

Introduction

Welcome to the *NCLEX-RN*[®] *Exam Cram*

This book will help you get ready to take and pass the Licensure Exam for Registered Nurses. This introduction discusses the NCLEX[®] exam in general and how the *Exam Cram* can help you prepare for the test. It doesn't matter whether this is the first time you're going to take the exam or if you have taken it previously; this book gives you the necessary information and techniques to obtain licensure.

Exam Cram books help you understand and appreciate the subjects and materials you need to pass. The books are aimed at test preparation and review. They do not teach you everything you need to know about the subject of nursing. Instead they present you with materials you are likely to encounter on the exam. Using a simple approach, we will help you understand the need-to-know information. First, you will learn medical-surgical content, psychiatric content, obstetric content, and pediatric content, with an emphasis on pharmacology, skills, and treatment of these disorders. In a well-organized format, you will learn the pathophysiology of the most common problems affecting clients, the treatment of these disorders, and the nursing care.

The NCLEX-RN[®] consists of questions from the cognitive levels of knowledge, comprehension, application, and analysis. The majority of questions are written at the application and analysis levels. Questions incorporate the five stages of the nursing process (assessment, diagnosis, planning, implementation, and evaluation) and the four categories of client needs. Client needs are divided into subcategories that define the content within each of the four major categories. These categories and subcategories are

- ▶ Safe, effective care environment: 8%–14%
 - ▶ Management of care
 - ▶ Safety and infection control
- ▶ Health promotion and maintenance: 6%–12%
- ▶ Psychosocial integrity: 6%–12%
- ▶ Physiological integrity:
 - ▶ Basic care and comfort: 6%–12%
 - ▶ Pharmacological and parenteral therapy: 13%–19%
 - ▶ Reduction of risk: 13%–19%
 - ▶ Physiological adaptation: 11%–17%

Taking the Computerized Adaptive Test

Computer Adaptive Testing offers the candidate several advantages. The graduate can schedule the exam at a time that is convenient for him. The Pearson VUE Testing group is responsible for administering the exam. Because you might not be familiar with the Pearson testing centers, we recommend that you arrive at least 30 minutes early. If you are late, you will not be allowed to test. Bring two forms of identification with you, one of which must be a picture ID. Be sure that your form of identification matches your application. You will be photographed and fingerprinted upon entering the testing site, so don't let this increase your stress. The allotted time has been extended from 5 hours to 6, and the candidate can receive results within approximately 7 days (in some states even sooner). Remember that the exam is written at approximately the 10th-grade reading level, so keep a good dictionary handy during your studies.

The Cost of the Exam

The candidate wishing to write the licensure exam must fill out two applications, one to the National Council and one to the state in which she wishes to be licensed. A separate fee must accompany each application. The fee required by the National Council is \$200. State licensing fees vary from state

to state. For example, in Mississippi the fee is \$60. Licensure applications can be obtained on the National Council's website at www.ncsbn.org. Several states are members of the multistate licensure compact. This means that, if you are issued a multistate license, you pay only one fee. This information can be obtained by visiting the National Council's website as well.

How to Prepare for the Exam

Judicious use of this book, either alone or with a review seminar such as that provided by Rinehart and Associates, will help you achieve your goal of becoming a registered nurse. As you review for the NCLEX® Exam, we suggest that you find a location where you can concentrate on the material each day. A minimum of 2 hours per day for at least 2 weeks is suggested. We have provided you with exam alerts, tips, notes, and sample questions—both multiple-choice and alternative items. These questions will acquaint you with the types of questions you will see during the exam. We have also formulated a mock exam with those difficult management and delegation questions that you can score to determine your readiness to test. Pay particular attention to the exam alerts and the Cram Sheet. Using these will help you gain and retain knowledge and reduce your stress as you prepare to test.

How to Use This Book

Each topical *Exam Cram* chapter follows a regular structure, along with cues about important or useful information. Here's the structure of a typical chapter:

- ▶ **Opening hotlists**—Each chapter begins with a list of terms and concepts you must learn and understand before you can know the subject matter. The hotlists are followed by an introductory section that sets the stage for the rest of the chapter.
- ▶ **Topical coverage**—After the opening hotlists, each chapter covers a series of topics related to the chapter's subject title. Throughout this section, we highlight topics or concepts that are likely to appear in the exam.

Even though the book is structured to the exam, these flagged items are often particularly important:

- ▶ **Exam Alerts**—An exam alert stresses concepts, terms, or activities that are likely to relate to one or more test questions. For that reason, we think any information in an alert is worthy of unusual attentiveness on your part. A special exam alert layout is used like this:



This is what an alert looks like. Remember to pay particular attention to these items!

- ▶ **Notes**—Throughout each chapter, additional information is provided that, although not directly related to the exam itself, is still useful and will aid your preparation. A sample note is shown here:



This is how notes are formatted. Notes direct your attention to important pieces of information that relate to nursing and nursing certification.

- ▶ **Tips**—A tip might tell you another way of accomplishing something in a more efficient or time-saving manner. An example of a tip is shown here:



This is how tips are formatted. Keep your eyes open for these, and you'll learn some interesting nursing tips!

- ▶ **Exam Prep Questions**—Although we talk about test questions and topics throughout the book, the section at the end of each chapter presents a series of mock test questions and explanations of both correct and incorrect answers.
- ▶ **Practice Exams**—In Chapters 21–24, you will find more practice questions within two practice exams. Use these to gauge your learning and to build the confidence needed to move forward to the real exam.
- ▶ **Glossary**—At the end of the book you will find a glossary that defines critical nursing terms we cover in this book.
- ▶ **The CD**—The CD includes a testing engine with many practice questions that you should use repeatedly to practice your test-taking skills and to measure your level of learning. You should be able to correctly answer more than 90% of the questions on the practice tests before taking the real exam. The CD also contains Appendix B, “Things You Forgot”; Appendix C, “Alphabetical Listing of Nursing Boards in the United States and Protectorates”; and Appendix D, “Need to Know More?”
- ▶ **Cram Sheet**—At the very beginning of the book is a tear card we call the Cram Sheet. This is a helpful tool that gives you distilled, compressed facts. It is a great tool for last-minute study and review.

About the Book

The topics in this book have been structured using the systems approach to nursing. We believe that the simple way to learn the disease process, treatments, and diagnostic studies is the best way. You will review material from each system and the related skills, diagnostics, diets, and so on with each system as we move through the content. You will also consider cultural and religious concerns when caring for the client experiencing threats or deprivations.

Aside from being a test preparation book, this book is also useful if you are brushing up on your nursing knowledge. It is an excellent quick reference for the licensed nurse.

Contact the Authors

The authors of this text are interested in you and want you to pass on the first attempt. If, after reviewing with this text, you would like to contact the authors, you can do so at Rinehart and Associates, PO Box 124, Booneville, MS 38829 or by visiting our website at www.nclexreview.net. You can also contact us by phone at 662-728-4622.