

NCLEX-RN Study Guide

Domain 2 Study Guide

Health Promotion and Maintenance

Exam Weight: 6–12% of Exam

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Domain Overview

Health Promotion and Maintenance focuses on the nurse's role in supporting clients across the lifespan to achieve and maintain optimal health. This domain covers developmental stages, health screening, immunizations, lifestyle modifications, and disease prevention strategies.

Developmental Milestones

Age	Physical	Cognitive/Language	Social/Emotional
2 months	Lifts head; follows objects	Coos; social smile	Recognizes caregiver
4 months	Rolls front to back; holds head steady	Laughs; babbles	Enjoys interaction
6 months	Sits with support; transfers objects	Babbles consonants	Stranger anxiety begins
9 months	Crawls; pulls to stand	Says "mama/dada" nonspecifically	Separation anxiety
12 months	Walks with support; pincer grasp	1-3 words with meaning	Imitates actions
18 months	Walks independently; stacks 3-4 blocks	10-20 words; points	Parallel play
2 years	Runs; kicks ball	50+ words; 2-word phrases	Parallel play; tantrums
3 years	Rides tricycle; dresses self	3-word sentences; 75% intelligible	Cooperative play begins
4-5 years	Hops; skips; draws person	Tells stories; 100% intelligible	Cooperative play; imaginary friends
School age (6-12)	Loses primary teeth; puberty begins	Logical thinking; reading	Peer relationships; industry vs. inferiority
Adolescence (12-18)	Secondary sex characteristics	Abstract reasoning develops	Identity vs. role confusion (Erikson)

NCLEX Tip: Erikson's stages most tested: Trust vs. Mistrust (infant), Autonomy vs. Shame (toddler), Initiative vs. Guilt (preschool), Industry vs. Inferiority (school age), Identity vs. Role Confusion (adolescent), Intimacy vs. Isolation (young adult), Generativity vs. Stagnation (middle adult), Integrity vs. Despair (older adult).

Immunization Schedule (Key Points)

Vaccine	Schedule	Key Nursing Considerations
Hepatitis B	Birth, 1-2 mo, 6-18 mo	First dose within 24 hours of birth; check maternal HBsAg status

DTaP	2, 4, 6, 15-18 mo, 4-6 yr; Tdap booster at 11-12 yr	Do not give to infants <6 weeks; Tdap in every pregnancy
Hib	2, 4, 6, 12-15 mo	Prevents meningitis; not needed after age 5 in healthy children
IPV	2, 4 mo, 6-18 mo, 4-6 yr	Inactivated (not live); safe in immunocompromised
PCV13/PCV15	2, 4, 6, 12-15 mo	Prevents pneumococcal disease; PPSV23 for adults 65+
MMR	12-15 mo, 4-6 yr	Live vaccine; contraindicated in pregnancy and immunocompromised
Varicella	12-15 mo, 4-6 yr	Live vaccine; check for prior immunity before administering
Influenza	Annually \geq 6 months	Live attenuated (FluMist) contraindicated in immunocompromised
HPV	11-12 yr (2-3 dose series)	Prevents cervical, oropharyngeal cancers; given through age 26
Meningococcal	11-12 yr, booster at 16 yr	Required for college freshmen in dorms

Cancer Screening Guidelines

Cancer	Screening Test	Recommended Schedule
Breast	Mammogram	Annual starting at age 40-45 (ACS); discuss risks/benefits 40-44
Cervical	Pap smear \pm HPV test	Pap every 3 yr (21-65); co-test every 5 yr (30-65)
Colorectal	Colonoscopy (preferred)	Every 10 yr starting at age 45; earlier if high risk
Prostate	PSA + DRE	Discuss with provider at age 50 (45 if high risk)
Lung	Low-dose CT scan	Annual for ages 50-80 with 20+ pack-year history, current/recent smoker
Skin	Clinical skin exam	Annual for high-risk individuals; monthly self-exam

Prenatal Care and High-Risk Pregnancy

Normal Prenatal Visits

- Every 4 weeks: weeks 1-28
- Every 2 weeks: weeks 28-36
- Every week: weeks 36-40
- Key tests: CBC, blood type/Rh, rubella titer, STI screening, glucose challenge test (24-28 wks)

Warning Signs During Pregnancy (REPORT IMMEDIATELY)

Symptom	Possible Cause	Action
Severe headache + visual changes	Preeclampsia	Immediate evaluation; check BP
Sudden severe abdominal pain	Placental abruption, ectopic	Emergency assessment
Vaginal bleeding	Placenta previa, abruption	Do NOT perform vaginal exam; assess
Decreased fetal movement	Fetal distress	Non-stress test; kick counts
Dysuria, frequency, fever	UTI/pyelonephritis	Urine culture; antibiotics
Calf pain, swelling	DVT	Doppler ultrasound; anticoagulation

Postpartum Assessment (BUBBLE-HE)

- B — Breasts: engorgement, nipple condition, breastfeeding latch
- U — Uterus: fundal height, firmness (boggy = atony), position
- B — Bladder: voiding, distension (can displace uterus)
- B — Bowel: bowel sounds, constipation, hemorrhoids
- L — Lochia: color/amount (rubra→serosa→alba), odor
- E — Episiotomy/perineum: REEDA (Redness, Edema, Ecchymosis, Discharge, Approximation)
- H — Homans' sign: calf pain with dorsiflexion (DVT screening)
- E — Emotional: postpartum blues vs. depression vs. psychosis

NCLEX Tip: Postpartum blues (days 1-5): normal tearfulness, mood swings. Postpartum depression (2 weeks-1 year): persistent sadness, inability to care for infant — requires treatment. Postpartum psychosis: hallucinations, delusions — psychiatric emergency.

Health Promotion Across the Lifespan

Age Group	Key Health Promotion Topics
Infants/Toddlers	Safe sleep (back to sleep, firm surface), car seat safety, childproofing, nutrition (breastfeeding, no honey <1 yr), dental care
Preschool/School age	Bicycle helmet use, sun protection, healthy diet, dental hygiene, vision/hearing screening, stranger safety
Adolescents	STI prevention, contraception, substance abuse prevention, mental health screening, HPV vaccine, scoliosis screening
Adults (18-64)	Blood pressure screening, cholesterol screening, diabetes screening, smoking cessation, weight management, stress management
Older Adults (65+)	Fall prevention, medication review (polypharmacy), cognitive screening, vision/hearing aids, pneumococcal/shingles vaccines, advance directives

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