system? Which of the following is the best action by the nurse?

- A. Clamp the chest tube.
- B. Place the client in a high Fowler's position.
- C. Reconnect the chest tube to the drainage system.
- D. Prepare the client for reintubation.

Physiological Adaptation Progress Exam

1. A client who has a newly placed percutaneous endoscopic gastrostomy (PEG) tube is requesting a bed bath. Which instruction should be given to unlicensed assistive personnel (UAP)?

- A. Monitor the client for residuals over 500 mL.
- B. Report any redness around the tube insertion site.
- C. Evaluate the client's response to pain medication during the bath.
- D. Check the client's blood glucose level.

2. A nurse is caring for a 4-year-old with a diagnosis of congestive heart failure. Which of the following signs would indicate a decrease in cardiac output?

- A. Fever
- B. Increased urine output
- C. Hypertension
- D. Delayed capillary refill

3. The school nurse has received a report that a child in the third grade has been diagnosed with cardiac disease. Which of the following symptoms would support a diagnosis of congestive heart failure?

- A. Abdominal pain
- B. Inability to run short distances
- C. Muscle tremors
- D. Dilated pupils

4. A twenty-month-old child with congestive heart failure is scheduled to receive digoxin. The nurse should hold the medication if the apical pulse is:

- A. Greater than 60 bpm
- B. Less than 50 bpm
- C. Greater than 100 bpm
- D. Less than 100 bpm

5. A nurse is caring for an infant with a heart defect that has a result of left to right shunting. The nurse should expect which diagnosis?

- A. Cardiopulmonary obstructive disease
- B. Tetralogy of Fallot
- C. Congestive heart failure
- D. Atrial septal defect

6. A client presents to the emergency department with acute chest trauma and respiratory distress. Which assessments are of the highest priority?

- A. Respiratory ventilation status and presence of pulses
- B. Blood pressure and the presence of pulses
- C. Level of consciousness and respiratory rate
- D. Respiratory rate and blood pressure

7. A client with a misplaced chest tube requires mechanical ventilation. When suctioning the endotracheal tube, the nurse should:

- A. Hyperoxygenate the client with 100% oxygen before and after suctioning
- B. Suction up to four times only during the procedure to expel mucus
- C. Use short thrusting motions to enter the sensitive respiratory passage
- D. Apply suction while gently inserting the catheter

8. The nurse is caring for a client in respiratory distress. The client has early indications of respiratory acidosis, which include:

- A. Bradypnea
- B. Restlessness
- C. Nausea
- D. Clubbing of the fingers

9. When caring for a client with a chest tube, the nurse observes some skin elevation around the insertion site. When the area is palpated, the nurse hears crackles. How should the nurse document this finding?

- A. Rales
- B. Airway blockage
- C. Pitting edema
- D. Crepitus

10. A female client with lung cancer is scheduled for a biopsy. Which of the following should the nurse include in the client education?

- A. This procedure is different from percutaneous needle aspiration.
- B. You will need to remain NPO after midnight.
- C. There will be fluid removed from your abdominal cavity during the procedure.
- D. The procedure will allow the physician to visualize the lungs.

IT'S TIME TO UPGRADE YOU!

ReMarNurse.com

If you've taken the FREE Trial then you know how effective it is to study content with me inside the NCLEX VT! I don't know what you program you may have used in the past but the truth is - it's time for an upgrade!

Every week hundreds of nurses are pass NCLEX with ReMar and my goal is to make sure you have everything you need to pass boards and get your nursing license! give you full VT access, study calendar, and send out your physical workbook!

