

HESI A2 Cheat Sheet

VOCABULARY

Etymology

Common roots in medical terminology:

BRONCH = airways
CARCIN/O = cancer
CARDI/O = heart
CYTO- = cell
DERMA- = skin
GASTRO = stomach/abdomen
GYNE/O = female

Common prefixes:

Acro- = Top; extremities
Ad- = Toward
Ab- = Away from
Bi- = Two; double
Brachio- = Arm
Chemo- = Chemical
Cranio = Skull
Cyto- = Related to cells
De- = Down; from
Dia- = Throughout
Ecto- = Outside
Encephal/o = Brain
Epi- = Upon
Estro- = Female
Hemat/o- = Blood
Hyper- = Above; excessive; beyond
Hyp-, Hypo- = Below; beneath; deficient
Intra- = Within; inside
Meso- = Middle
My/o- = Muscle
Neur/o- = Nerve
Onco- = Tumor
Pulmon- = Lungs
Secto- = To cut
Stetho- = Chest
Trans- = Through or across

HISTIO- = tissue
HEPATI- = liver
MALIGN- = bad/harmful
NEPHRO- = nerves
ONCO- = mass/tumor
OSTEO- = bone/bony tissue

Common suffixes:

-ase = Enzyme
-ary = Enzyme
-cele = Hernia
-clasis = To break
-dynia = Pain; discomfort
-ectomy = Removal
-emia = Related to blood
-eurysm = Expanding; widening
-genesis = To form
-itis = Swelling; inflammation
-lysis = Breakdown; deterioration; separation
-oma = Mass; tumor; cyst
-opsy = Display of
-paresis = Weakness; failing
-phasia = Speech
-phylaxis = Protection
-poiesis = Formation
-rrhea = Discharge
-rrhexis = Burst
-schisis = To split
-stasis = To control; stop
-stoma/-stomy = Create a new opening
-tresia = Opening
-tropin = To trigger

Verbal Ability

Invaluable: valuable beyond estimation; *priceless*.

Impediment: something that impedes; *obstacle*.

Opportune: suitable or convenient for a particular occurrence; *appropriate*.

Emulated: to strive to equal; *imitate*.

Abrogate: to suppress or prevent; *abolish*.

Embarkation: to make a start; *begin*.

Serene: marked by or suggestive of utter calm; *peaceful*.

Contiguous: touching along a boundary or at a point; *bordering*.

Loquacious: full of excessive talk; *wordy*.

Abrasions: a wearing, grinding, or rubbing away by friction; *scrape*.

Tacit: expressed or carried on without words or speech; *unspoken*.

Incumbent: imposed as a duty; *obligatory*.

Domicile: a place of residence; *home*.

Indigent: suffering from extreme poverty; *impoverished*.

Vitriolic: bitterly harsh or caustic language or criticism; *antagonistic*.

Placate: to soothe by concessions; *appease*.

Omitted: to leave out or leave unmentioned; *missing*.

Obnoxious: odiously or disgustingly objectionable; *annoying*.

Knoll: a small round hill; *mound*.

Erode: to diminish or destroy by degrees; *destroy*.

Implicated: to involve as a consequence, corollary, or natural inference; *imply*.

Apathy: lack of interest or concern; *indifference*.

Discreet: having or showing discernment or good judgment in conduct; *prudent*.

Fabricated: to make up; *invent*.

Foray: an initial and often tentative attempt to do something in a new or different field or area of activity; *incursion*.

Exacerbate: to make more violent, bitter, or severe; *aggravate*.

Askance: with disapproval or distrust; *scornfully*.

Strident: characterized as harsh, insistent; *jarring*.

Recalcitrant: obstinately defiant of authority or restraint; *resistant*.

Edict: a proclamation having the force of law; *order*.

Schism: a division, separation; *rupture*.

Important terminology

Basic nursing terms:

Blood pressure (BP) - Blood pressure measures the amount of force placed on a patient's artery walls with each heartbeat. This is one of the standard vital signs nurses monitor for patients.

Code blue - A medical emergency, often cardiac arrest, that requires immediate attention from a team of healthcare providers. Healthcare workers may shorten code blue to "coding."

Pain scale - A numeric scale from one to ten that patients use to rate their level of pain. Some healthcare facilities use visual cues like faces to help patients rate their pain levels.

Respiratory rate - The number of breaths a patient takes per minute.

Specimen - A sample of something from a patient's body, such as urine, blood, skin, or other tissue, that is taken for testing and analysis.

Vital signs - Basic indicators of a patient's health that typically include heart rate, respiratory rate, body temperature, pain level, and blood pressure.

Acronyms:

ABC - This is the simple way to remember "airway, breathing, circulation," which is the order in which nurses assess and prioritize a patient who is unresponsive or unconscious.

CAB - Following the CAB acronym helps nurses remember "chest compressions, airway, and breathing" as the correct order for performing CPR.

CBR - Seeing this on a patient's chart means "complete bed rest" and refers to a patient who is not allowed out of bed at all, even to use the bathroom.

CPR - Cardiopulmonary resuscitation is an emergency procedure commonly used when a patient has stopped breathing.

DNR - Do Not Resuscitate is an end-of-life health directive given by patients who do not wish to be revived if they stop breathing or go into cardiac arrest.

EHR - Electronic health records (sometimes called electronic medical records, or EMR) are digital medical records that are updated each time a patient visits a healthcare facility.

ICU - Intensive care unit.

IV - Intravenous therapy.

NICU - Neonatal intensive care unit, where critically ill newborns are cared for.

OTC - Medication that does not require a prescription (over-the-counter).

PPE - Specialized gear and clothing, such as gloves, masks, and face shields, designed to protect both patients and nurses from bacteria and contagious illness (personal protective equipment).

Rx - Prescription.

SOP - Standard operating procedures, which describe how nursing tasks are to be performed and the outcome that should be achieved.

WNL - This charting acronym stands for "within normal limit." This means a patient's activity level, test results, and so on are considered typical.