

NCLEX Inspirations

Garrison's NCLEX Review

Letter From The Editor

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Someday soon, I want to audio record my own General Nursing Review. I am not sure if I want to have an audio book with each system, just an outline or none of the above. In order to pass the NCLEX one has to know concepts as well as content and if one has been out of college for a while, well quite frankly, *"if you don't use it, you lose it"*.

I plan on covering the top 10 diseases in each system of the body. To the reader

reading this article today, I suggest you study this way now. Especially, if you have been out of college for a while. For those of you whom are interested in knowing topics that were on the NCLEX exam recently, please go to my Pinterest page: www.pinterest.com/annelieseegarris/ Go to the Pinterest page and just do a search for my name:

Anneliese Garrison. If you find it on one of the many boards there, then it was on the NCLEX. Keep in

mind that everyone's NCLEX experience is a personal experience and the information you find will be just that – information. It will be nothing more so don't go looking for questions. You will not find any there.

I do tutor, so you can always contact me. I have been helping with the NCLEX since 1997.

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Q: How Do I Start To Study?

A: If you seem, to be all over the place and you don't know how to start to study, start by answering questions on and researching the topic in which

you are weakest.

If it is labor and delivery, then start at this point. If it is pediatrics, start here.

Study a specific topic each day and answer questions on that same topic.

When you feel you have gone through all of the systems of the body, pediatrics, labor & delivery and pharmacology, then you are ready for the exam.



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NCLEX Pinterest Page

I did a search on my own Pinterest page and the first thing that pops up is Fluids & Electrolytes. The first thing you want to ask yourself is *“What are the most important things I should know about fluids & electrolytes?”*

1. Know all the electrolytes and what they are for.
2. Know the normal lab value of each electrolyte.

I can give you a few pointers about the SATA Questions but the truth is I am just as terrible at answering them then the next person. One thing I have found to be true is that the NCLEX is asking more SATA questions on Procedural issues. In other words, they are asking things about topics that cannot be

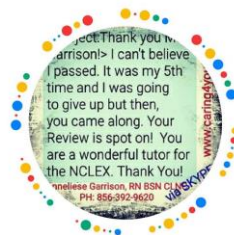
3. Know the different types of IV fluids and whether it is hyper, hypo or isotonic. This because important for the NCLEX when doing medications IV piggy-back for example.

The NCLEX will ask about it and oft, we forget to study it: Know TPN and Parenteral Therapy and what role glucose plays in these types of feedings.

Lastly, you can't study fluids without a thorough and complete knowledge of acidosis

and alkalosis. Both metabolic and respiratory are fully written about on my Pinterest page under *“Fluids & Electrolytes”*. They are hard concepts to grasp but I made easy reading of it so please, help yourself to the information.

X Garrison's NCLEX Review -- Anneliese, RN BSN



Open  and tap  for ideas

Help With SATA Questions

argued with. It is black and white. This is a good thing.

“I do have 74 questions with answers that I got from an NCLEX test writer (first rough draft). But I can offer you no support with answering these. Sorry”

1. Pick only what you know to be true about the question at hand.

2. As of this date, it is my understanding that SATA can be all of the answers as a choice!

3. Pick out the topic, the subject and the action and answer the question as it pertains to these three areas. Do not deviate from the question once you have picked out these three things from the question.

Mastering Pharm For The NCLEX

There are so many pharmaceutical companies out here today that push so many medications that the truth of the matter is that you will not be able to know all the medications for the NCLEX.

Instead, know the category each medication belongs in. Just know that it is a blood

pressure medication for example, not a calcium channel blocker or beta blocker.

“It is impossible to know all the prefixes and suffixes for all the medications. Instead, know the category of each medication.”

Know the top ten most prescribed medications. If it is prescribed, it makes money and if it makes money, it is probably on the NCLEX

I do a good job with my concepts when it comes to pharmacology. You can find my concepts on my site under *“Free Resources”*.

Know Your Insulins

24 Million Americans have diabetes. One in four are undiagnosed. 1.25 Million diabetics are children and adults diagnosed under the age of 40 years of age. 95% of all people diagnosed with diabetes are lifestyle induced type 2 diabetics. So, it would stand to reason to know your insulins.

There are four types of diabetic medications: Rapid, Regular, Long-Lasting & NPH. Please know when they begin to take effect, the peak, the half-life

and when the medication is out of the system. The NCLEX always asks questions about insulin and the person's diet.

