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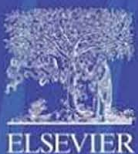
# NCLEX-RN® EXAMINATION

LINDA ANNE SILVESTRI  
ANGELA E. SILVESTRI



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- ▲ Content review that you can use throughout nursing school
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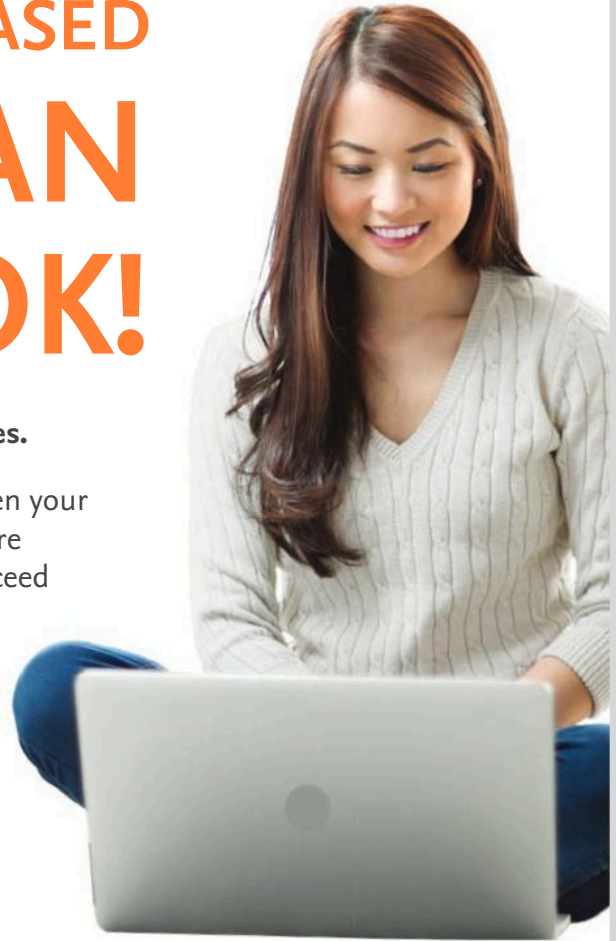
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**9**

**EDITION**

**COMPREHENSIVE REVIEW** *for the*

**NCLEX-RN<sup>®</sup>**

**EXAMINATION**

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*In loving memory of my parents—*

*To my mother, **Frances Mary**, and my father, **Arnold Lawrence**,  
who taught me to always love, care, and be the best that I could be.*

*My memories of their love, support, and words of encouragement will remain in my heart forever!*

*Linda Anne Silvestri*

*To my parents, **Mary Elizabeth and Lawrence Peter**,  
who have instilled in me the values of working hard and being selfless,  
and who have been my support system as I pursue my professional goals  
and life aspirations. My success thus far would not have been possible without them.*

*From the bottom of my heart, thank you, Mom & Dad!*

*Angela Elizabeth Silvestri*

**To All Future Registered Nurses,**

Congratulations to you!

You should be very proud and pleased with yourself on your most recent well-deserved accomplishment of completing your nursing program to become a registered nurse. We know that you have worked very hard to become successful and that you have proven to yourself that indeed you can achieve your goals.

In our opinion, you are about to enter the most wonderful and rewarding profession that exists. Your willingness, desire, and ability to assist those who need nursing care will bring great satisfaction to your life. In the profession of nursing, your learning will be a lifelong process. This aspect of the profession makes it stimulating and dynamic. Your learning process will continue to expand and grow as the profession continues to evolve. Your next very important endeavor will be the learning process involved to achieve success in your examination to become a registered nurse.

We are excited and pleased to be able to provide you with the *Saunders Pyramid to Success* products, which will help you prepare for your next important professional goal, becoming a registered nurse. We want to thank all of our former and current nursing students whom we have assisted in their studies for the NCLEX-RN® examination for their willingness to offer ideas regarding their needs in preparing for licensure. Student ideas have certainly added a special uniqueness to all of the products available in the *Saunders Pyramid to Success*.

