



NCLEX® STUDY PLAN

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————— **By following this plan, you will:** —————

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



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INTRODUCTION

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

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

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

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



WHAT YOU GET

With our NCLEX® Study Plan, you get:

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



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



3 STEPS TO CRUSH THE NCLEX®

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

75 questions, no doubt!

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

**GET
PREPARED**

**MASTER THE
CONTENT**

**MASTER THE
QUESTIONS**

1

2

3

Assess yourself and start on the path to success.



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



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



STEP 1: GET PREPARED

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



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



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



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



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

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



UNDERSTAND HOW THE NCLEX® WORKS

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

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



Q: How many questions will I get?

A: 75 - 265

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

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

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

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

Reference: [NCSBN](#)



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Q: When will my exam end?

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

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

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

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

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

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



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

Reference: [NCSBN](https://www.ncsbn.org)



3

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

A: *Total length: Up to 6 Hours*

Per the NCSBN [website](#), you will be given a scheduled break “after approximately” two hours followed by another one after three and a half hours have passed by.

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



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

4

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

A:

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

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

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



SET A GOAL

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

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



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

KNOW YOUR STRENGTHS & WEAKNESSES

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



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



ALLOCATE TIME

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

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



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



STEP 2: MASTER THE CONTENT

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

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



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

INCORPORATE PICMONIC

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

SO, WHAT IS PICMONIC EXACTLY?

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

PICMONIC = PICTURE MNEMONIC







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

Here's a Picmonic covering Hypoglycemia Assessment



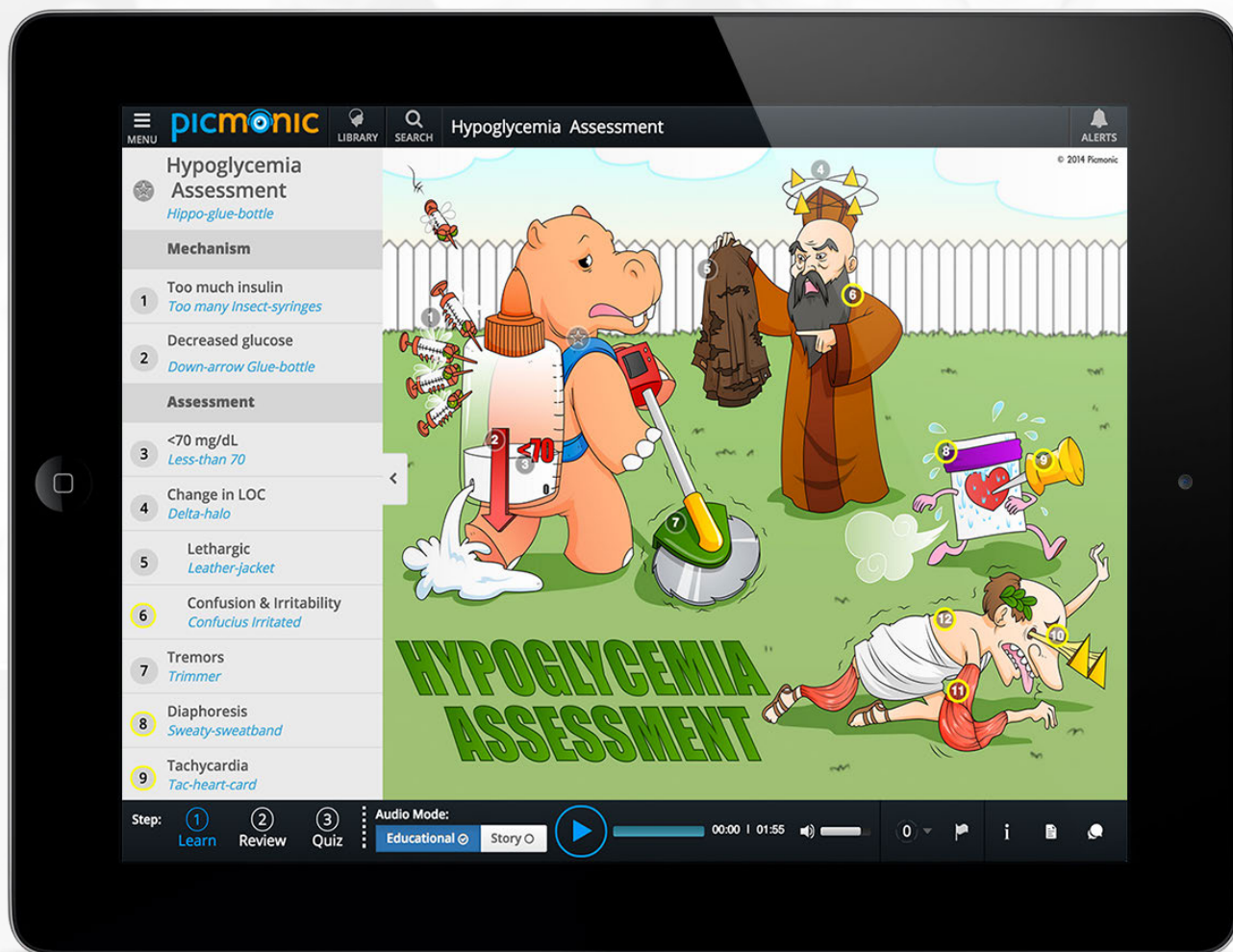
HOW DO I LEARN WITH PICMONICS?

