

Key Concepts for an NCLEX-PN Cram Sheet

Vital signs

- HR: 60-100 bpm
- BP: 90/60 to 120/80 mm Hg
- RR: 12 to 20 breaths per minute
- Temperature: 36.5 to 37.2 °C (97.8-99 °F)

Lab values

Lipoproteins & Triglycerides

- Total: < 200 mg/dL
- Triglycerides: < 150 mg/dL
- HDL: > 60 mg/dL
- LDL: < 70 mg/dL
- AST: < 40 u/L
- ALT: < 40 u/L
- ALP: 42-128 u/L

Hematology

- HCT female: 37-47%
- HCT male: 42-52%
- HGB female: 12-16 g/dL
- HGB male: 14-18 g/dL
- WBC: 5,000-10,000 /uL
- Platelets: 150,000-400,000 mm³
- PT: 11-12.5 seconds (1.5-2.5 times this if on warfarin)
- aPTT: 30-40 seconds (1.5-2 times this with heparin)
- INR: 0.8-1.1 (if on warfarin 2-3)

Cardiac

- Troponin: < 0.01 ng/mL
- C-reactive protein: ≤ 0.8 mg/dL
- CD40 ligand: 1.51-5.35 mg/L
- Creatinine kinase: 0-3 mcg/L

Serum Electrolytes

- Sodium: 135-145 mEq/L
- Potassium: 3.5-5 mEq/L
- Chloride: 98-106 mEq/L
- Calcium: 9-10.5 mEq/L
- Magnesium therapeutic range: 1.3-2.1 mEq/L (4-7 mEq/L if on magnesium)
- Phosphorus: 3.5-4.5 mEq/L

Chemistry

- Amylase: 56-90 IU/L
- Lipase: 0-110 units/L
- Total bilirubin: 0-1 mg/dL
- Albumin: 3.5-5 g/dL
- Alfa-fetoprotein: < 10 ng/mL is the adult normal > 500 indicative of liver tumors.

- Ammonia: 15-110 mg/dL
- BUN: 10-20 mg/dL
- Serum creatinine: 0.6-1.2 mg/dL
- Creatinine clearance: females = 80-125 mL/min, males = 90-139 mL/min
- GFR: 125 mL/min
- Fasting blood glucose: < 100 mg/dL
- HbA1C: Normal = < 5.7, prediabetic = 5.7-6.4, diabetic if 6.5 or higher on 2 separate tests.

Thyroid function

- Total T3: 70-205 ng/dL
- T4: 4-12 mcg/dL
- TSH: 0.4-0.6 microunits/mL

Urinalysis

- Urine specific gravity: 1.003-1.030
- Volume: 1-2 L/day
- pH: 4.5-8
- Glucose: <130 mg/dL
- RBC: ≤3 RBCs
- WBCs: ≤2-5 WBCs/hpf
- Protein: ≤150 mg/dL
- Bacteria: none
- Ketones: none
- Nitrites: negative

Blood Gas

- pH: 7.35-7.45
- PaO₂: 80-100 mm Hg
- PaCO₂: 35-45 mm Hg
- HCO₃: 22-26 mEq/L
- SaO₂: > 95%

Pharmacology

Pharmacology is tricky, but it's not impossible. By memorizing drug categories and their name endings, you'll be able to knock out many pharmacology questions on exam day.

- ACE inhibitors: -pril (captopril)
- Beta-blockers: -lol (labetalol)
- Abx: -ycin or -cillin (azithromycin, amoxicillin)
- Benzodiazepines: -pam (lorazepam)
- Phenothiazines: -zine (perphenazine)
- Glucocorticoids: -one (betamethasone)
- Antivirals: -vir (valacyclovir)
- Cholesterol lowering drugs: -statin (simvastatin)
- ARBs: -artan (losartan)
- H₂ receptor blockers: -tidine (ranitidine)
- PPIs: -azole (omeprazole)
- Anticoagulants: -arin (warfarin)

Therapeutic Drug Levels

- Carbamazepine: 4-12 mcg/mL