

NURSING MNEMONICS

MENTAL HEALTH

Anorexia - signs and symptoms

ANOREXIA

Amenorrhea
No organic factors accounts for weight loss
Obviously thin but feels FAT
Refusal to maintain normal body weight
Epigastric discomfort is common
X-symptoms (peculiar symptoms)
Intense fears of gaining weight
Always thinking of foods

Alcoholism-behavioral problems

5 D's

Denial
Dependency
Demanding
Destructive
Domineering

Alzheimer's Disease

5 As

Amnesia - loss of memories
Anomia - unable to recall names of everyday objects
Apraxia - unable to perform tasks of movement
Agnosia - inability to process sensory information
Aphasia - disruption with ability to communicate

MED SURG

Dyspnea

6 Ps

Pulmonary Bronchial Constriction
Possible Foreign Body
Pulmonary Embolus
Pneumothorax
Pump Failure
Pneumonia

Hyperglycemia vs Hypoglycemia

Hyper - hot/dry - sugar high
Hypo - cold/clammy - needs candy

MED SURG

Arterial Blood Gas Evaluation

ROME

Respiratory
Opposite
Metabolic
Equal

Pulmonary Edema - treatment

MAD DOG

Morphine - causes vasodilation resulting in decreased BP
Aminophylline - relaxes airways to make breathing easier
Digitalis - improve heart function in pulmonary edema

Diuretics (Lasix) - pull excess fluid off
Oxygen - improve oxygenation
Gases (Blood Gases ABGs) - assess respiratory status

Hypoxia - signs/symptoms

RAT BED

Early Hypoxia:
Restlessness
Anxiety
Tachycardia/ Tachypnea

Late Hypoxia:
Bradycardia
Extreme Restlessness
Dyspnea

Asthma - management

ASTHMA

Adrenergic (Albuterol)
Steroids
Theophylline
Hydration (IV)
Mask (Oxygen)
Antibiotics

Pupillary reaction

PERRLA

Pupils
Equally
Round and
Reactive to
Light and
Accommodate

MED SURG

Moles - malignant assessment

ABCD's

Asymmetry--is the mole irregular in shape?
Border--is the border irregular, notched, or poorly defined?
Color--does the color vary (for example, between shades of brown, red, white, blue, or black)?
Diameter--is the diameter more than 6 mm?

Hypoglycemia-signs/symptoms

TIERED

Tachycardia
Irritability
Restless
Excessive Hunger
Diaphoresis/ Depression
Sulfate

Cardiac Blood Flow

Toilet Paper My A**

Tricuspid
Pulmonic
Mitral
Aortic

Cranial Nerves

Oh Oh Oh To Touch And Feel Very Good Velvet AH!

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
Vestibulocochlear
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Hypertension - complications

4 C's

Coronary Artery Disease
Coronary Rheumatic Fever
Congestive Heart Failure
Cerebral Vascular Accident