



**EE USA**  
HOMOLOGACIONES

# 12

## **WEEKS NCLEX-RN PREPARATION PLAN**

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# NCLEX–RN PREPARATION PLAN

The objective of this study plan is to provide a clear, organized, and effective guide to support you throughout your preparation for the NCLEX–RN examination. We understand that this process may generate doubts, pressure, or even anxiety; therefore, this plan is designed to give you structure, focus, and a concrete path to follow each day. You will find a detailed organization of content, study time, and strategies that will allow you to progress with confidence, understanding the rationale behind each step.

This twelve-week plan combines in-depth review of the chapters from the book Saunders Comprehensive Review for the NCLEX–RN Examination, consistent practice of NCLEX–style questions through the UWorld question bank, and participation in virtual classes guided by a specialized instructor. This integration allows reinforcement of the studied content, timely clarification of doubts, and the development of strong clinical reasoning through guided analysis of questions and real clinical scenarios.

## Starting Requirements

To begin this twelve-week study plan, certain basic requirements must be met to ensure a smooth, organized, and effective preparation process. This program is structured to guide you step by step; however, it requires a minimum foundation so that you can progress comfortably and take full advantage of each week. One of the fundamental requirements is to have a basic level of English, sufficient to:

- Understand simple written texts.
- Recognize general vocabulary and the most common nursing terms.
- Follow and analyze NCLEX–style questions, since the entire examination and official preparation platforms are presented exclusively in English.

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An advanced level of English is not required; however, this minimum foundation allows for a more efficient study process and prevents content comprehension from becoming a barrier during preparation.

In addition to the English level, the following requirements must be met:

- Access to the study materials, including the book **Saunders Comprehensive Review for the NCLEX-RN Examination, which will be provided by the Enfermeras en USA team.**
- Availability of an electronic device with internet access to study and work with the UWorld question bank.
- Commitment to dedicate four hours of daily study, following the weekly structure of the plan.
- Consistency, responsibility, and organization to progress correctly within the program.

## Methodology

This plan is based on progressive learning and daily integration of theory and practice. Each week has a balanced study workload to ensure steady progress without becoming overwhelming, while maintaining an appropriate and consistent pace.

### Structured Review of the Saunders Book

Each day you will study previously selected specific chapters, distributed in a way that allows you to cover the entire content of the book within twelve weeks without overload. The page distribution is calculated to keep the workload manageable while still being sufficient to ensure continuous progress.

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## Methodology

### Daily Practice with the UWorld Question Bank

As you progress through the weekly topics, you will apply your knowledge by answering related questions. This practice is essential to train your nursing judgment and to learn how to identify the intent of each NCLEX-style question.

UWorld will allow you to:

- Recognize question patterns.
- Strengthen your clinical reasoning.
- Understand why an answer is correct or incorrect.
- Track your mistakes and consolidate learning.

### Weekly Virtual Class

At the end of each week, you will participate in a virtual class with a specialized instructor. During this session:

- Questions from the reviewed chapters are clarified.
- NCLEX-style questions are analyzed to reinforce test-taking strategies.
- More complex concepts are explored in greater depth.
- Common errors are reviewed, and guidance is provided for the following week of study.

This class is a key space to integrate theoretical knowledge with practical application.

# NCLEX-RN PREPARATION PLAN

## How Is the Study Plan Implemented?

This plan is designed for four hours of daily study, distributed in a way that allows the student to progress with consistency, depth, and balance between theory, practice, and clinical reasoning.

### Monday to Saturday

The daily structure is organized as follows:

- **Reading:** Review of the assigned chapters from the book Saunders Comprehensive Review for the NCLEX-RN Examination, in an approximate range of thirty to fifty pages per day, depending on the complexity of the topic.
- **Practice:** Completion of forty to sixty UWorld questions per day, focused on the content studied that day. This practice is essential to develop critical thinking and to become familiar with the format and style of the NCLEX examination.
- **Review:** Detailed analysis of rationales, recording of frequent errors, identification of patterns, and review of weak areas. The student must learn from each mistake and progressively strengthen clinical reasoning.
- The central goal is understanding, not memorization. The foundation of the NCLEX examination is safe clinical reasoning; therefore, each day of study is approached with intention, analysis, and reflection.

