

NCLEX-RN Mnemonics Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. Which stance should be avoided while using a cane according to proper technique?**
 - A. Crouching**
 - B. Balancing**
 - C. Leaning on the cane**
 - D. Walking alone**
- 2. What does the "C" in the COLDSPA mnemonic refer to when assessing pain?**
 - A. Character**
 - B. Condition**
 - C. Context**
 - D. Consequence**
- 3. Which of the following diseases is NOT associated with Streptococcus Pyogenes according to the mnemonic "GET NIPPLES"?**
 - A. Endocarditis**
 - B. Necrotizing fascitis**
 - C. Pneumonia**
 - D. Erysipelas**
- 4. Which signs are associated with hypokalemia as indicated by the mnemonic S.A.V.E.?**
 - A. Skeletal muscle weakness, Arrhythmias, Ventricular tachycardia, EKG changes**
 - B. Severe muscle pain, Abnormal heart rate, Vascular issues, Edema**
 - C. Skin rash, Abdominal pain, Visual disturbances, Electrolyte imbalance**
 - D. Shortness of breath, Anemia, Vomiting, Excessive thirst**
- 5. Using the COAL mnemonic, which leg should move with the cane when walking?**
 - A. Affected leg**
 - B. Opposite leg**
 - C. Stronger leg**
 - D. Weaker leg**

- 6. What does the "ABCDE" mnemonic refer to when assessing moles for melanoma?**
- A. Asymmetry, Border, Color, Diameter, Evolving**
 - B. Aging, Beauty, Clarity, Density, Edge**
 - C. Appearances, Borderline, Contrast, Documentation, Examination**
 - D. Assessment, Biopsy, Consultation, Diagnosis, Education**
- 7. How can one remember dietary sources of Vitamin B12 using the mnemonic A.M.E.D.?**
- A. Animal products, Meat, Eggs, Dairy products**
 - B. Almonds, Mushrooms, Eggs, Dairy**
 - C. Avocados, Milk, Eggs, Dark greens**
 - D. Apples, Meat, Evaporated milk, Spices**
- 8. What does the acronym BAD SNRI stand for when discussing SNRI side effects?**
- A. Body weight increases**
 - B. Blood pressure decreases**
 - C. Bowel disturbances**
 - D. Bulimia nervosa**
- 9. What is the mnemonic for the causes of hyperkalemia?**
- A. A - Medications, Acidosis, Renal failure, Adrenal insufficiency, Cell lysis, Hypoaldosteronism**
 - B. B - Medications, Allergies, Renal failure, Anemia, Cancer**
 - C. C - Metabolic, Alcoholism, Renal impairment, Adrenaline, Calcium deficiency**
 - D. D - Muscle damage, Arsenic, Renal failure, Ascites, Calcium imbalance**
- 10. Which mnemonic can help you remember the signs of dehydration?**
- A. THIRST, URINE, ANXIETY**
 - B. THIRST, URINE DARK, ALTERED MENTAL STATUS**
 - C. HEAVINESS, UPPER PAIN, ALTERATIONS**
 - D. TOUCHINESS, URINE CLEAR, ALERTNESS**

Answers

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1. C
2. A
3. C
4. A
5. B
6. A
7. A
8. A
9. A
10. B

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Explanations

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1. Which stance should be avoided while using a cane according to proper technique?

- A. Crouching**
- B. Balancing**
- C. Leaning on the cane**
- D. Walking alone**

Using a cane requires maintaining proper posture and technique to ensure safety and stability. Leaning on the cane is considered poor technique because it can disrupt balance and inadvertently shift the body's center of gravity. The cane is intended to provide support and assistance with weight redistribution, not to bear the entire weight of the individual. Correct technique involves using the cane to lead and support the body without excessive reliance on it. This promotes better stability and encourages the person to engage their muscles correctly while walking. Proper use keeps the body aligned and helps prevent falls or injuries. This understanding supports the importance of maintaining an upright posture while using assistive devices like canes.

2. What does the "C" in the COLDSPA mnemonic refer to when assessing pain?

- A. Character**
- B. Condition**
- C. Context**
- D. Consequence**

The "C" in the COLDSPA mnemonic refers to "Character," which is a critical aspect of pain assessment. When healthcare providers evaluate a patient's pain, understanding the character of the pain helps to describe its nature and quality. This includes details about how the pain feels, such as whether it is sharp, dull, throbbing, burning, or stabbing. Accurately describing the character of pain can provide valuable insights into the underlying cause and guide further assessment and treatment strategies. Engaging patients in expressing their pain can lead to a better understanding of their condition and aid in developing an effective care plan. In contrast, the other terms in the choices do not align with the mnemonic's structure, which focuses specifically on aspects designed to evaluate pain comprehensively.

3. Which of the following diseases is NOT associated with Streptococcus Pyogenes according to the mnemonic "GET NIPPLES"?

