

Fluid and Electrolytes Cheat Sheet

HYPOnatremia ↓Na <135 "SALT LOSS"		HYPOkalemia ↓K <3.5 "slow and low /A SIC WALT"	
S/S muscle spasm weakness urine loss (↓output) shallow respiration ↓DTR orthostatic hypotension ↑bowel motility		S/S Alkalosis irritability lethargy shallow respirations ↓ breath sounds ↑BP lethal cardiac Δs thread pulse ↓bowel constipation confusion	
Causes Na excretion (renal, NG suction, V/D, diuretics, sweating) SIADH ↓aldosterone diabetes insipidus Fluid overload or FVD low intake		Causes Drugs anorexia N NPO fluid loss ↑H2O intake Cushing's disease ↑aldosterone	
HYPERnatremia ↑Na >145 "no FRIED food"/think dehydrated		HYPERkalemia ↑K >5.0 "MURDER"	
S/S Fever, flushed skin dry mouth/skin Restless agitated ↑fluid retention, edema confusion		S/S Muscle spasm/ cramps, twitching weakness Seizures urine loss, ↓ output ↓BP Shallow resp. weak pulse rhythms	
Causes Hypercortisolism (Cushing's) hyperventilation Incr intake (oral/IV) hypoaldosteronism GI tube w/o adequate H2O intake Hypertonic solutions thirst impairment Reduced excretion corticosteroids Infection, fever, sweating, D loss of fluids		Causes Cellular mvmt (CF → ECF) renal failure Excess intake addisons (adrenal insuff.) Drugs (K-sparing diuretic, ace inhibitors, NSAIDs)	
↑P	HYPOcalcemia ↓Ca <8.5 "cramps"	=	HYPOmagnesemia ↓Mg <1.5 "twitching" (neuro excitability)
S/S + trousseaus, chvostek's tetany, spasm seizures ↑DTR confusion arrhythmias		S/S + trousseaus, chvostek's tetany Torsades de pointes cardiac Δs seizures ↑DTR ↑BP ↓RR ↓bowel motility	
Causes Low PTH celiac/crohns low Vit. D Acute pancreatitis chronic kidney issues Inadequate intake (alcohol, bulimia) ↑Phos. Wound drainage (esp GI) meds ↓mobility		Causes "LOW MAG" Limited intake Other electrolyte issues (hypoCalcemia, hypOKalemia) Malabsorption Wasting Mg Glycemic issues (DKA, insulin) Alcohol	
↓P	HYPERcalcemia ↓Ca >10 "body is weak"	=	HYPERmagnesemia ↑Mg >2.5 "body system is lethargic"
S/S Muscle weakness, lethargy EKG Δs absent or ↓DTR confused Abdominal distention d/t constipation Ca deposits kidney stone formation		S/S Muscle weakness → resp. arrest EKG Δs → cardiac arrest Absent or ↓DTR N/V ↓BP	
Causes hyperPTH hyperthyroidism ↓excretion (renal failure, thiazides) bone cancer ↑Ca /Vit D intake lithium glucocorticoids (suppress Ca) addisons (adrenal insuff.)		Causes www.nclexquiz.com Mg rich antacids/laxatives (Maalox, Mylanta) Addisons (adrenal insuff.) Glomerular filtration insuff.	

Fluid And Electrolyte Study Guide

Jon Haws, Sandra Haws



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Pediatric Critical Care Study Guide Steven E. Lucking, Frank A. Maffei, Robert F. Tamburro, Neal J.

Thomas, 2012-04-10 This is the first comprehensive study guide covering all aspects of pediatric critical care medicine. It fills a void that exists in learning resources currently available to pediatric critical care practitioners. The major textbooks are excellent references but do not allow concise reading on specific topics and are not intended to act as both text and study guide. There are also several handbooks available but these are usually written for general pediatric residents and lack the advanced physiology and pathophysiology required for the higher level pediatric critical care practitioner. National Library of Medicine AVLINE Catalog National Library of Medicine (U.S.), 1975 Listing of audiovisual materials catalogued by NLM. Items listed were reviewed under the auspices of the American Association of Dental Schools and the Association of American Medical Colleges and are considered suitable for instruction. Entries arranged under MeSH subject headings. Entry gives full descriptive information and source. Also includes Procurement source section that gives addresses and telephone numbers of all sources. Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease Barbara

