

# HESI Hints & NCLEX Gems

## Maslow's Hierarchy of Needs

- \* Physiologic
- \* Safety
- \* Love and Belonging
- \* Esteem
- \* Self-actualization

## Nursing Process

- \* Assessment
- \* Diagnosis (Analysis)
- \* Planning
- \* Implementation (Treatment)
- \* Evaluation

## ABCs

- \* Airway
- \* Breathing
- \* Circulation

## Normal Values

- o Hgb
  - \* Males 14-18
  - \* Females 12-16
- o Hct
  - \* Males 42-52
  - \* Females 37-47
- o RBCs
  - \* Males 4.7-6.1 million
  - \* Females 4.2-5.4 million
- o WBCs
  - \* 4.5-11k
- o Platelets
  - \* 150-400k
- o PT (Coumadin/Warfarin)
  - \* 11-12.5 sec (NR and PT TR = 1.5-2 times normal)

## Delegation

- o RN Only
- \* Blood Products (2 RNs must check)
- \* Clotting Factors
- \* Sterile dressing changes and procedures
- \* Assessments that require clinical judgment
- \* Ultimately responsible for all delegated duties
- o Unlicensed Assistive Personnel
- \* Non-sterile procedures

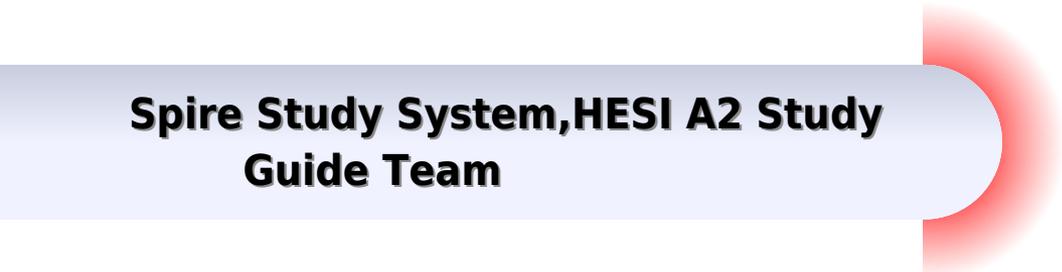
## Arterial Blood Gases — Used for Acidosis vs. Alkalosis

- \* pH 7.35-7.45
- \* CO<sub>2</sub> 35-45 (Respiratory driven) ... High = Acidosis
- \* HCO<sub>3</sub> 22-28 (Metabolic driven) ... High = Alkalosis
- \* O<sub>2</sub> 80-100
- \* O<sub>2</sub> Sat 95-100%

- o Cholesterol < 200
- o Bilirubin Newborn 1-12
- o Phenylalanine Newborn < 2, Adult < 6
- o Na<sup>+</sup> 136-145
- o K<sup>+</sup> 3.5-5
- \* HypoK<sup>+</sup> ... Prominent U-waves, Depressed ST segment, Flat T waves
- \* HyperK<sup>+</sup> ... Tall T-Waves, Prolonged PR interval, wide QRS
- o Ca<sup>++</sup> 9-10.5
- \* Hypocalcemia ... muscle spasms, convulsions, cramps/tetany, + Trousseau's, + Chvostek's, prolonged ST interval, prolonged QT segment
- o Mg<sup>+</sup> 1.5-2.5
- o Cl<sup>-</sup> 96-106
- o Phos 3-4.5
- o Albumin 3.5-5

# Hesi Study Guide 2014

**Spire Study System, HESI A2 Study  
Guide Team**



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