- A. Endocarditis**
- B. Necrotizing fascitis**
- C. Pneumonia**
- D. Erysipelas**

The mnemonic "GET NIPPLES" is used to remember the diseases associated with Streptococcus pyogenes, which include conditions such as Group A Streptococcal infections. Each letter in the mnemonic corresponds to a specific disease or condition. In this context, "Pneumonia" does not fall under the diseases typically associated with Streptococcus pyogenes. While Streptococcus pneumoniae is a notable bacterial pathogen that indeed causes pneumonia, Streptococcus pyogenes (Group A Streptococcus) is better known for causing conditions such as pharyngitis (strep throat), rheumatic fever, scarlet fever, and skin infections like erysipelas and necrotizing fasciitis. The absence of pneumonia from Streptococcus pyogenes' list of associated diseases reinforces the distinction between these two streptococcal species, emphasizing the need to be aware of their different clinical profiles. Thus, pneumonia is correctly identified as the option that does not belong in the context of diseases linked to Streptococcus pyogenes.

4. Which signs are associated with hypokalemia as indicated by the mnemonic S.A.V.E.?

- A. Skeletal muscle weakness, Arrhythmias, Ventricular tachycardia, EKG changes**
- B. Severe muscle pain, Abnormal heart rate, Vascular issues, Edema**
- C. Skin rash, Abdominal pain, Visual disturbances, Electrolyte imbalance**
- D. Shortness of breath, Anemia, Vomiting, Excessive thirst**

The mnemonic S.A.V.E. is a useful tool for remembering the signs associated with hypokalemia, which is a low potassium level in the blood. Each letter corresponds to key clinical manifestations: - **S** stands for **Skeletal muscle weakness**: One of the hallmark symptoms of hypokalemia is muscle weakness, particularly in the proximal muscles of the limbs. This occurs because potassium is essential for muscle contraction and nerve function. - **A** stands for **Arrhythmias**: Low levels of potassium can lead to various cardiac arrhythmias. This is significant as it can increase the risk of serious heart problems, highlighting the impact of potassium on heart electrical activity. - **V** represents **Ventricular tachycardia**: This is a specific type of arrhythmia commonly associated with hypokalemia. It can be life-threatening and may require prompt medical intervention. - **E** indicates **EKG changes**: Hypokalemia often manifests as characteristic changes on an electrocardiogram (EKG), such as flattened T waves, the presence of U waves, and ST segment depression. These changes are critical for nurses and healthcare providers to recognize, as they may indicate the underlying potassium deficiency. This option accurately

5. Using the COAL mnemonic, which leg should move with the cane when walking?

- A. Affected leg**
- B. Opposite leg**
- C. Stronger leg**
- D. Weaker leg**

In the context of the COAL mnemonic, which stands for "Cane Opposite Affected Leg," the correct choice emphasizes that when walking with a cane, the movement should be coordinated so that the cane and the opposite leg (the unaffected leg) move together. This approach provides greater stability and helps distribute the weight away from the affected leg (the leg that might be injured or weaker). When using the cane, the person should first advance the cane forward and then step with the opposite leg. This sequence allows for the body's weight to shift more safely and effectively to the opposite leg, providing support and balance as they move. This strategy is particularly important for individuals recovering from injuries or surgeries and ensures they have a greater sense of security while ambulating. Utilizing this method enhances mobility while reducing the risk of falls, which is a critical consideration for anyone using a walking aid. Thus, the proper sequence follows the COAL mnemonic, ensuring that the cane and the opposite leg function together in a supportive manner.

6. What does the "ABCDE" mnemonic refer to when assessing moles for melanoma?

- A. Asymmetry, Border, Color, Diameter, Evolving**
- B. Aging, Beauty, Clarity, Density, Edge**
- C. Appearances, Borderline, Contrast, Documentation, Examination**
- D. Assessment, Biopsy, Consultation, Diagnosis, Education**

The "ABCDE" mnemonic for assessing moles for melanoma stands for Asymmetry, Border, Color, Diameter, and Evolving. Each element plays a crucial role in the evaluation of moles to determine the risk of melanoma, which is a serious form of skin cancer. - Asymmetry refers to the shape of the mole; if one half does not mirror the other, it's a red flag. - The Border aspect emphasizes the importance of the edges of the mole being irregular or poorly defined, which can indicate malignancy. - Color checks for variations in color within the mole, as healthy moles typically have a uniform color. - Diameter highlights that moles larger than 6 millimeters may require further examination, given that melanoma can vary in size. - Evolving signifies changes in size, shape, color, or elevation, or any new symptom such as bleeding, itching, or crusting, which may indicate potential malignancy. This systematic approach helps clinicians assess moles effectively and encourages timely intervention if abnormalities are detected.

