

Nursing made Incredibly Easy!

Memory Joggers



21 quick, easy ways to remember important clinical facts

1. To remember the difference between **transudate** and **exudate**, focus on the prefixes ...

- **Trans-** means “**across**,” as in the transcontinental railroad
 - **Ex-** means “**out of**,” as in exhale.
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2. To remember the difference between **aerobic** and **anaerobic**, think of jogging ...

- When you jog, an aerobic activity, your body needs oxygen, or air — **aerobic** means oxygen is required.
 - **Anaerobic** means without oxygen.
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3. To remember what allergies to ask your patient about before a CT scan that requires contrast medium, think of **SIC** ...

- S**hellfish
 - I**odine
 - C**ontrast media (prior sensitive reaction).
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4. To remember the signs and symptoms of a hypersensitivity reaction to contrast media, think **PURR** ...

- P**ruritus
 - U**rticaria
 - R**ash
 - R**espiratory distress.
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5. To remember what to assess when evaluating a skin lesion, think of **A, B, C, D** ...

- A** for asymmetry
 - B** for border
 - C** for color and configuration
 - D** for diameter and drainage.
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6. To remember that **cones** are cells in the eyes that respond to color, think of brightly colored **ice cream cones**.

7. To remember which direction to move the syringe when you want to slow down the flow through the tube, think of ...

- lower is slower, or ...
 - slow **DOWN**.
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8. To remember the meaning of **myasthenia gravis** ...

think of **grave** muscle weakness.

9. To remember the progression of **ARDS**, think of ...

- A**ssault to the pulmonary system
 - R**espiratory distress
 - D**ecreased lung compliance
 - S**evere respiratory failure.
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10. To remember the progression of signs and symptoms of Lyme disease, remember **LIME** ...

- L**esions, lymph node swelling, like the flu (Stage 1)
 - I**nnervation problems, such as meningitis and peripheral neuropathy (Stage 2)
 - M**ovement problems, such as arthritis (Stage 3)
 - E**verything else, such as myocarditis and arrhythmia (Stage 3).
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11. To remember the difference between depolarization and repolarization, think of ...
the **R** in repolarization as standing for **R**est.
Repolarization is the resting phase of the cardiac cycle.

12. When performing an assessment, remember this CAUTION from the American Cancer Society ...

Change in bowel or bladder habits
A sore that doesn't heal
Unusual bleeding or discharge
Thickening or lump
Indigestion or difficulty swallowing
Obvious changes in a wart or mole
Nagging cough or hoarseness.

13. To remember the four causes of cell injury, think of how the injury tipped (or TIPD) the scale of homeostasis ...

Toxin or other lethal (cytotoxic) substance
Infection
Physical insult or injury
Deficit or lack of water, oxygen, or nutrients.

14. When combining insulins, to remember which to draw first, think of "clear before cloudy."

Who doesn't prefer a clear day to a cloudy one?

15. Remember this jingle when converting inches to centimeters ...

"2.54, that's 1 inch and no more."

16. Remember that X factor is often used to describe a person or event that could cause *unEXpected*, or unknown, outcomes.

Keep this in mind when performing dosage calculations and you'll remember that X represents the unknown part of a ratio or fraction.

17. To remember the conditions that affect the length of patient stay, think of FOCUS ...

Functional skills (and disabilities)
Other diseases
Chronicity
Urgency of needs
Support of systems.

18. To remind yourself of the need to check and adjust flow rates, remember the following tongue twister ...

Fight fickle flow with frequent follow-up.

19. To remember which drugs can be given safely through an endotracheal tube, think of ALE ...

Atropine
Lidocaine
Epinephrine.

20. To remember which drug should be inhaled FIRST, think about your ABCs ...
A Bronchodilator comes before a **C**orticosteroid.

21. When using an IN-LINE nebulizer, remember to ...

connect it to the **IN**-SPIRATORY side of the ventilatory circuit.

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