

NURSING MNEMONICS

OB/PEDS

Cyanotic Defects

The 4 T's

Tetralogy of Fallot
Truncus Arteriosus
Transposition of the Great Vessels
Tricuspid Atresia

Episiotomy - Evaluation of Healing

REEDA

Redness
Edema
Eccymosis
Discharge
Approximation

Fetal Accelerations and Decelerations

VEAL CHOP

Variable - Cord Compression
Early - Head Compression
Accelerations - Okay
Late - Placental Insufficiency

Non-Stress Test

NNN

Non-reactive
Non-Stress is
Not-good

Severe Pre-Eclampsia Signs and Symptoms

HELLP

Hemolysis
Elevated
Liver Function tests
Low
Platelet count

Hypoxia - Signs and Symptoms

FINES

Feeding difficulty
Inspiratory stridor
Nares flares
Expiratory grunting
Sternal retractions

LABS

Hyperkalemia - Causes

MACHINE

Medications: ACE Inhibitors, NSAIDs, K sparing diuretics
Acidosis: metabolic and respiratory
Cellular destruction: burns, injury, hemolysis
Hypoaldosteronism: Addison's
Intake: excess
Nephrons: renal failure
Excretion: impaired

Hyperkalemia-Management

KIND

Kayexalate
Insulin
Na HCO₃
Diuretics

Hypernatremia-Causes

MODEL

Medications/Meals
Osmotic diuretics
Diabetes insipidus
Excessive water loss
Low water intake

Hypocalcemia-Signs/Symptoms

CATS

Convulsions
Arrhythmias
Tetany
Spasms and Stridor

Hyponatremia-Signs/Symptoms

SALT LOSS

Stupor/coma
Anorexia
Lethargy
Tendon reflexes decreased

Limp Muscles
Orthostatic hypotension
Seizures
Stomach cramping

PHARMACOLOGY

Beta 1 and Beta 2

Beta1: you have 1 heart
Beta2: you have 2 lungs

Bradycardia Drugs

IDEA

Isoproterenol
Dopamine
Epinephrine
Atropine Sulfate

Emergency Drugs

Drugs to LEAN on

Lidocaine
Epinephrine
Atropine Sulfate
Narcan

Steroid Side Effects

6 S's

Sugar: hyperglycemia
Soggy bones: osteoporosis
Sick: decreased immunity
Sad: depression
Salt: water and salt retention
Sex: decreased libido

Lidocaine Toxicity

Slurred speech
Altered central nervous system
Muscle twitching
Seizures

Diuretic Classes

Leak Over The CAN

Loop
Osmotics
Thiazide
Carbonic anhydrase inhibitors
Aldosterone inhibitors
Na channel blockers

NURSING MNEMONICS

MENTAL HEALTH

Anorexia - signs and symptoms

ANOREXIA

Amenorrhea
No organic factors accounts for weight loss
Obviously thin but feels FAT
Refusal to maintain normal body weight
Epigastric discomfort is common
X-symptoms (peculiar symptoms)
Intense fears of gaining weight
Always thinking of foods

Alcoholism-behavioral problems

5 D's

Denial
Dependency
Demanding
Destructive
Domineering

Alzheimer's Disease

5 As

Amnesia – loss of memories
Anomia – unable to recall names of everyday objects
Apraxia – unable to perform tasks of movement
Agnosia – inability to process sensory information
Aphasia – disruption with ability to communicate

MED SURG

Dyspnea

6 Ps

Pulmonary Bronchial Constriction
Possible Foreign Body
Pulmonary Embolus
Pneumothorax
Pump Failure
Pneumonia

Hyperglycemia vs Hypoglycemia

Hyper - hot/dry - sugar high
Hypo - cold/clammy - needs candy

MED SURG

Arterial Blood Gas Evaluation

ROME

Respiratory
Opposite
Metabolic
Equal

Pulmonary Edema - treatment

MAD DOG

Morphine – causes vasodilation resulting in decreased BP
Aminophylline – relaxes airways to make breathing easier
Digitalis – improve heart function in pulmonary edema

Diuretics (Lasix) – pull excess fluid off
Oxygen – improve oxygenation
Gases (Blood Gases ABGs) – asses respiratory status

Hypoxia - signs/symptoms

RAT BED

Early Hypoxia:
Restlessness
Anxiety
Tachycardia/ Tachypnea

Late Hypoxia:

Bradycardia
Extreme Restlessness
Dyspnea

Asthma - management

ASTHMA

Adrenergic (Albuterol)
Steroids
Theophylline
Hydration (IV)
Mask (Oxygen)
Antibiotics

Pupillary reaction

PERRLA

Pupils
Equally
Round and
Reactive to
Light and
Accommodate

MED SURG

Moles - malignant assessment

ABCD's

Asymmetry--is the mole irregular in shape?
Border--is the border irregular, notched, or poorly defined?
Color--does the color vary (for example, between shades of brown, red, white, blue, or black)?
Diameter--is the diameter more than 6 mm?

Hypoglycemia-signs/symptoms

TIRED

Tachycardia
Irritability
Restless
Excessive Hunger
Diaphoresis/ Depression
Sulfate

Cardiac Blood Flow

Toilet Paper My A**

Tricuspid
Pulmonic
Mitral
Aortic

Cranial Nerves

Oh Oh Oh To Touch And Feel Very Good Velvet AH!

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
Vestibulocochlear
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Hypertension - complications

4 C's

Coronary Artery Disease
Coronary Rheumatic Fever
Congestive Heart Failure
Cerebral Vascular Accident