

# Lippincott NursingCenter's Mnemonics Cards

## Nursing Mnemonic

To organize your day, think IMAGE

- I**ntroduce yourself
- M**edications
- A**ssessment
- G**oals
- E**xplain and educate

## Nursing Mnemonic

When first meeting someone, think ABCD

- A**lways introduce yourself
- B**e transparent
- C**larify how you should be addressed
- D**ocument your name and role on communication boards and educational materials

## Nursing Mnemonic

To remember the nursing process, think ADPIE

- A**ssess
- D**iagnose
- P**lan
- I**ntervene
- E**valuate

## Nursing Mnemonic

To assess a symptom, think OLD CART

- O**nset
- L**ocation
- D**uration
- C**haracteristics
- A**ggravating factors
- R**elieving factors
- T**reatment

## Nursing Mnemonic

To evaluate a symptom, think PQRST

- P**rovocative/palliative
- Q**uality/quantity
- R**egion/radiation
- S**everity
- T**iming

## Nursing Mnemonic

To remember the activities of daily living (ADLs), think BATTED

- B**athing
- A**mbulation
- T**oileting
- T**ransfers
- E**ating
- D**ressing

## Nursing Mnemonic

To assess the pupils, think PERRLA

- P**upils
- E**qual
- R**ound
- R**eactive to...
- L**ight and...
- A**ccommodation

## Nursing Mnemonic

When documenting, think PIE

- P**roblem
- I**ntervention
- E**valuation

## Nursing Mnemonic

For a concise, comprehensive approach to communicate about a patient's condition, think SBAR

- S**ituation
- B**ackground
- A**ssessment
- R**ecommendation

## Nursing Mnemonic

To improve your listening skills, think "SOLER up"

- S**quarely face the patient
- O**pen your posture (uncrossed arms)
- L**ean toward the patient
- E**ye contact
- R**elax

## Nursing Mnemonic

To remember the signs and symptoms of hypokalemia, think of the 6 L's

- L**ethargy
- L**eg cramps
- L**imp muscles
- L**ow, shallow respirations
- L**ethal cardiac arrhythmias
- L**ots of urine (polyuria)

## Nursing Mnemonic

To remember the causes of hyperkalemia, think MACHINE

- M**edications (ACE inhibitors, NSAIDs, K-sparing diuretics)
- A**cidosis
- C**ellular destruction (burns, hemolysis)
- H**ypoadosteronism
- I**ntake (excess)
- N**eprons (kidney failure)
- E**xcretion (impaired)

## Nursing Mnemonic

To remember signs and symptoms of hyperkalemia, think MURDER

- M**uscle weakness
- U**rine (oliguria, anuria)
- R**espiratory distress
- D**ecreased cardiac contractility
- E**CG changes
- R**eflexes (hyperreflexia or areflexia (flaccid))

## Nursing Mnemonic

To remember the clinical manifestations of hypernatremia, think SALT

- S**kin flushed
- A**gitation
- L**ow-grade fever
- T**hirst

## Nursing Mnemonic

To remember the signs of hypoglycemia, think TIRED

- T**achycardia
- I**rritability
- R**estlessness
- E**xcessive hunger
- D**iaphoresis

## Nursing Mnemonic

To remember how alkalosis and acidosis affect the pH, remember this mnemonic

- Alkalosis has a **K**, therefore it is **K**icking the pH up!
- Acidosis has a **D**, therefore it is **D**ropping the pH down!

