

NCLEX-RN MNEMONICS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://nclexrnmnemonics.examzify.com>



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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

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1. What symptom does the "C" in the CATS mnemonic signify for Hypo-parathyroidism?
 - A. Constipation
 - B. Convulsions
 - C. Cold intolerance
 - D. Chronic fatigue
2. What is the acronym for the stages of grief?
 - A. D - Denial, A - Anger, B - Bargaining, D - Depression, A - Acceptance
 - B. D - Denial, A - Anger, B - Bargaining, D - Disbelief, A - Acceptance
 - C. D - Denial, A - Anger, B - Bargaining, D - Depression, A - Adjustment
 - D. D - Denial, A - Acceptance, B - Bargaining, D - Despair, A - Anger
3. What does the acronym "FLACC" represent in pediatric pain assessment?
 - A. Face, Legs, Activity, Cry, Consolability
 - B. Feelings, Laughter, Attendance, Comfort, Cries
 - C. Fever, Lethargy, Appetite, Comfort, Coughing
 - D. Feedback, Learning, Assessment, Communication, Comfort
4. Which of the following medications is NOT included in the heart failure treatment mnemonic?
 - A. ACE inhibitors
 - B. Anticoagulants
 - C. Antidepressants
 - D. Beta-blockers
5. Which side effect is indicated by the mnemonic SHRED in relation to calcium channel blockers?
 - A. Angina
 - B. Hyperkalemia
 - C. Stevens Johnson Syndrome
 - D. Rash

- 6. Which characteristic is identified with melanoma using the ABCDE mnemonic?**
- A. Evenly colored
 - B. Borderline irregular
 - C. Bright hue
 - D. Flat surface
- 7. What is the therapeutic range for Digitalis?**
- A. 0.5-1.5
 - B. 1.0-2.0
 - C. 0.8-2.5
 - D. 0.4-1.0
- 8. What is the initial stage of shock according to the stages of shock mnemonic CPR?**
- A. Refractory stage
 - B. Compensatory stage
 - C. Progressive stage
 - D. Critical stage
- 9. Which of the following is a side effect associated with Tricyclic Antidepressants (TCA)?**
- A. Thrombocytopenia
 - B. Hypertension
 - C. Pneumonia
 - D. Insomnia
- 10. What mnemonic can help in remembering the cranial nerves?**
- A. A - O - Oh, O - Oh, O - Oh, T - Touch, A - And, F - Feel, V - Very, G - Good
 - B. B - A - All, B - Buffalos, C - Charge, D - Down
 - C. C - O - One, T - Two, T - Three, F - Four, F - Five
 - D. D - M - Med, A - Ask, S - So, P - Please

Answers

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

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Explanations

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1. What symptom does the "C" in the CATS mnemonic signify for Hypo-parathyroidism?

- A. Constipation
- B. Convulsions**
- C. Cold intolerance
- D. Chronic fatigue

The "C" in the CATS mnemonic for Hypo-parathyroidism signifies Convulsions. This is because low levels of parathyroid hormone (PTH) lead to decreased calcium levels in the blood, a condition known as hypocalcemia. When calcium levels drop significantly, neuromuscular excitability increases, which can result in symptoms such as muscle spasms, tetany, and convulsions. Recognizing convulsions as a key symptom helps healthcare providers quickly identify potential complications related to insufficient parathyroid hormone activity and the resultant impact on calcium homeostasis. In the context of this condition, it is important to monitor for neurologic symptoms, as they can indicate severe calcium deficiency demanding prompt medical intervention. Other symptoms associated with hypoparathyroidism, though relevant, do not specifically correspond to the mnemonic and thus do not represent the concept captured by the letter "C."

2. What is the acronym for the stages of grief?

- A. D - Denial, A - Anger, B - Bargaining, D - Depression, A - Acceptance**
- B. D - Denial, A - Anger, B - Bargaining, D - Disbelief, A - Acceptance
- C. D - Denial, A - Anger, B - Bargaining, D - Depression, A - Adjustment
- D. D - Denial, A - Acceptance, B - Bargaining, D - Despair, A - Anger

The correct answer comprises the stages of grief as conceptualized by Elisabeth Kübler-Ross, which are commonly referred to by the acronym DABDA: Denial, Anger, Bargaining, Depression, and Acceptance. This framework aids in understanding the emotional responses individuals may experience when faced with loss or significant changes. Denial serves as the initial reaction, where the individual may refuse to accept or believe the reality of the situation. Following this, anger emerges, which can manifest as frustration or resentment about the circumstances. Bargaining represents the negotiation for an extension of life or another chance, frequently involving attempts to reverse or lessen the loss. Depression signifies the profound sadness that sets in as the reality begins to take hold. Finally, acceptance involves coming to terms with the loss, finding a way to adjust to a new normal. When considering the other options, they include stages that slightly differ from Kübler-Ross's original model, such as substituting "Disbelief" for "Denial" or changing "Depression" to "Despair", which does not fit the widely accepted framework. Additionally, "Adjustment" is not a recognized stage in this context and alters the meaning of the grieving process as traditionally understood in psychology.

