

# NURSING MNEMONICS

## OB/PEDS

### Cyanotic Defects

#### The 4 T's

**T**etralogy of Fallot  
**T**runcus Arteriosus  
**T**ransposition of the Great Vessels  
**T**ricuspid Atresia

### Episiotomy - Evaluation of Healing

#### REEDA

**R**edness  
**E**dema  
**E**ccymosis  
**D**ischarge  
**A**pproximation

### Fetal Accelerations and Decelerations

#### VEAL CHOP

**V**ariable - Cord Compression  
**E**arly - Head Compression  
**A**ccelerations - Okay  
**L**ate - Placental Insufficiency

### Non-Stress Test

#### NNN

**N**on-reactive  
**N**on-Stress is  
**N**ot-good

### Severe Pre-Eclampsia Signs and Symptoms

#### HELLP

**H**emolysis  
**E**levated  
**L**iver Function tests  
**L**ow  
**P**latelet count

### Hypoxia - Signs and Symptoms

#### FINES

**F**eeding difficulty  
**I**nspiratory stridor  
**N**ares flares  
**E**xpiratory grunting  
**S**ternal retractions

## LABS

### Hyperkalemia - Causes

#### MACHINE

**M**edications: ACE Inhibitors, NSAIDS, K sparing diuretics  
**A**cidosis: metabolic and respiratory  
**C**ellular destruction: burns, injury, hemolysis  
**H**ypoaldosteronism: Addison's  
**I**ntake: excess  
**N**ephrons: renal failure  
**E**xcretion: impaired

### Hyperkalemia-Management

#### KIND

**K**ayexalate  
**I**nsulin  
**N**a HCO<sub>3</sub>  
**D**iuretics

### Hypernatremia-Causes

#### MODEL

**M**edications/Meals  
**O**smotic diuretics  
**D**iabetes insipidus  
**E**xcessive water loss  
**L**ow water intake

### Hypocalcemia-Signs/Symptoms

#### CATS

**C**onvulsions  
**A**rrhythmias  
**T**etany  
**S**pasms and Stridor

### Hyponatremia-Signs/Symptoms

#### SALT LOSS

**S**tupor/coma  
**A**norexia  
**L**ethargy  
**T**endon reflexes decreased  
  
**L**imp Muscles  
**O**rthostatic hypotension  
**S**eizures  
**S**tomach cramping

## PHARMACOLOGY

### Beta 1 and Beta 2

**B**eta1: you have 1 heart  
**B**eta2: you have 2 lungs

### Bradycardia Drugs

#### IDEA

**I**soproterenol  
**D**opamine  
**E**pinephrine  
**A**tropine Sulfate

### Emergency Drugs

#### Drugs to LEAN on

**L**idocaine  
**E**pinephrine  
**A**tropine Sulfate  
**N**arcan

### Steroid Side Effects

#### 6 S's

**S**ugar: hyperglycemia  
**S**oggy bones: osteoporosis  
**S**ick: decreased immunity  
**S**ad: depression  
**S**alt: water and salt retention  
**S**ex: decreased libido

### Lidocaine Toxicity

**S**lurred speech  
**A**ltered central nervous system  
**M**uscle twitching  
**S**eizures

### Diuretic Classes

#### Leak Over The CAN

**L**oop  
**O**smotics  
**T**hiazide  
**C**arbonic anhydrase inhibitors  
**A**ldosterone inhibitors  
**N**a 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