*Saunders Pyramid to Success* products provide you with everything that you need to ready yourself for the NCLEX-RN examination. These products include material that is required for the NCLEX-RN examination for all nursing students regardless of educational background, specific strengths, areas in need of improvement, or clinical experience during the nursing program.

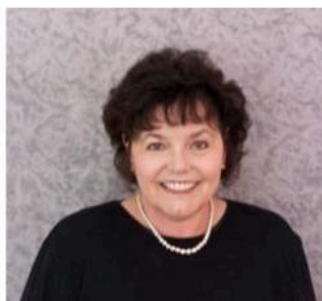
So let's get started and begin our journey through the *Saunders Pyramid to Success*, and welcome to the wonderful profession of nursing!

Sincerely,

Dr. Linda Anne Silvestri and Dr. Angela Elizabeth Silvestri



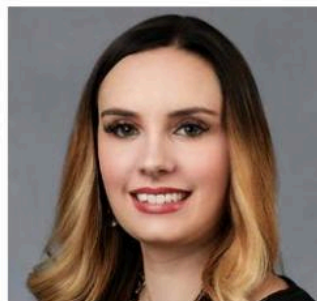
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Linda is a well-known nurse educator, entrepreneur, and philanthropist whose professional aspirations focus on assisting nursing students to become successful. She has been teaching at all

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Angela Silvestri is a well-known nurse educator, researcher, and author. She has been teaching and working in university administrative roles for the last 10 years at

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# Preface

## Linda Anne Silvestri, PhD, RN

*“To laugh often and much, to appreciate beauty, to find the best in others, to leave the world a bit better, to know that even one life has breathed easier because you have lived, this is to have succeeded.”*

—Ralph Waldo Emerson

## Angela Elizabeth Silvestri, PhD, APRN, FNP-BC, CNE

*“The climb to the top is arduous and steep. People become exhausted, frustrated, and disenchanted, and are often tempted to give up. Genuine acts of caring draw people forward.”*

—James M. Kouzes

## Welcome to Saunders *Pyramid to Success!*

### An Essential Resource for Test Success

*Saunders Comprehensive Review for the NCLEX-RN® Examination* is one in a series of products designed to assist you in achieving your goal of becoming a registered nurse. This text will provide you with a comprehensive review of all nursing content areas specifically related to the current test plan for the Next Generation NCLEX-RN examination, which is implemented by the National Council of State Boards of Nursing. This resource will help you achieve success on your nursing examinations during nursing school and on the NCLEX-RN examination.

## Organization

This book contains 19 units and 70 chapters. The chapters are designed to identify specific components of nursing content. They contain practice questions, both multiple-choice and alternate item formats, that reflect the chapter content and the current test plan for the NCLEX-RN examination. All questions in the book and on the Evolve site are presented in NCLEX-style format.

The NCLEX test plan identifies a framework based on *Client Needs*. These Client Needs categories include Safe and Effective Care Environment, Health Promotion

and Maintenance, Psychosocial Integrity, and Physiological Integrity. *Integrated Processes* are also identified as a component of the test plan. These include Caring, Communication and Documentation, Culture and Spirituality, Nursing Process, and Teaching and Learning. All chapters address the components of the test plan framework.

## Special Features of the Book

### Pyramid Terms

*Pyramid Terms* are important to the discussion of the content in the chapters in each unit. Therefore, they are in bold green type throughout the content section of each chapter. Definitions can be reviewed in the Audio Glossary on the Evolve site.


### Pyramid to Success

The *Pyramid to Success*, a featured part of each unit introduction, provides you with an overview, guidance, and direction regarding the focus of review in the particular content area, as well as the content area's relative importance to the test plan for the NCLEX-RN examination. The *Pyramid to Success* reviews the Client Needs and provides learning outcomes as they pertain to the content in that unit. These learning outcomes identify the specific components and cognitive skills to keep in mind as you review each chapter.

### Priority Concepts

Each chapter identifies two *Priority Concepts* reflective of its content. These *Priority Concepts* will assist you to focus on the important aspects of the content and associated nursing interventions. These Priority Concepts are also helpful for those students who are learning in a concept-based curriculum.

### Pyramid Points

*Pyramid Points* () are placed next to specific content throughout the chapters. The *Pyramid Points* highlight content that is important for preparing for the NCLEX-RN examination and identify content that is likely to appear on the NCLEX-RN examination.