3. What does the acronym "FLACC" represent in pediatric pain assessment?

- A. Face, Legs, Activity, Cry, Consolability
- B. Feelings, Laughter, Attendance, Comfort, Cries
- C. Fever, Lethargy, Appetite, Comfort, Coughing
- D. Feedback, Learning, Assessment, Communication, Comfort

The acronym "FLACC" stands for Face, Legs, Activity, Cry, and Consolability, which is specifically designed to assess pain in pediatric patients who may not be able to articulate their discomfort verbally. Each component targets observable behaviors that indicate pain levels in children. - "Face" evaluates the child's facial expressions, looking for signs of distress such as grimacing or crying. - "Legs" assesses the position and movement of the legs; increased tension or kicking can indicate discomfort. - "Activity" considers the child's overall movement; a decrease in activity or heightened restlessness may suggest pain. - "Cry" observes the nature of the cry, whether it is strong, whimpering, or absent, as this can provide insights into the pain intensity. - "Consolability" measures how easily the child can be comforted; difficulty in soothing could signify higher pain levels. With this structured approach, healthcare providers can evaluate pain comprehensively even in non-verbal children, which is crucial for effective pain management and treatment planning.

4. Which of the following medications is NOT included in the heart failure treatment mnemonic?

- A. ACE inhibitors
- B. Anticoagulants
- C. Antidepressants
- D. Beta-blockers

In the context of heart failure treatment, the mnemonic often used to remember key medication classes includes ACE inhibitors, beta-blockers, and diuretics, among others. These medications are specifically chosen because they directly target the mechanisms involved in heart failure, improving symptoms and outcomes. Antidepressants, while they may play a role in the overall quality of life for patients dealing with chronic illness like heart failure, do not have a direct therapeutic effect on the heart's function or fluid balance inherent to heart failure treatment protocols. Therefore, they are not included in the essential pharmacotherapy for heart failure. On the other hand, ACE inhibitors and beta-blockers are first-line treatments that help reduce the workload on the heart and decrease fluid retention. Anticoagulants may be relevant in certain cases of heart failure, especially where there is a risk of thromboembolism, but they do not directly treat heart failure itself. Understanding this classification helps clarify why antidepressants are excluded from the core treatment mnemonic.

5. Which side effect is indicated by the mnemonic SHRED in relation to calcium channel blockers?

- A. Angina
- B. Hyperkalemia
- C. Stevens Johnson Syndrome**
- D. Rash

The mnemonic SHRED is utilized to remember the side effects associated with calcium channel blockers, specifically highlighting the potential for Stevens-Johnson Syndrome (SJS). SJS is a serious condition characterized by a painful rash that leads to tissue peeling and can cover large areas of the body, often requiring hospitalization for treatment. Calcium channel blockers, while primarily known for their role in managing hypertension and angina, can have this severe adverse effect, which is why it is included in the mnemonic. The other conditions listed in the options are associated with other medical concerns and drugs but do not directly relate to the SHRED mnemonic in the context of calcium channel blockers. Therefore, understanding that Stevens-Johnson Syndrome is a notable side effect of these medications is essential for safe nursing practice and patient education.

6. Which characteristic is identified with melanoma using the ABCDE mnemonic?

- A. Evenly colored
- B. Borderline irregular**
- C. Bright hue
- D. Flat surface

The characteristic identified with melanoma through the ABCDE mnemonic is that of irregular borders. The ABCDE mnemonic is a guideline used to evaluate moles and other skin lesions for signs of melanoma, a serious form of skin cancer. Each letter stands for a specific feature to assess: - A for Asymmetry, where one half of the mole does not match the other half. - B for Border, which indicates that the edges of the mole are irregular, ragged, or blurred. - C for Color, where the color may not be uniform and can include different shades or hues. - D for Diameter, noting that melanomas are usually larger than 6mm (about the size of a pencil eraser). - E for Evolving, meaning the mole changes in size, shape, or color over time. In this context, the characteristic of "borderline irregular" highlights a critical warning sign in identifying potential melanomas, as smooth and even borders are typically associated with benign moles or lesions. Recognizing irregular borders is essential for early detection and treatment of melanoma.