Janson Cohen, Memmler, 1996 **Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition** Judith Tintinalli, J. Stapczynski, O. John Ma, David Cline, Rita Cydulka, Garth Meckler, 2010-11-12 The landmark emergency medicine text is now in full color. 17 additional chapters available for download. With 418 contributors representing over 120 medical centers around the world, Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind. It covers everything from prehospital care, disaster preparedness, and basic resuscitative techniques to all the major diseases requiring emergency treatment, such as pulmonary emergencies, renal and GU disorders, and hemophilia. This authoritative in-depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face. While continuing to provide the most current information for acute conditions, the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy-to-read manner. **NEW Features:** Full color design with more figures and tables than ever. Reader-friendly chapter presentation makes it easy to find important material. Updated tables covering drugs and important clinical information. Patient safety considerations and injury prevention are integrated into chapters as appropriate. Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment. Organ systems sections reorganized to reflect considerations for actual clinical practice. New chapters: New adult chapters include Natural Disasters, Aneurysms of the Aorta and Major Arteries, Hip and Knee Pain, Aortic Dissection, Acute Urinary Retention, Subarachnoid Hemorrhage, and Intracranial Bleeding, Clotting Disorders, Community-acquired Pneumonia, and Noninfectious Pulmonary Infiltrates, Type I Diabetes, Type II Diabetes, Anemia, Tests of Hemostasis, Clotting Disorders, Head Injury in Adults, and

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Study Guide to Accompany Medical Surgical Nursing Carol J. Green,Wilma J. Phipps,Penny L. Marshall,Carol J Green-Nigro, PhD RN,2002-12 This comprehensive study aid provides a

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Tintinalli's Emergency Medicine Manual, Eighth Edition Rita K. Cydulka, David M. Cline, O. John Ma, Michael T. Fitch, Scott A. Joing, Vincent J. Wang, 2017-09-08 The book that belongs in the pocket of every clinician working in an acute care setting A Doody's Core Title for 2019 This portable manual encapsulates the most clinically relevant content of Tintinalli's Emergency Medicine Eighth Edition the world's bestselling text on the topic and puts it at your fingertips or in your pocket or backpack Covering the full spectrum of emergency medicine in all patient populations adult and pediatric this full color guide is composed of concise chapters that focus on clinical features diagnosis and differential and emergency management and disposition Packing a remarkable amount of information in a compact full color presentation Tintinalli's Emergency Medicine Manual Eighth Edition is enhanced by contributors from across the globe Numerous tables and full color photographs and illustrations enrich the text and help you deliver skillful and timely patient care This new edition includes extensive updates to all sections incorporating the latest guidelines evidence based protocols and relevant research

Study Guide and Solutions Manual for Seager/Slabaugh's Chemistry for Today Seager/Slabaugh, 2004 The fifth edition of the Study Guide and Student Solutions Manual has been updated to reflect all of the changes to the text This ancillary tests the student on the learning objectives in each chapter and provides answers to all of the even numbered end of chapter exercises New additional activities have been added to include a review of each section of the chapter and a section entitled Tying It All Together with a Laboratory Application

Tintinalli's Emergency Medicine Manual 7th Edition David M. Cline, 2012-06-07 Rev ed of Emergency medicine a comprehensive study guide editor in chief Judith E Tintinalli co editors Gabor D Kelen J Stephan Stapczynski American College of Emergency Physicians 6th ed c2004

Keeping Electrolytes & Fluids In Balance Wilma Sipes, 2021-05-15 Fluids and electrolytes play a vital role in homeostasis within the body by regulating various bodily functions including cardiac neuro oxygen delivery and acid base balance and much more Fluid and electrolyte balance is essential to the process of life and abnormal concentrations can be life threatening Electrolytes are the engine behind the cellular function and maintain voltages across cellular membranes Without proper electrolyte balance the body is unable to carry out the most basic functions Understanding the basics of these complex concepts is vital to your success in caring for complex patients In this book You will be given all the secrets YOU NEED TO KNOW in order to look at

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Table of Contents Fluid And Electrolyte Study Guide

1. Understanding the eBook Fluid And Electrolyte Study Guide
 - The Rise of Digital Reading Fluid And Electrolyte Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Fluid And Electrolyte Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fluid And Electrolyte Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fluid And Electrolyte Study Guide
 - Personalized Recommendations
 - Fluid And Electrolyte Study Guide User Reviews and Ratings
 - Fluid And Electrolyte Study Guide and Bestseller Lists
5. Accessing Fluid And Electrolyte Study Guide Free and Paid eBooks
 - Fluid And Electrolyte Study Guide Public Domain eBooks
 - Fluid And Electrolyte Study Guide eBook Subscription Services
 - Fluid And Electrolyte Study Guide Budget-Friendly Options
6. Navigating Fluid And Electrolyte Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Fluid And Electrolyte Study Guide Compatibility with Devices
 - Fluid And Electrolyte Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fluid And Electrolyte Study Guide
 - Highlighting and Note-Taking Fluid And Electrolyte Study Guide
 - Interactive Elements Fluid And Electrolyte Study Guide
8. Staying Engaged with Fluid And Electrolyte Study Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Fluid And Electrolyte Study Guide
- 9. Balancing eBooks and Physical Books Fluid And Electrolyte Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fluid And Electrolyte Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fluid And Electrolyte Study Guide
 - Setting Reading Goals Fluid And Electrolyte Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fluid And Electrolyte Study Guide
 - Fact-Checking eBook Content of Fluid And Electrolyte Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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