

Pharmacology: explain & apply

One concept, three recall prompts, one next step.

THE DISTINCTION

Pharmacokinetics: how the body handles a drug. ADME describes absorption, distribution, metabolism and excretion.

Pharmacodynamics: a drug's actions and effects on the body.

1. Classify and explain: the liver breaks down a drug.

2. Classify and explain: a drug reduces pain.

3. Explain ADME without looking above.

One concept I need to clarify, and my revisit date:

SELF-CHECK

1: Pharmacokinetics (metabolism). 2: Pharmacodynamics (effect).

3: Absorption, distribution, metabolism and excretion.

Source: OpenStax, Pharmacology for Nurses, section 2.2 (2024).

openstax.org/books/pharmacology/pages/2-2-pharmacokinetics-and-pharmacodynamics

Practical-exam preparation

Use your course rubric and instructor's protocol as the standard.

BEFORE PRACTICE

- ☐ Read the station objectives and scoring rubric.
- ☐ List required equipment, setup and time limit.
- ☐ Identify precautions, stop criteria and supervision needs.
- ☐ Choose one skill and arrange an appropriate practice partner.

DURING A MOCK STATION

- ☐ Explain the task, obtain permission and check comfort.
- ☐ Use the taught positioning, instructions and technique.
- ☐ State what you are observing and how it affects your reasoning.
- ☐ Know when to stop, clarify or seek assistance.
- ☐ Practice within course rules; do not perform risky skills unsupervised.

Rubric item I missed, and the correction I will practice:

Retest plan: skill / partner / date / how I will judge improvement:

This organizational checklist is not a clinical procedure or a substitute for your rubric.

Clinical-rotation preparation

Confirm expectations early. Keep patient information in approved systems.

BEFORE DAY ONE

- ☐ Confirm start time, location, dress, contact and required onboarding.
- ☐ Ask how supervision, feedback and urgent questions will work.
- ☐ Clarify documentation expectations and permitted learning resources.
- ☐ Review the setting and select one initial learning goal.

My first-week learning goal and how I will ask for feedback:

A FOCUSED QUESTION FOR MY INSTRUCTOR

What did I notice? (Use de-identified learning points here.)

What am I considering, and what would change my next step?

Where do I need supervision or clarification?

Ask safety questions when the decision matters. Follow site policy and your scope.

Track a concept that keeps slipping

Log the reason for the error, then change what you do next.

Course / topic / date:

What I thought, and why:

What needs work: knowledge / application / reading / pacing?

Corrected principle in my own words:

A different example or question I can use to check myself:

My next task and revisit date:

After revisiting: what changed? What still needs help?

Write your own explanation. Do not copy protected course or exam questions.