## Pyramid Alerts

*Pyramid Alerts* are the **red** text found throughout the chapters that alert you to important information about nursing concepts. These alerts identify concepts that are important to remember and relate to content that typically appears on the NCLEX-RN examination.

## Clinical Judgment Boxes

Clinical Judgment (CJ) Boxes are located in every chapter in the book. These boxes present a clinical scenario that relates to one of the six cognitive skills (*recognize cues, analyze cues, prioritize hypotheses, generate solutions, take action, evaluate outcomes*) that will be measured in the Next Generation NCLEX (NGN) exam. These CJ boxes provide the thinking process needed and necessary information to make a clinical decision.

## Special Features Found on Evolve

### Pretest and Study Calendar

The accompanying Evolve site contains a 75-question pretest and a 75-question posttest that provide you with feedback on your strengths and areas in need of improvement. The results of your pretest will generate an individualized study calendar to guide you in your preparation for the NCLEX examination. Once you have completed your review of the practice questions in this resource, you can take the posttest to evaluate your improvement and need for any additional review in preparation for the NCLEX. After completion of each test you are provided with the opportunity to review the answers, rationales, and strategies, and we highly encourage you to do this.

### Audio Questions

The accompanying Evolve site contains *Audio Questions* representative of content addressed in the current test plan for the NCLEX-RN examination. These questions are in NCLEX-style format, and each question presents an audio sound, such as lung sounds, as a component of the question.

### Next Generation NCLEX® (NGN) Case Studies and NGN Test Questions

The accompanying Evolve site contains stand-alone items and unfolding case studies. The clinical judgment stand-alone items provide a clinical scenario and are accompanied by one NGN test question in either a Bow-tie or a Trend item format. These stand-alone items can measure up to all of the cognitive skills of the NCSBN Clinical Judgment Measurement Model (NCJMM). These cognitive skills include Recognize Cues, Analyze Cues, Prioritize Hypotheses, Generate Solutions, Take Action, and Evaluate Outcomes. Each unfolding case study is accompanied by six NGN test items, each measuring one of the cognitive skills in sequential order.

## Audio Review Summaries

The companion Evolve site includes three *Audio Review Summaries* that cover challenging subject areas addressed in the test plan for the NCLEX-RN examination, including *Pharmacology, Acid-Base Balance, and Fluids and Electrolytes*.

## Practice Questions

While preparing for the NCLEX-RN examination, it is crucial for students to practice answering test questions. This book contains multiple-choice and alternate item format questions. The accompanying software includes all the questions from the book, plus additional new Evolve questions for a total of more than 5700 questions. The alternate item format questions in the book and on the accompanying Evolve site may be presented as one of the following:

- Fill-in-the-blank question
- Multiple-response question
- Prioritizing (ordered response) question
- Figure/illustration question
- Graphic options question, in which each option contains a figure or illustration
- Chart/exhibit question
- Audio question
- NGN stand-alone items and unfolding case studies

The NGN stand-alone items and unfolding case studies provide you with practice in prioritizing, decision-making, and critical thinking, and strengthen your clinical judgment skills.

### Multiple-Choice and Alternate Item Format Questions

Starting with Unit II, each chapter is followed by a practice test. Each practice test contains several questions reflective of the content in the chapter and those presented on the NCLEX-RN examination. These questions provide you with practice in prioritizing, decision-making, critical thinking, and clinical judgment skills. Chapter 1 of this book provides a description of each question type. The Next Generation NCLEX (NGN) is also discussed in this chapter.

The answer section for each practice question throughout the chapters and on the Evolve site provides the correct answer, the rationale for the correct and incorrect options, and a test-taking strategy that will assist you in answering the question correctly. The test-taking strategy is highlighted in bold **blue** type. This highlighting will provide you with guidance and direction for further remediation in the *Saunders Clinical Judgment and Test-Taking Strategies: Passing Nursing School and the NCLEX® Exam*.