7. How can one remember dietary sources of Vitamin B12 using the mnemonic A.M.E.D.?

A. Animal products, Meat, Eggs, Dairy products

B. Almonds, Mushrooms, Eggs, Dairy

C. Avocados, Milk, Eggs, Dark greens

D. Apples, Meat, Evaporated milk, Spices

The mnemonic A.M.E.D. is an effective way to remember the dietary sources of Vitamin B12 as it highlights the key food groups rich in this essential vitamin. The components of the mnemonic stand for Animal products, Meat, Eggs, and Dairy products, all of which are known to be excellent sources of Vitamin B12. Animal products are significant because Vitamin B12 is primarily found in animal tissues, making them a crucial part of the diet for individuals seeking this vitamin. Meat is a direct source, especially red meats and organ meats, which contain ample amounts of B12. Eggs also contribute to B12 intake; they are a great source for those who consume animal products but may not eat large amounts of meat. Lastly, dairy products, such as milk and cheese, also provide a considerable amount of Vitamin B12, making them an essential part of the diet for those who consume them. The other options listed include sources that may not contain significant amounts of Vitamin B12 or are not primarily recognized for B12 content, making them less effective in representing the dietary sources of this vitamin. For example, almonds, mushrooms, avocados, and dark greens are not recognized as major sources of Vitamin B12, which distinguishes the correct answer as the most accurate.

8. What does the acronym BAD SNRI stand for when discussing SNRI side effects?

A. Body weight increases

B. Blood pressure decreases

C. Bowel disturbances

D. Bulimia nervosa

The acronym BAD SNRI is used to help recall some of the side effects associated with serotonin-norepinephrine reuptake inhibitors (SNRIs). In this context, the "B" in BAD SNRI stands for Body weight increases, which is an important consideration for patients taking these medications. SNRIs can potentially lead to weight gain in some individuals due to changes in appetite and metabolism, making it crucial for healthcare providers to monitor patients for these changes. Recognizing that body weight increases can be a side effect helps healthcare professionals counsel their patients effectively about what to expect while on the medication and encourages them to maintain a healthy lifestyle. Understanding this side effect is particularly relevant in clinical practice, as it may impact medication adherence and overall treatment outcomes. Addressing weight gain proactively allows for better management of this side effect if it occurs, thereby improving the patient's overall well-being while undergoing treatment.

9. What is the mnemonic for the causes of hyperkalemia?

- A. A - Medications, Acidosis, Renal failure, Adrenal insufficiency, Cell lysis, Hypoaldosteronism**
- B. B - Medications, Allergies, Renal failure, Anemia, Cancer**
- C. C - Metabolic, Alcoholism, Renal impairment, Adrenaline, Calcium deficiency**
- D. D - Muscle damage, Arsenic, Renal failure, Ascites, Calcium imbalance**

The correct answer presents a comprehensive mnemonic that effectively encapsulates the primary causes of hyperkalemia. Each component of the mnemonic corresponds to a specific factor that can lead to elevated potassium levels in the body. Understanding this mnemonic is crucial for nursing practice, as it assists in quick recall of the various conditions and mechanisms that may contribute to hyperkalemia. For example, medications, particularly those that affect renal function, can hinder the excretion of potassium, resulting in elevated serum levels. Acidosis is another important cause; when the blood becomes more acidic, potassium ions shift out of cells in exchange for hydrogen ions, increasing serum potassium concentrations. Renal failure directly affects the kidneys' ability to excrete potassium, while adrenal insufficiency can lead to decreased aldosterone secretion, a hormone responsible for potassium regulation. Cell lysis, such as that occurring during tissue injury or hemolysis, releases potassium stored within cells into the bloodstream. Lastly, hypoaldosteronism results in reduced renal potassium excretion, further contributing to hyperkalemia. Understanding these elements is essential for nursing assessments and interventions, enabling caregivers to recognize at-risk patients and manage hyperkalemia effectively.

10. Which mnemonic can help you remember the signs of dehydration?

- A. THIRST, URINE, ANXIETY**
- B. THIRST, URINE DARK, ALTERED MENTAL STATUS**
- C. HEAVINESS, UPPER PAIN, ALTERATIONS**
- D. TOUCHINESS, URINE CLEAR, ALERTNESS**

The mnemonic "THIRST, URINE DARK, ALTERED MENTAL STATUS" effectively encapsulates key signs of dehydration. Each component of the mnemonic represents a critical symptom associated with the condition. - ****THIRST**** is one of the earliest and most common indicators of dehydration. When the body loses fluid, it triggers an instinctual response to seek out water, therefore, recognizing thirst is essential for identifying dehydration. - ****URINE DARK**** refers to the color of urine, which is a direct reflection of hydration status. Dark-colored urine typically indicates a concentrated urine due to insufficient fluid intake. In contrast, well-hydrated individuals usually produce light-colored, diluted urine. Recognizing this change in urine color is vital for assessing dehydration. - ****ALTERED MENTAL STATUS**** indicates that dehydration can affect cognitive function. This can manifest as confusion, irritability, or decreased alertness, particularly in more severe cases of dehydration. The brain is highly sensitive to changes in fluid balance, and alterations in mental status can signal that the dehydration is significant enough to have systemic effects. Using this mnemonic allows healthcare professionals and students to quickly remember these key signs of dehydration, facilitating timely recognition and intervention.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nclexrnmnemonics.examzify.com>

We wish you the very best on your exam journey. You've got this!