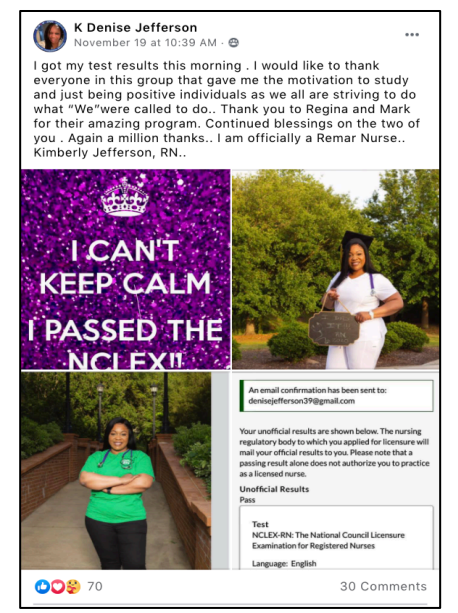
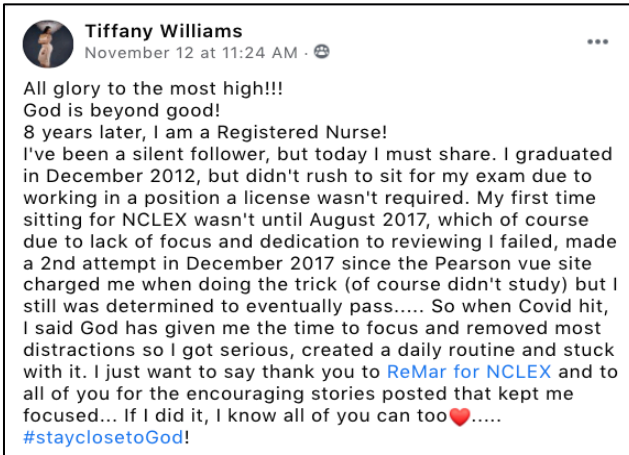
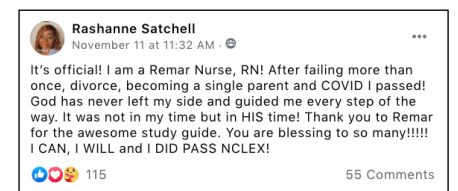
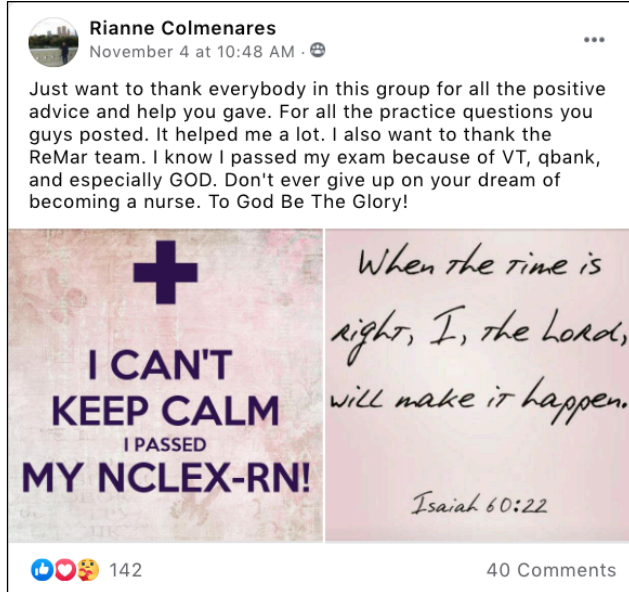
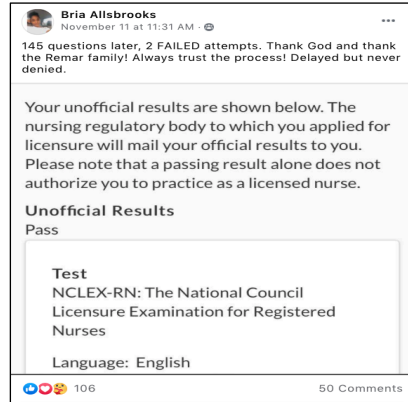
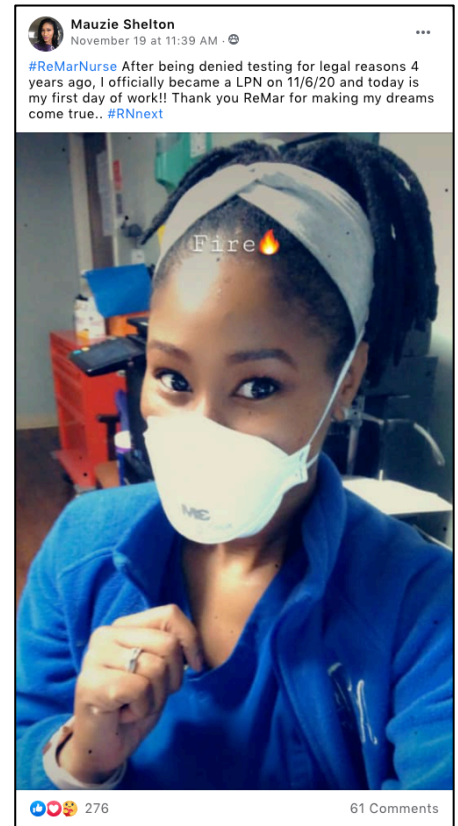
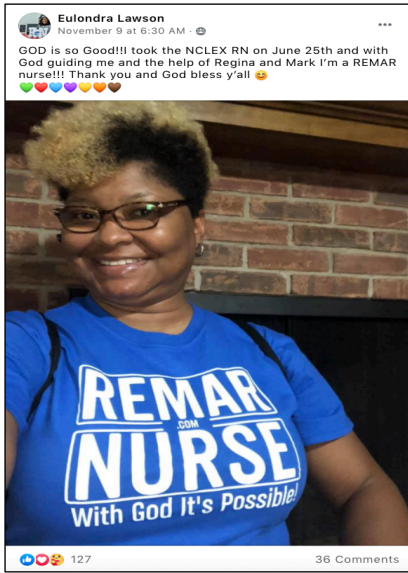


