

The 60-Second Fact-Check Card

One page to keep with your notes. Use it on anything you learn from a chatbot, a video, or a study group before you commit it to memory.

Free · 1 printable page · Reviewed October 29, 2026

1. Check in 4 steps

- 1 Stop**
Do I know where this came from?
- 2 Investigate**
Who is the source? What do they know?
- 3 Find better coverage**
What do one or two trusted sources say?
- 4 Trace**
Go to the original guideline, label, or study.

2. Trust these first

- NCSBN and [nclex.com](https://www.nclex.com)
- FDA drug labels (DailyMed)
- CDC
- Professional guidelines (AHA, ADA, and others)
- Your textbook, drug guide, and instructor
- On a unit: the order and facility policy

3. Red flags

- No source, or one you can't find
- Numbers that don't match your drug guide
- "Always" or "never" with no exceptions
- Old guideline year
- Only one place says it
- Selling something
- "Real NCLEX questions"

4. Never paste into AI

- Any patient information, ever
- Graded work, unless your program allows it
- Remembered NCLEX questions
- Passwords and login codes

Numbers get checked. Every time.

Doses, hold parameters, lab ranges, drip rates, and time frames: verify them in your drug guide, textbook, or the original guideline before you keep them. AI doesn't replace your judgment, and you stay accountable for what you do.

The full guide explains each step with a worked example: Studying with AI, safely.

Sources

1. Caulfield M. SIFT (The Four Moves).
2. American Nurses Association. The Ethical Use of Artificial Intelligence in Nursing Practice (2022).
3. NCSBN. 2026 NCSBN Examination Candidate Rules.

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