

PNLE STUDY TOOLS

Nursing Mnemonics *Practice Pack*

A targeted study guide for Filipino nursing graduates preparing for the PNLE.

How to use this pack

Review each mnemonic card to strengthen your recall of core nursing frameworks. Use the decision drill and conversion guide to apply these tools to clinical scenarios.

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Recall first. Decide second.

This pack provides structured mnemonics to help you organize critical thinking during the board exam. Focus on the relationship between these frameworks and the specific patient data provided in each test stem.

Priority and assessment

ABC

Remember: Airway - Breathing - Circulation

Use it for: Prioritize nursing actions using Airway - Breathing - Circulation.

Check before acting: The stem's patient findings, current order, local policy, and applicable protocol control the decision.

PQRST

Remember: Provocation or palliation - Quality - Region or radiation - Severity - Timing

Use it for: Assess pain via Provocation or palliation - Quality - Region or radiation - Severity - Timing.

Check before acting: The stem's patient findings, current order, local policy, and applicable protocol control the decision.

FAST

Remember: Face drooping - Arm weakness - Speech difficulty - Time to call for help

Use it for: Recognize a possible stroke via Face drooping - Arm weakness - Speech difficulty - Time to call for help and escalate.

Check before acting: The pathway depends on glucose and last-known-well information; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

Maternal and child

The 5 Ps of labor

Remember: Passenger - Passageway - Powers - Position - Psyche

Use it for: Analyze labor progress using Passenger - Passageway - Powers - Position - Psyche.

Check before acting: The stem's patient findings, current order, local policy, and applicable protocol control the decision.

APGAR

Remember: Appearance - Pulse - Grimace - Activity - Respiration

Use it for: Score Appearance - Pulse - Grimace - Activity - Respiration at the stated time.

Check before acting: Follow the newborn resuscitation algorithm when indicated; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

Safety and communication

Medication rights

Remember: Right patient - Right drug - Right dose - Right route - Right time

Use it for: Verify Right patient - Right drug - Right dose - Right route - Right time.

Check before acting: Programs may teach additional rights and current institutional policy controls; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

RACE

Remember: Rescue - Alarm - Confine - Extinguish or evacuate

Use it for: Manage fire via Rescue - Alarm - Confine - Extinguish or evacuate.

Check before acting: Follow the facility fire plan and use an extinguisher only when trained with a clear escape route; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

PASS

Remember: Pull the pin - Aim at the base - Squeeze the handle - Sweep side to side

Use it for: Operate extinguishers via Pull the pin - Aim at the base - Squeeze the handle - Sweep side to side.

Check before acting: Follow the facility fire plan and use an extinguisher only when trained with a clear escape route; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

Handoff communication

ISBAR handoff

Remember: Identify - Situation - Background - Assessment - Recommendation

Use it for: Communicate via Identify - Situation - Background - Assessment - Recommendation.

Check before acting: Use closed-loop communication or read-back when required; the stem's patient findings, current order, local policy, and applicable protocol control the decision.

Memory hooks organize recall. The stem's evidence, current order, local policy, and applicable protocol control the decision.

From recall to a board-style decision

Use this four-line drill after memorizing any mnemonic. It exposes the difference between remembering an expansion and applying it to a patient.

Step	Write this	Example using ABC
1. Cue	What patient finding changes the priority?	A patient reports sudden shortness of breath and chest tightness.
2. Decision	What is the safest first nursing action?	Assess airway patency and oxygen saturation per local emergency protocol.

Step	Write this	Example using ABC
3. Distractor	Which tempting option comes later, and why?	Document the findings in the chart before notifying the physician.
4. Outcome	What result proves the intervention helped?	The patient's respiratory rate and oxygen levels are stabilized after escalation.

Unit-conversion recall practice

Use dimensional analysis to ensure accurate dosage calculations. The question's order, concentration, and policy control the final calculation.

Practice	Set-up	Answer
Convert 0.75 g to mg	$0.75 \text{ g} \times 1,000 \text{ mg} / 1 \text{ g}$	750 mg
Convert 250 mcg to mg	$250 \text{ mcg} \times 1 \text{ mg} / 1,000 \text{ mcg}$	0.25 mg
Convert 2.5 L to mL	$2.5 \text{ L} \times 1,000 \text{ mL} / 1 \text{ L}$	2,500 mL

A final review loop

Master these tools through active recall and reviewing rationales. Maintain an error log and use spaced retry to improve your retention.

Source note

This pack is original educational material. For exam coverage, use the PRC Enhanced Table of Specifications for the Nurses Licensure Examination. For mnemonic references, review American Heart Association FAST, NICHD Apgar guidance, OSHA PASS guidance, and AHRQ TeamSTEPPS communication tools. For dosage arithmetic, review OpenStax Pharmacology: Dosage Calculations. Clinical protocols and local policies take precedence over memory aids.