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IS THE REMAR NCLEX VIRTUAL TRAINER WORTH IT?



NCLEX RN Virtual Trainer Study Calendar

WEEK ONE Sample Calendar Weeks 1 of 6

Monday

TOPIC/ LOCATION	DONE
8:00 Your study books will be arriving soon!	
Now is the time to get comfortable in VT. Log-in.	
Now locate the following sections and explore.	
Locate the following sections:	
Training center- My Notes- File Vault-My Profile-	
Calendar-My Report Card-My Usage Report	
Once you have completed this task make a	
check mark in the done column of this	
document.----->	

Wednesday

TOPIC/LOCATION	DONE
8:00 R	
9:00 E	
10:00 S	
11:00 T	
*Think about a potential test date 6 weeks from now	

Friday

TOPIC/LOCATION	DONE
8:00 Watch Normal & High Risk Newborn	
8:20 Watch Infant Heart Defects	
8:35 Watch Pediatric Developmental Milestones	
9:10 Complete Clinical Judgement Activities 3 - 5	
9:40 Complete Maternal & Child Health Progress Exam	
10:00 Open the "Quick Facts for NCLEX" book	
Study the Pharmacology Section Anticonvulsants, Antidotes, Antineoplastics & Anti-Parkinsons	
11:00 End study session and mark as done.	

Tuesday

TOPIC/LOCATION	DONE
8:00 Log into the Virtual Training Center	
Begin <i>"Before the Books Arrive"</i> Activities	
Take notes on downloadable worksheets.	
9:00 End Study Session	
Mark this task as done.----->	
Take a Study Break for now.	
12:00 Complete all <i>"Before the Books Arrive"</i> Activities	
Take notes on information learned	
Mark this task as done----->	

Thursday

TOPIC/LOCATION	DONE
8:00 Enter the VT Center & Open "Student Workbook"	
Complete Clinical Judgement Activities 1 & 2	
9:20 Open the "Quick Facts for NCLEX" book	
Complete Pretest, Planner Page #1, & pages 1-10	
Study Allergy, Analgesics, Antibiotics, Anticoagulants in the pharmacology section in back of the book.	
11:00 End study session and mark task as done.	

Saturday/Sunday

TOPIC/LOCATION	DONE
8:00 REST	
9:00	

The times listed are suggestions.

*Study times should be changed to fit your daily life.



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 your 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, and I'll be glad to help walk you through the process of passing NCLEX.

Complete the form on the following page to help process your mental preparedness or grief toward NCLEX and let's move past this together!

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 need a 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

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 is it 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 about your journey, where you are, and let's see what's best.