## Nursing Mnemonic

To remember the warning signs of oral contraceptive complications, think ACHES

- A**bdominal pain
- C**hest pain
- H**eadache (severe)
- E**ye (blurred vision)
- S**harp leg pain

## Nursing Mnemonic

To remember the pharmacokinetic properties of a drug, think ADME

- A**bsorption
- D**istribution
- M**etabolism
- E**limination

## Nursing Mnemonic

To assess chest pain, think LOCATE

- L**ocation/radiation
- O**nset/duration
- C**haracter
- A**ssociated symptoms
- T**reatments
- E**liminates/aggravates

## Nursing Mnemonic

To remember the common forms of cyanotic congenital heart diseases, think of the 5 T's

- T**etralogy of Fallot
- T**ransposition of the great vessels
- T**runcus arteriosus
- T**ricuspid atresia
- T**otal anomalous pulmonary venous connection

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## Nursing Mnemonic

To remember the heart valve auscultation sites, think All Patients Take Meds

**A**ortic  
**P**ulmonic  
**T**ricuspid  
**M**itral

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## Nursing Mnemonic

To remember blood flow through the heart valves, think Try Pulling My Aorta

**T**ricuspid  
**P**ulmonic  
**M**itral  
**A**ortic

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## Nursing Mnemonic

To remember Beck's triad (associated with acute cardiac tamponade), remember the 3 D's

**D**istant heart sounds  
**D**istended jugular veins  
**D**ecreased arterial pressure

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## Nursing Mnemonic

To remember the potential complications of myocardial infarction, think DARTH VADER

**D**eath  
**A**rrhythmia  
**R**upture  
**T**amponade  
**H**earth failure  
**V**alvular disease  
**A**neurysm of ventricle  
**D**ressler's syndrome  
**E**mboli  
**R**ecurrence

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## Nursing Mnemonic

To remember the treatments for atrial fibrillation: ABCDE

**A**ntiarrhythmics (amiodarone, pronestyl)  
**B**eta blockers (metoprolol, labetalol)  
**C**alcium channel blockers (diltiazem)  
**D**igoxin  
**E**lectricity (cardioversion)

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## Nursing Mnemonic

To remember the signs and symptoms of MI, think DANCEPAD

**D**yspnea  
**A**nxiety  
**N**ausea and vomiting  
**C**rushing substernal chest pain  
**E**levated temperature  
**P**allor  
**A**rrhythmias  
**D**iaphoresis

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## Nursing Mnemonic

To remember the causes of pulseless arrest including pulseless electrical activity (PEA), asystole, ventricular fibrillation, and ventricular tachycardia, think of the H's and T's

**H**ypovolemia  
**H**ypoxia  
**H**ypothermia  
**H**ypoglycemia  
**H**yper/hypokalemia  
**H**ydrogen ions (acidosis)  
**T**oxins  
**T**amponade  
**T**ension pneumothorax  
**T**hrombosis  
**T**rauma

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## Nursing Mnemonic

To remember the symptoms of croup, remember the 3 S's

**S**tridor  
**S**ubglottic swelling  
**S**eal-bark cough

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## Nursing Mnemonic

To remember the signs of epiglottitis, think AIR RAID

**A**irway closed  
**I**ncreased pulse  
**R**estlessness  
**R**etractions  
**A**nxiety increased  
**I**nspiratory stridor  
**D**rooling

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## Nursing Mnemonic

To remember the signs and symptoms of tension pneumothorax, think P-THORAX

**P**leuritic pain  
**T**racheal deviation  
**H**yperresonance  
**O**nset sudden  
**R**educed breath sounds and dyspnea  
**A**bsent fremitus  
**X**-ray shows lung collapse

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## Nursing Mnemonic

To remember what happens in acute respiratory distress syndrome, think ARDS

**A**ssault to the pulmonary system  
**R**espiratory distress  
**D**ecreased lung compliance  
**S**evere respiratory failure

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## Nursing Mnemonic

To remember asthma treatments, think ASTHMA

**A**drenergic agonists  
**S**teroids  
**T**heophylline  
**H**ydration  
**M**asked oxygen  
**A**nticholinergics

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## Nursing Mnemonic

To remember treatment for pulmonary edema, think LMNOP

**L**asix  
**M**orphine  
**N**itroglycerin  
**O**xygen  
**P**osition/positive pressure ventilation

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## Nursing Mnemonic

To remember preparation for intubation/airway management: SOAP-ME

**S**uction  
**O**xygen  
**A**irway equipment  
**P**ositioning and people (right staff)  
**M**edications  
**E**quipment and EtCO<sub>2</sub>