7. What is the therapeutic range for Digitalis?

A. 0.5-1.5

B. 1.0-2.0

C. 0.8-2.5

D. 0.4-1.0

The therapeutic range for Digitalis, also known as digoxin, is recognized as being between 0.5 to 2.0 ng/mL, with many sources specifying a target of 0.5-1.5 ng/mL for most patients. Staying within this range is critical as it helps to ensure the medication is effective without causing toxicity. Digitalis primarily works by increasing the strength of the heart's contractions and controlling heart rate, particularly in conditions like heart failure and atrial fibrillation. When digoxin levels exceed this therapeutic range, the risk of digitalis toxicity increases, leading to symptoms such as nausea, vomiting, diarrhea, confusion, and potentially serious cardiac arrhythmias. Therefore, thorough monitoring of serum digoxin levels is essential for patient safety and effective treatment. While the answer provided reflects a common understanding of the therapeutic range, it's important to note that some more recent guidelines might allow for slight variations in the upper limit depending on patient status and specific clinical scenarios.

8. What is the initial stage of shock according to the stages of shock mnemonic CPR?

A. Refractory stage

B. Compensatory stage

C. Progressive stage

D. Critical stage

The initial stage of shock is identified as the compensatory stage. During this phase, the body initiates several physiological responses to maintain perfusion and oxygen delivery to vital organs despite a decrease in circulating blood volume or cardiac output. These compensatory mechanisms may include an increase in heart rate, vasoconstriction, and increased respiratory rate to improve oxygenation. This stage is characterized by the body's attempt to adapt to the decreased perfusion and can often go unnoticed, as patients may still display normal vital signs or only slight alterations. Recognizing this early stage is crucial, as it allows for timely intervention and prevention of progression to more severe stages of shock. In contrast, the other options represent subsequent stages of shock, which involve more severe symptomatology and impaired organ function. Understanding the compensatory stage helps healthcare professionals assess the patient's condition early and implement appropriate treatments to counteract the effects of shock.

9. Which of the following is a side effect associated with Tricyclic Antidepressants (TCA)?

A. Thrombocytopenia

B. Hypertension

C. Pneumonia

D. Insomnia

The side effect associated with Tricyclic Antidepressants (TCA) that is most commonly recognized is not thrombocytopenia, but rather effects related to their anticholinergic properties which can include sedation. Tricyclic antidepressants can cause various side effects based on their pharmacological profile. Among the options provided, hypertension can occur with some TCAs due to their impact on norepinephrine reuptake but is not the most typical side effect. Pneumonia is not a direct side effect of TCAs, and while insomnia can occur as a secondary effect of certain medications, it is not a typical side effect of TCAs which often induce sedation. In summary, the side effects of TCAs are more closely aligned with sedation, anticholinergic effects (like dry mouth, blurred vision, constipation), and cardiac issues (arrhythmias) rather than thrombocytopenia. Understanding TCA side effects helps in monitoring and managing patients effectively during treatment.

10. What mnemonic can help in remembering the cranial nerves?

A. A - O - Oh, O - Oh, O - Oh, T - Touch, A - And, F - Feel, V - Very, G - Good

B. B - A - All, B - Buffalos, C - Charge, D - Down

C. C - O - One, T - Two, T - Three, F - Four, F - Five

D. D - M - Med, A - Ask, S - So, P - Please

The chosen mnemonic, "A - O - Oh, O - Oh, O - Oh, T - Touch, A - And, F - Feel, V - Very, G - Good," effectively represents the twelve cranial nerves in order. Each initial corresponds to a cranial nerve, making it easier for nursing students to recall the names and order of the nerves when needed for examinations or clinical practice. By using the repeating 'O' for the olfactory, optic, and oculomotor nerves, the mnemonic reinforces the first three cranial nerves, and the subsequent words represent the remaining nerves in a memorable and rhythmic format. This method of associating each nerve with a fun phrase not only aids memorization but also engages auditory and verbal memory cues that can be useful under the pressure of exams, such as the NCLEX-RN. The coherence of the phrases creates a mental image, enhancing recall ability. The structure of the phrases also flows well, making it easy to recite. Thus, this mnemonic stands out as an effective tool for mastering the cranial nerves.

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:

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

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