Questions that deal with brittle diabetics are frequently on the NCLEX so this too is another reason to know when a long-acting insulin peaks or an NPH insulin vs a short-acting insulin for example.

You can find this information on my Pharmacology Board under "Know Your Insulins". I

have written it out for you so that you may print it out easily.

In the same article, you will find the top three to five most commonly prescribed insulins in each of the four categories I mentioned.

Although you may have my concepts for free on my website, if you are having trouble with pharmacology, it is best to get tutoring in this subject. Once completed, it will take the dread out of the NCLEX exam.

Respiratory Diseases and Illnesses

You will not see it written on my site this way as of yet but just this morning I researched the top eight respiratory problems and they were as follows:

1. **Asthma:** Consistent inflammation of the airways.
2. **COPD;** Chronic Obstructive Pulmonary Disease.

3. **Bronchitis:** Acute and chronic respiratory distress.

4. **Emphysema:** Form of COPD caused by smoking.

"The NCLEX is no longer as cut and dry as: 'Airway, Breathing & Circulation'. Study these."

5. **Lung Cancer:** Understand stages and metastasis.

6. **Cystic Fibrosis:** Defective gene that causes thick sticky mucus.

7. **Pneumonia:** Infection in the air sacs in the lungs.

8: **Allergies:** Common and chronic worldwide.

Final Exam by Anneliese Garrison, RN

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I sit and stare a frustrating stare.
I fold my hands under my chin,--

A--B--C—D

God, why did this happen to me?
I could not have studied any longer.
I could not have worked any harder.

My eyes get wet and warm.
The letters on the page are blurred

Stop--This is not the time or place.
I wipe the tears from my face.

Time is up, I have to be done.
I smile and surrender my life.
This means so very much to me.
I can't hold back the anxiety.

I break my pencils;
throw them in the trash;
slam the door behind me.
Only to find out later--

I had passed! This is what I had worked so hard for!

My eyes get wet and warm.
The grade on the paper is blurred.
Go ahead--this is the time and place.
I watch the tear roll down my face.

Thanks God, I whisper, Thanks.

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*Healing your community one
nursing student at a time!*

I have been helping nursing students pass their NCLEX since 1997 and it has been such a blessing for me to do so. After 20 years of helping with the NCLEX, I would like to write a book and place not only my knowledge in this book, but I would like to place your inspirational stories throughout the book as well. So please submit your story about your journey to become a nurse. I would be honored to publish it in this newsletter.

If you know anyone that needs a tutor for the NCLEX that truly cares about their career and them as a person, please feel free to call me or contact me via the web and let me see what I can do. This year is your year for success.



We're on the Web!

www.caring4you.net



Inspirational NCLEX Story

Hi future Nurses! I would like to share my story to those who are in need of encouragement. I've graduated back in 2013, I used everything even the free resources from Anneliese. I was all over the place with my studies for 3 years. I was confused, frustrated, exhausted & wondering why wasn't I passing? I had the thought of giving up, being the Negative Nancy with the people I loved, hating everything around me, closed myself from people I cared about & thought about doing something else as a career. This time around, I had to change my thought process

by staying positive, block out all the negative energy, prayed everyday & believed who I was & wanted to become. For 3 long months, I gave it my all. Yes, I read the Lippincott book and received tutoring from Ms. Garrison and studied a good month while taking notes. Listened to the most awesome 50 concepts from Ms. Garrison & applied it with the biggest Lippincott book ever (super useful questions). When I ran out of questions to do I did my ATI book and listened to Annelies's "9 System Review" doing my chores around the house when I was exhausted from doing questions on the computer. Furthermore, I did The Learning Center Extension, hitting 60% which gave me the

confidence & boost that I needed. Passed my NCLEX RN board on November 26th So my fellow nurses, don't give up on yourself. Keep believing & keep trusting that God himself will help you through it all with whatever you are going through in life. He's the only one that has your back. He is & above all else, amazing & mysterious. He has guided me through the darkest areas in my life & gave me the strength to keep going when I wanted to give up. Last thing I would like to share with you: "When God answers prayers immediately it means He is increasing your faith. When prayers are delayed he is increasing your patience & humility. When He doesn't answer right away, wait, His timing is always perfect."

T.Q. Virginia.