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

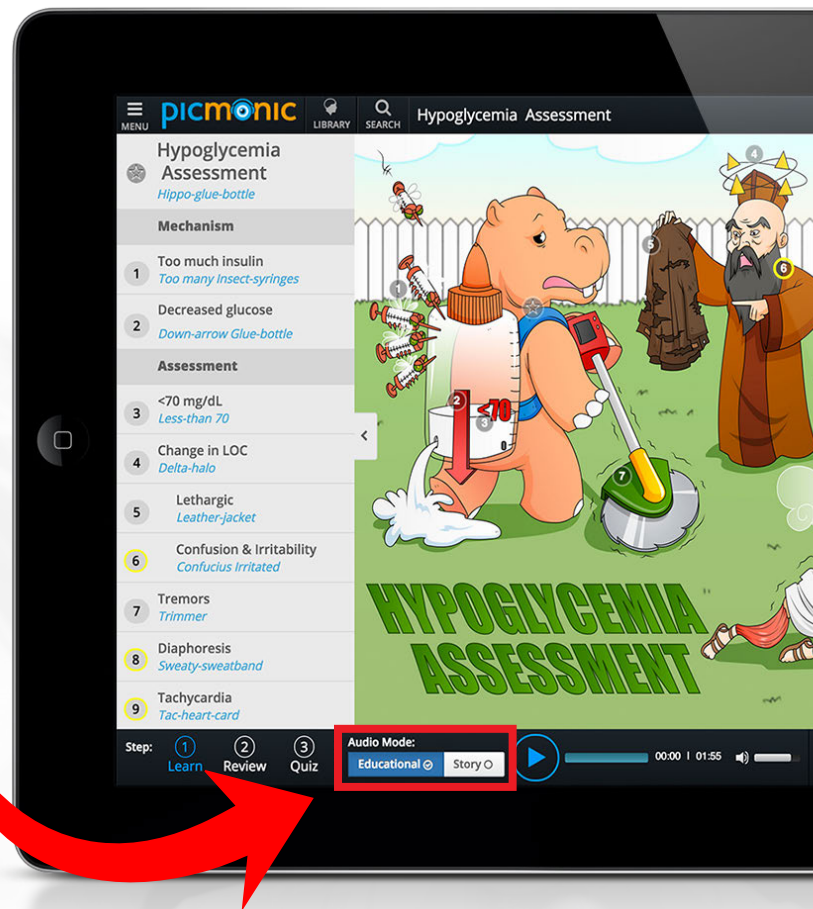
HYPO	→	A HIPPO	
-GLYCEMIA	→	A GLUE BOTTLE	
TREMORS	→	A TRIMMER	
LETHARGIC	→	A LEATHER JACKET	



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



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



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

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



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



STEP 3: MASTER THE QUESTIONS

CONDITION YOURSELF TO ANSWER QUESTIONS

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

- **Read the question entirely. Read the entire thing! Every bit!**

You should always read each question. Don't get into the habit of skipping ahead because you could miss out on an important sentence.

- **Ask yourself: Which part of "The Nursing Process" is this question asking me?**

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



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

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



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



- **Find the keywords.**

Determine the style of the question: Positive or Negative

Positive Questions: Ask something that you should DO or is BEST.

Look for Keywords: appropriate, most essential, highest priority, safe, therapeutic, accurate, next, first, best, indicated.

Negative Questions: Ask what you should AVOID, or NOT DO.

Look for Keywords: lowest priority, avoid, unsafe, re-teach, least, inappropriate, atypical, incorrect, contraindicated, false, inconsistent.



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

- **Rule out answers.**

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

- **Use Critical Thinking**

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

ABC Airway, Breathing, Circulation

Prioritize patients based on which one is most critical. Airway. Airway. Airway. Wait. Did we say Airway?

The Nursing Process

Never skip ahead in the nursing process. (read our blurb above, then read it again)

Maslows Hierarchy of Needs

Prioritize patient based on importance of needs. A patient without physiological needs like food and water is more important than one without love. (Sorry guys)



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



HAIL MARY!

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

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



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

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

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

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



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



PRACTICE IT ALL WITH QUESTIONS

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

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

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



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

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



LET'S GET STARTED

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

**OPEN THE
4 WEEK PLAN**

**OPEN THE
6 WEEK PLAN**

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

**OPEN THE
CHECKLIST**

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



Don't have time to review all of the Picmonics? Each Picmonic that has a  graphic next to it is considered High Yield, must know. Although we don't recommend skipping, if it must happen, don't skip these!



4 WEEK PLAN

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

* Picmonic does not provide a question bank.



6 WEEK PLAN

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

* Picmonic does not provide a question bank.



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CHECKLIST

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



CHECKLIST (cont.)

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



CHECKLIST (cont.)

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



CHECKLIST (cont.)

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



CHECKLIST (cont.)