The categories identified in each practice question on the Evolve site include Level of Cognitive Ability, Client Needs, Integrated Process, Clinical Judgment/Cognitive Skill, the nursing Content Area, the Health Problem, and Priority Concepts. Every question on the accompanying

Evolve site is organized by these question codes, so you can customize your study session to be as specific or as generic as you need. Additionally, a link to view normal laboratory reference intervals is provided with each practice question.

## Pharmacology and Medication Calculations Review

Students consistently state that pharmacology is an area with which they need assistance. The NCLEX-RN test plan continues to incorporate pharmacology in the examination, but only the generic drug names will be included. Therefore, pharmacology chapters have been included for your review and practice. This book includes 13 pharmacology chapters, a medication and intravenous prescriptions calculation chapter, and a pediatric medication administration and calculation chapter. Each of these chapters is followed by a practice test that uses the same question format described earlier. This book contains numerous pharmacology questions. Additionally, more than 1000 pharmacology questions can be found on the accompanying Evolve site.

## Next Generation NCLEX (NGN) Questions

As described above, the accompanying Evolve site contains stand-alone items and unfolding case studies. The NCSBN has conducted rigorous research over the past several years to develop NGN case studies and test items that will effectively measure clinical judgment. The NCSBN will launch the NGN questions on the examination starting in April 2023, and these item types are designed to test the candidate's ability to make safe and competent clinical judgments. The information in this book about the NGN reflects the most up-to-date information at the time of the printing of this book. Since the NCSBN continues to research and collect data on the NGN items, additional and continuous changes could be made. We encourage you to access the NCSBN website at [www.ncsbn.org](http://www.ncsbn.org) for these latest updates. The Evolve site for this resource provides you with NGN stand-alone items and unfolding case studies with accompanying test items that are reflective of the item types that NCSBN has indicated (as of the time of this publication) will be presented.

## How to Use This Book

*Saunders Comprehensive Review for the NCLEX-RN® Examination* is especially designed to help you with your successful journey to the peak of the *Saunders Pyramid to Success*: becoming a registered nurse! As you begin your

journey through this book, you will be introduced to all of the important points regarding the current NCLEX-RN examination, the process of testing, and unique and special tips regarding how to prepare yourself for this very important examination. You will also be introduced to the NGN and the types of case studies and test items that will be on the NCLEX-RN.

You should begin your process through the *Saunders Pyramid to Success* by reading all of Unit I in this book and becoming familiar with the central points regarding the NCLEX-RN examination, including the NGN. **Chapter 2** describes self-efficacy and the unique and special tips regarding how to prepare yourself both academically and nonacademically for this important examination. Be sure to read **Chapter 3**, written by a nursing graduate who recently passed the examination, and note what the graduate has to say about the testing experience. **Chapter 4** will provide you with the critical testing strategies that will guide you in selecting the correct option or assist you in selecting an answer to a question if you must guess. Keep these strategies in mind as you proceed through this book. Continue by studying the specific content areas addressed in Units II through XIX. Review the definitions of the *Pyramid Terms*, located in each chapter, and the *Pyramid to Success* notes and the Client Needs and Learning Outcomes, located in each unit introduction. Read through the chapters and focus on the *Pyramid Points* and *Pyramid Alerts*, which identify the areas most likely to be tested on the NCLEX-RN examination. Pay particular attention to the *Clinical Judgment* boxes because they provide information about the cognitive skills in the NCSBN Clinical Judgment Measurement Model and the thinking processes in making an interpretation or decision.

As you read each chapter, identify your areas of strength and those in need of further review. Highlight these areas, and test your abilities by taking all practice tests provided at the end of the chapters. Be sure to review all rationales and test-taking strategies.

After reviewing all chapters in the book, reflect and identify any areas requiring further review; then take the time to review those areas in both the book and the companion Evolve site. In preparation for the NCLEX-RN examination, be sure to take the pretest on the Evolve site and generate your study calendar. Follow the calendar for your review because the calendar represents your pretest results and the best study path to follow based on your strong areas and content areas in need of review. Also, be sure to access the *NGN cases and items* and the *Audio Review Summaries* as part of your preparation for the NCLEX-RN examination.

## Climbing the Pyramid to Success

The purpose of this book is to provide a **comprehensive review** of the nursing content you will be tested on during