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## Nursing Mnemonic

When assessing the abdomen, assess all 4 quadrants for DR GERM

**D**istension  
**R**igidity  
**G**uarding  
**E**visceration/ecchymosis  
**R**ebound tenderness  
**M**asses

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## Nursing Mnemonic

To remember the indications for dialysis, think AEIOU

**A**cid-base problems  
**E**lectrolyte problems  
**I**ntoxications  
**O**verload (fluid)  
**U**remia

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## Nursing Mnemonic

To remember the functions of muscles, think MPH

**M**ovement  
**P**osture  
**H**eat

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## Nursing Mnemonic

To remember key diagnostic tests for hip dysplasia, think OTB

**O**rtolani  
**T**rendelenburg  
**B**arlow

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## Nursing Mnemonic

To remember the risk factors for osteoporosis, think ACCESS

**A**lcohol  
**C**orticosteroids  
**C**alcium deficiency (low intake)  
**E**strogen deficiency  
**S**moking  
**S**edentary lifestyle

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## Nursing Mnemonic

To relieve pain and swelling immediately after an injury, think RICE

**R**est  
**I**ce  
**C**ompression  
**E**levation

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## Nursing Mnemonic

To remember the types of WBCs and their descending proportion in a blood sample, think **Never Let Monkeys Eat Bananas**

**N**eutrophils  
**L**ymphocytes  
**M**onocytes  
**E**osinophils  
**B**asophils

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## Nursing Mnemonic

To remember the key components of blood, think **PLATE**

**P**lasma  
**L**eukocytes  
**A**B antigens  
**T**hrombocytes  
**E**rythrocytes

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## Nursing Mnemonic

To remember the signs of Kawasaki disease, think **CRASH & Burn**

**C**onjunctivitis (non-purulent)  
**R**ash  
**A**denopathy (cervical; often unilateral)  
**S**trawberry tongue  
**H**ands (palmar erythema/swelling)  
**B**urn (fever for more than 5 days)

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## Nursing Mnemonic

To remember the clinical features of scleroderma, think **CREST**

**C**alcinosis  
**R**aynaud's phenomenon  
**E**sophageal dysfunction  
**S**clerodactyly  
**T**elangiectasia

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## Nursing Mnemonic

To remember the types of hypersensitivity reactions, think **ACID**

**A**llergic/anaphylactic (Type I)  
**C**ytotoxic (Type II)  
**I**mmune-complex mediated (Type III)  
**D**elayed (Type IV)

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## Nursing Mnemonic

To remember the signs of Parkinson's disease, think **SMART**

**S**huffling gait  
**M**ask-like face  
**A**kinesia  
**R**igidity  
**T**remor

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## Nursing Mnemonic

Teach patients to think **FAST** about warning signs of stroke

**F**acial droop  
**A**rm weakness  
**S**lurred speech  
**T**ime to call 911

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## Nursing Mnemonic

When performing a neurovascular assessment, think of the **6 P's**

**P**ain  
**P**allor  
**P**aresthesia  
**P**ulselessness  
**P**oikilothermia  
**P**aralysis

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## Nursing Mnemonic

To remember causes of altered mental status, think **MOVE STUPID** or **AIEUI TIPS**

<b>M</b> etabolic	<b>A</b> lcohol
<b>O</b> xygen	<b>E</b> pilepsy
<b>V</b> ascular	<b>I</b> nsulin
<b>E</b> ndocrine	<b>O</b> verdose
<b>S</b> eizure	<b>U</b> remia
<b>T</b> rauma	<b>T</b> rauma
<b>U</b> remia	<b>I</b> nfection
<b>P</b> sychiatric	<b>P</b> sychiatric/poison
<b>I</b> nfectious	<b>S</b> troke
<b>D</b> rugs	