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































CHECKLIST (cont.)

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



CHECKLIST (cont.)

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



CHECKLIST (cont.)

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






















CHECKLIST (cont.)

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
























CHECKLIST (cont.)

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



CHECKLIST (cont.)

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
















CHECKLIST (cont.)

PLAYLIST	CATEGORY	HACKS	PICMONIC	MASTERED?	HIGH YIELD
30 Psychiatric Nursing Psych Disorders (25 Picmonics)	Psych Disorders	1. Know the key assessment findings between schizophrenia and bipolar disorder. 2. The nurse should be aware of identifying a patient at risk for suicide and know what to ask. 3. Remember that child abuse must be reported to the authorities know how to differentiate between normal age injuries.	Anxiety Assessment	<input type="checkbox"/>	HY
			Depression Assessment	<input type="checkbox"/>	HY
			Anorexia Nervosa Assessment	<input type="checkbox"/>	HY
			Bulimia Nervosa Assessment	<input type="checkbox"/>	HY
			Anorexia Nervosa Bulimia Nervosa Interventions	<input type="checkbox"/>	HY
			Hallucinations, Illusions, Delusions	<input type="checkbox"/>	HY
			Delirium	<input type="checkbox"/>	HY
			Schizophrenia Assessment	<input type="checkbox"/>	HY
			Schizophrenia Interventions	<input type="checkbox"/>	HY
			Bipolar Disorder Assessment	<input type="checkbox"/>	HY
			Bipolar Disorder Interventions	<input type="checkbox"/>	HY
			Tardive Dyskinesia	<input type="checkbox"/>	HY
			General Personality Trait Disorder	<input type="checkbox"/>	
			Narcissistic Personality Disorder	<input type="checkbox"/>	
			Obsessive Compulsive Personality Disorder	<input type="checkbox"/>	
			Borderline Personality Disorder	<input type="checkbox"/>	
			Schizotypal Personality Disorder	<input type="checkbox"/>	
			Avoidant Personality Disorder	<input type="checkbox"/>	
			Histrionic Personality Disorder	<input type="checkbox"/>	
			Antisocial Personality Disorder	<input type="checkbox"/>	
			Suicide Assessment	<input type="checkbox"/>	
			Suicide Risk Factors	<input type="checkbox"/>	
			Use of Restraints	<input type="checkbox"/>	HY
			Post Traumatic Stress Disorder (PTSD)	<input type="checkbox"/>	HY
			Child & Elder Physical Abuse Assessment	<input type="checkbox"/>	HY
31 Pharm Antidepressants (13 Picmonics)	Anxiolytics	You may want to brush up on the reasons we may give benzodiazepines. (Anxiety, Insomnia, Seizures, Alcohol Withdrawal)	Benzodiazepine [Diazepam (Valium)]	<input type="checkbox"/>	HY
			Buspirone (Buspar)	<input type="checkbox"/>	
	Antidepressants	You should know: 1. TCA's are the most common medication used in overdoses. 2. MAOI's require limiting tyramine, check out our "Tyramine Containing Foods" Picmonic.	Bupropion	<input type="checkbox"/>	
			Monoamine Oxidase Inhibitor (MAOI) Contraindications	<input type="checkbox"/>	HY
			Tricyclic Antidepressant Drugs (TCAs)	<input type="checkbox"/>	HY
			Fluoxetine (Prozac)	<input type="checkbox"/>	HY
	Medical (trial)		Trazodone	<input type="checkbox"/>	
	Antipsychotics	Don't be surprised about getting asked about antipsychotic drug side effects. Make sure you know these.	Neuroleptic Malignant Syndrome	<input type="checkbox"/>	HY
			Lithium	<input type="checkbox"/>	HY
			Chlorpromazine (Thorazine)	<input type="checkbox"/>	
			Haloperidol (Haldol)	<input type="checkbox"/>	HY
			Clozapine (Clozaril)	<input type="checkbox"/>	HY
	Neurological Pharmacology		Risperidone (Risperdal)	<input type="checkbox"/>	



CHECKLIST (cont.)

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



CONCLUSION

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

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

- 1 Assess your weaknesses.** Once you've been able to identify your weaknesses you can justify spending more time and focus on where they're needed most. 
- 2 Find your study location.** Library? Coffee shop? Wherever it is, it needs to be your designated area, where you can go to study without fail, devoid of anything that can distract you. 
- 3 Eliminate all possible distractions.** Text messages, phone calls, and social media should be shut off during your study time. We get distracted all too often, too easily, and sometimes without notice. 
- 4 Incorporate exercise.** Do your best to follow a regular exercise routine. Physical exertion is a great way to release stress and bring needed energy to our already overworked bodies. Caffeine can only do so much... 
- 5 Eat healthier foods.** Curbing the junk food and avoiding anything heavy will go far when you need to spend 3-4 hours attentive and energized. 
- 6 Get sleep.** Depriving your body of needed sleep and recovery time is detrimental to any kind of effective studying. 

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

The Picmonic Team
feedback@picmonic.com



ABOUT THE AUTHOR

About Wm. Kendall Wyatt

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

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