# NCLEX-RN PREPARATION PLAN

## How Is the Study Plan Implemented?

### Weekly Virtual Class

Each week includes a virtual class, which will be scheduled in advance, and the student will be informed of the assigned day and time. This session is intended to:

- Resolve questions accumulated during the week.
- Review the most important concepts from the studied chapters.
- Analyze NCLEX-style questions with instructor guidance.
- Strengthen critical thinking and decision-making skills.

This class is a key opportunity to integrate individual study with guided analysis, reinforcing deep understanding of the content.

### Sunday

Sunday is reserved for a longer UWorld practice session. The focus will be to:

- Increase the number of questions compared to previous days.
- Reinforce the most challenging topics of the week.
- Review rationales again for missed questions.
- Consolidate clinical memory of patterns and key concepts.

Sunday functions as a weekly consolidation day that allows integration of everything learned and strengthens confidence before moving on to the next content block.

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## Access to the UWorld Question Bank:

- The program includes ninety days of access to the UWorld platform, one of the most widely recognized question banks for NCLEX-RN preparation. This question bank contains more than two thousand questions designed in the official exam format and includes the option of computer adaptive tests, which allow students to measure progress and build confidence under conditions similar to the actual examination.
- Access to UWorld is managed directly through Enfermeras en USA using the information provided by each student, including full name and email address. It is important to note that the assigned password must not be changed, as periodic progress reviews are conducted in order to provide personalized support. If a student changes the password, Enfermeras en USA will not be responsible for monitoring or follow-up of the student's progress.

## Academic Support and Study Progress Monitoring:

Throughout the entire program, individualized monitoring is provided for each student, both during live classes and through performance tracking in the UWorld question bank. This support allows identification of areas with greater difficulty and, based on that information, the scheduling of specific reinforcement sessions to strengthen topics that require additional review. In this way, we ensure that each participant receives the guidance necessary to move forward with confidence in preparation for the NCLEX-RN examination.

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## Mandatory Review of Assigned Materials

It is essential that **all assigned materials be reviewed before the live class**. Sessions with the instructor are designed to consolidate, analyze, and apply previously studied knowledge, not to replace reading or individual study.

**Completion of this prior preparation is a fundamental requirement for classes to be truly productive and for the student to progress in a solid and effective manner in preparation for the NCLEX-RN examination.**