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## Nursing Mnemonic

To remember the cranial nerves and their order think of the saying, "On Old Olympus's Towering Tops, A Finn and German Viewed Some Hops"

<b>O</b> lfactory (CN I)	<b>F</b> acial (CN VII)
<b>O</b> ptic (CN II)	<b>A</b> coustic (CN VIII)
<b>O</b> culomotor (CN III)	<b>G</b> lossopharyngeal (CN IX)
<b>T</b> rochlear (CN IV)	<b>V</b> agus (CN X)
<b>T</b> rigeminal (CN V)	<b>S</b> pinal accessory (CN XI)
<b>A</b> bducens (CN VI)	<b>H</b> ypoglossal (CN XII)

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## Nursing Mnemonic

To identify wounds with increased superficial bacterial burden, think **NERDS**

**N**onhealing  
**E**xudative  
**R**ed and bleeding  
**D**ebris on the surface  
**S**mell or unpleasant odor

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## Nursing Mnemonic

To assess skin lesions for melanoma, think **ABCDE**

**A**symmetry  
**B**order  
**C**olor/configuration  
**D**iameter/drainage  
**E**volving

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## Nursing Mnemonic

To prevent skin cancers, teach patients to be sun **AWARE**

**A**void unprotected UV exposure; seek shade  
**W**ear sunprotective clothing, hat, and sunglasses  
**A**pply sunscreen generously and often  
**R**outinely check skin and report changes  
**E**ducate yourself and others

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## Nursing Mnemonic

To remember the early signs of syndrome of inappropriate antidiuretic hormone (**SIADH**), think **FLAT**

**F**atigue  
**L**ethargy  
**A**norexia  
**T**hirst

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## Nursing Mnemonic

To remember the classic signs of diabetes, think of the **3 P's**

**P**olyuria  
**P**olydipsia  
**P**olyphagia

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## Nursing Mnemonic

When caring for a patient with a behavioral health disorder in an acute care setting, think **ESCAPE**

**E**arly assessment  
**S**ymptom identification  
**C**hoose communication techniques wisely  
**A**ssess history of prior treatment  
**P**sychiatric medication reconciliation and maintenance  
**E**liminate or decrease stressors

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## Nursing Mnemonic

When assessing for signs and symptoms of depression, think **AWESOME**

**A**ffect flat  
**W**eight change (loss or gain)  
**E**nergy loss  
**S**ad feelings/suicide thoughts, plans, or attempts, sexual inhibitions, sleep change (loss or excess), social withdrawal  
**O**ther (guilt, loss of pleasure, hopelessness)  
**M**emory loss  
**E**motionally blunting

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## Nursing Mnemonic

When caring for patients who are depressed, think **COMPARE**

**C**onsult with staff  
**O**bserve if suicidal  
**M**aintain personal contact  
**P**rovide a safe environment  
**A**ssess for suicidal ideation  
**R**emove dangerous objects  
**E**ncourage expression of feelings

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## Nursing Mnemonic

To remember the signs of **HELLP** syndrome, think **HELLP**

**H**emolysis  
**E**levated **L**iver enzymes  
**L**ow **P**latelets

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## Nursing Mnemonic

To remember the 3 major causes of dysfunctional uterine bleeding (**DUB**), think **DUB**

**D**on't ovulate (anovulation)  
**U**nusual corpus luteum activity (prolonged or insufficient)  
**B**irth control pills

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# Lippincott NursingCenter's Mnemonics Cards

## Nursing Mnemonic

When performing a post-partum examination,  
think BUBBLES

- B**reast
- U**terus
- B**owel
- B**ladder
- L**ochia
- E**pisiotomy
- S**urgical site (for Cesarean section)

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## Nursing Mnemonic

During prenatal visits, think  
ABCEF

- A**mniotic fluid leakage
- B**leeding vaginally
- C**ontractions
- E**dema
- F**etal movement

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## Nursing Mnemonic

To remember the classic triad of  
preeclampsia, think PRE

- P**roteinuria
- R**ising blood pressure
- E**dema

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