

# HOW TO STUDY FOR THE NCLEX

## [CJMM – CLINICAL JUDGEMENT MEASUREMENT MODEL]

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### OUTLINE FOR NOTE TAKING WHEN YOU DON'T KNOW A TOPIC

#### What is the topic?

Write 3 or 4 sentences: A short paragraph? Write the most important information:

#### Write S/S (Recognize Cues)

Write 2 – 4 of the most common or highlighted signs and symptoms; You cannot know everything:

#### Think About Chief Complaint/ Labs / Tests / History (Analyze Cues)

Write chief complaints and major labs and tests to rule out or diagnose the problem:

#### Drugs / Class, Adverse Reactions / Action taken by Nurse

3 Main drugs and their class and action; 2-4 main adverse reactions; What action is taken by nurse for adverse reactions?

#### NX DIAGNOSIS (Prioritize Hypothesis)

Think of 1 – 3 possible nursing diagnoses and focus on the question's diagnosis; Stay within said body system; (example: Dx is urinary than pick all bladder answers). Stay within the urinary system.) To study, write 3. Practice Prioritizing.

#### PLAN OF CARE (Generate Solutions)

What is the most common problem? Think about your 1-3 Nx Diagnosis's:

#### Nursing Interventions (Take Action)

3 common actions and 3 adverse reactions; focus on Nx Diagnoses.

#### Discharge Plan (Evaluate Outcome)

Proper care of condition; proper knowledge of medications; call doctor if \_\_\_\_\_ ? What is normal for condition?

## **NCLEX. PLEASE KNOW THESE COMMON ILLNESSES FOR THE NCLEX.**

Make an outline for each of these:

### **Integumentary System:**

Eczema; Cold Sores, Psoriasis, Shingles and Chickenpox; Rosacea; MRSA

### **Endocrine System:**

Diabetes (type 1 and 2); Thyroid Disorders (Hypo and Hyper); Polycystic Ovary Syndrome (PCOS); Low Testosterone; Osteoporosis;

### **Gastro - Intestinal System:**

Irritable Bowel Syndrome; Inflammatory Bowel Disease; inflammatory bowel disease; Gastroesophageal Reflux Disease (GERD); Celiac Disease; Diverticulitis; Cholecystitis

### **Oncology Illnesses**

Cancer Prostate; Cancer Colorectal Cancer; Breast Cancer; Non-Hodgkin's Lymphoma; Leukemia

### **Respiratory System**

Asthma; Chronic Obstructive Pulmonary Disease; Pneumonia; Tuberculosis; Pneumothorax; Hemothorax

### **Cardiac System**

Coronary Artery Disease; Heart Attack Stroke; Congestive Heart Failure; Arrhythmias (5 ECG types)

### **Renal System**

Chronic Kidney Disease; Glomerulonephritis; Polycystic; Kidney Disease; UTI; Kidney Failure

### **Sensory System**

Glaucoma; Conjunctivitis; Ptosis; Cataracts; Nystagmus; Know your cranial nerves

### **Neurological System**

Seizure Disorders (epilepsy); Peripheral Neuropathy; Alzheimer's Parkinson's

### **Musculo- Skeletal System**

Lou Gehrig's Disease (ALS); Multiple Sclerosis (MS); Cerebral Palsy (CP); Myasthenia Gravis; Fibromyalgia; Muscular Dystrophy

### **Mental Health Disorders**

Depression; Anxiety; Schizophrenia; Post Traumatic Stress Disorder (PTSD); Attention Deficit / Hyperactivity Disorder (ADHD); Bipolar Borderline; Personality Disorder