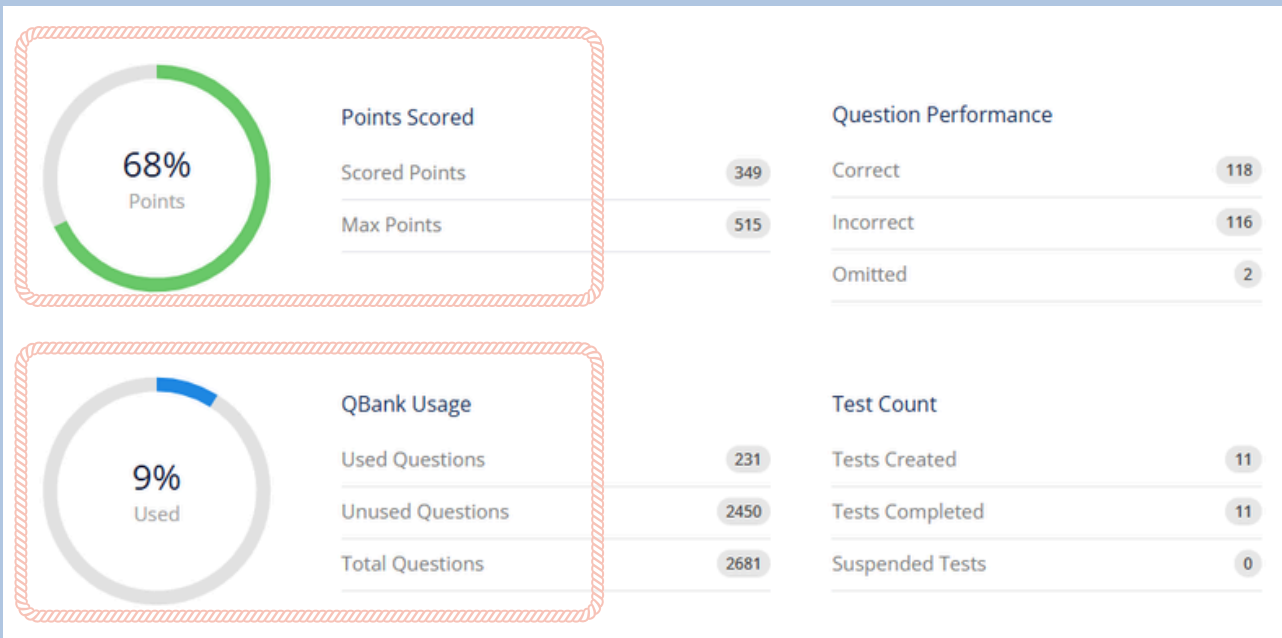
# NCLEX-RN PREPARATION PLAN

## Progress Requirement Prior to Taking the NCLEX-RN

At Enfermeras en USA, our priority is that all students have the highest possible probability of passing the examination successfully. For this reason, we establish as a requirement that, before taking the NCLEX-RN, **each student must have completed at least 80% of the available questions on the UWorld platform and achieved a performance score of 75-80%.**

This information can be reviewed directly on the UWorld platform under the section labeled "Performance," where each student can verify individual progress and level of readiness.

This requirement is essential to ensure that participants reach the examination with solid preparation, confidence, and true mastery of the content and skills demanded by the test.



# NCLEX–RN PREPARATION PLAN

## WEEK 1 – Introduction and Basic Foundations

### READING

#### Unit I: NCLEX–RN Exam Preparation (Page #1)

- Clinical Judgment and the Next Generation NCLEX Examination (Page #2)
- Self-Efficacy and Pathways to Success (Page #17)
- The NCLEX–RN Examination from a Graduate’s Perspective (Page #22)
- Clinical Judgment and Test-Taking Strategies (Page #24)

#### Unit II: Professional Standards in Nursing (Page #38)

- Population Health Nursing (Page #40)
- Ethical and Legal Issues (Page #53)
- Prioritizing Client Care: Leadership, Delegation, and Emergency Response Planning (Page #68)

**During this week, the student must also work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas that are identified through practice.**

# NCLEX–RN PREPARATION PLAN

## WEEK 2 – Clinical Foundations

### READING

#### Unit III: Foundations of Care (Page #88)

- Fluids and Electrolytes (Page #88)
- Acid–Base Balance (Page #106)
- Vital Signs and Laboratory Reference Intervals (Page #116)
- Nutrition (Page #132)
- Health and Physical Assessment of the Adult Client (Page #143)
- Safety and Infection Control (Page #166)
- Medication Administration and Intravenous Therapies (Page #178)
- Perioperative Nursing Care (Page #189)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 3 – Human Development and Maternity

### READING

#### Unit IV: Growth and Development Across the Life Span (Page #236)

- Theories of Growth and Development (Page #236)
- Growth, Development, and Stages of Life (Page #244)
- Care of the Older Client (Page #266)

#### Unit V: Maternity Nursing (Page #275)

- Reproductive System (Page #277)
- Prenatal Period (Page #285)
- Risk Conditions Related to Pregnancy (Page #300)
- Labor and Birth (Page #323)
- Problems with Labor and Birth (Page #336)
- Postpartum Period (Page #343)
- Postpartum Complications (Page #350)
- Care of the Newborn (Page #358)
- Maternity and Newborn Medications (Page #380)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied. It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 4 – Pediatric Nursing I

### READING

#### Unit VI: Pediatric Nursing (Page #391)

- Integumentary Problems (Page #392)
- Hematological Problems (Page #399)
- Oncological Problems (Page #406)
- Metabolic and Endocrine Problems (Page #416)
- Gastrointestinal Problems (Page #425)
- Eye, Ear, and Throat Problems (Page #444)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

**UWorld**

**Assesement #1**

# NCLEX-RN PREPARATION PLAN

## WEEK 5 – Pediatric Nursing II

### READING

#### Unit VI: Pediatric Nursing

- Respiratory Problems (Page #451)
- Cardiovascular Problems (Page #457)
- Renal and Genitourinary Problems (Page #472)
- Neurological and Cognitive Problems (Page #487)
- Musculoskeletal Problems (Page #498)
- Immune Problems and Infectious Diseases (Page #507)
- Pediatric Medication Administration and Calculations (Page #520)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 6 – Most Common Adult Problems I

### READING

#### **Unit VII: Integumentary Problems of the Adult Client (Page #527)**

- Integumentary Problems (Page #528)
- Integumentary Medications (Page #538)

#### **Unit VIII: Oncological and Hematological Problems of the Adult Client (Page #547)**

- Oncological and Hematological Problems (Page #549)
- Oncological and Hematological Medications (Page #587)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

**UWorld**

**Assesement #2**

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## WEEK 7 – Most Common Adult Problems II

### READING

#### **Unit IX: Endocrine Problems of the Adult Client (Page #598)**

- Endocrine Problems (Page #599)
- Unit IX Endocrine Problems of the Adult Client (Page #598)
- Endocrine Medications (Page #626)

#### **Unit X: Gastrointestinal Problems of the Adult Client (Page #641)**

- Gastrointestinal Problems (Page #643)
- Gastrointestinal Medications (Page #671)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 8 – Most Common Adult Problems III

### READING

#### Unit XI: Respiratory Problems of the Adult Client (Page #679)

- Respiratory Problems (Page #680)
- Respiratory Medications (Page #701)

#### Unit XII: Cardiovascular Problems of the Adult Client (Page #719)

- Cardiovascular Problems (Page #720)
- Cardiovascular Medications (Page #760)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

**UWorld**

**Assesement #3**

# NCLEX-RN PREPARATION PLAN

## WEEK 9 – Most Common Adult Problems IV

### READING

#### **Unit XIII: Renal and Urinary Problems of the Adult Client (Page #778)**

- Renal and Urinary Problems (Page #779)
- Renal and Urinary Medications (Page #811)

#### **Unit XIV: Eye and Ear Problems of the Adult Client (Page #821)**

- Eye and Ear Problems (Page #822)
- Eye and Ear Medications (Page #842)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 10 – Most Common Adult Problems V

### READING

#### **Unit XV: Neurological Problems of the Adult Client (Page #852)**

- Neurological Problems (Page #853)
- Neurological Medications (Page #877)

#### **Unit XVI: Musculoskeletal Problems of the Adult Client (Page #888)**

- Musculoskeletal Problems (Page #889)
- Musculoskeletal Medications (Page #910)

#### **Unit XVII: Immune Problems of the Adult Client (Page #918)**

- Immune Problems (Page #919)
- Immune Medications (Page #933)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied. It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

**UWorld**

**Assesement #4**

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## WEEK 11 – Mental Health

### READING

#### Unit XVIII: Mental Health Problems of the Adult Client (Page #940)

- Foundations of Psychiatric Mental Health Nursing (Page #941)
- Mental Health Problems (Page #954)
- Addictions (Page #975)
- Crisis Theory and Intervention (Page #987)
- Psychotherapeutic Medications (Page #1001)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

# NCLEX-RN PREPARATION PLAN

## WEEK 12 – Complex Care

### READING

#### Unit XIX: Complex Care (Page #1015)

- Complex Care (Page #1017)

**During this week, the student must work with the UWorld question bank, answering between 40 and 60 questions per day related to the chapters studied.**

**It is mandatory to review each rationale, record errors, and reinforce the weak areas identified through practice.**

**UWorld**

**Assesement #4**