

BALANCES

Chart

Normal ranges: 1400-1500 mmHg
High blood pressure: 160/90 mmHg or higher
Low blood pressure: 90/60 mmHg or lower

Fluid Imbalance

- Hypotonic fluid loss
- Isotonic fluid loss
- Hypertonic fluid loss
- Hypotonic fluid gain
- Isotonic fluid gain
- Hypertonic fluid gain

Electrolyte Imbalance Chart Sheet

K+

- Normal range: 3.5-5 mEq/L
- Hypertension: +ve K⁺ (e.g., hypokalemia)
- Hypotension: -ve K⁺ (e.g., hyperkalemia)

HCO₃

- Normal range: 22-28 mmEq/L
- Hypertension: +ve HCO₃ (e.g., metabolic acidosis)
- Hypotension: -ve HCO₃ (e.g., metabolic alkalosis)

Glucose

- Normal range: 80-120 mg/dL
- Hypertension: +ve glucose (e.g., hyperglycemia)
- Hypotension: -ve glucose (e.g., hypoglycemia)

Urea/Nitrogen

- Normal range: 8-20 mg/dL
- Hypertension: +ve urea/N (e.g., azotemia)
- Hypotension: -ve urea/N (e.g., hypoalbuminemia)

BALANCE Chart

Normal hydrogen ion concentration is 3800.
Normal oxygen concentration is 100.
Normal carbon dioxide concentration is 20.

Acid-Base Imbalance Chart Sheet

Indicators	Affected Cells
Respiratory Acidosis	Causes cells to become acidic due to increased CO ₂ levels. • Heart problems, arrhythmias • Headaches, pain and cramps • Respiratory distress signs • Abnormal heart rate and rhythm changes
Respiratory Alkalosis	Causes cells to become basic due to decreased CO ₂ levels. • Headaches, pain and cramps • Heart arrhythmias, palpitations • Respiratory distress signs
Metabolic Acidosis	Causes cells to become acidic due to increased acids. • Heart problems, arrhythmias • Headaches, pain and cramps • Respiratory distress signs
Metabolic Alkalosis	Causes cells to become basic due to decreased acids. • Headaches, pain and cramps • Heart arrhythmias, palpitations • Respiratory distress signs

ARTERIAL BLOOD GAS (ABG) ANALYSIS Chart Sheet

Normal ABG values are:
 pH: 7.35-7.45
 Partial Pressure of Oxygen (PaO₂): 90-100 mmHg
 Partial Pressure of Carbon Dioxide (PaCO₂): 35-45 mmHg
 Bicarbonate (HCO₃): 22-28 mmEq/L
 Base Excess (BE): -2 to +2 mmEq/L

RNin10

TOOL FOR SUCCESS

Electrolytes Therapy Complications Chart Sheet

STOP

Electrolyte Sodium Chart Sheet

Na⁺

Normal range: 135-145 mEq/L

Hypotension: Normal level of potassium, calcium, chloride, normal serum osmolality

Hypertension: Normal level of potassium, calcium, chloride, normal serum osmolality

Electrolyte Calcium Chart Sheet

Ca⁺⁺

Normal range: 9-10 mEq/L

Hypotension: Normal potassium, chloride, normal serum osmolality, normal calcium levels if normal

Hypertension: Normal potassium, chloride, normal serum osmolality, normal calcium levels if normal

Electrolyte Magnesium Chart Sheet

Mg⁺⁺

Normal range: 1.3-2.1 mEq/L

Hypotension: Normal potassium, chloride, normal serum osmolality, normal magnesium levels if normal

Hypertension: Normal potassium, chloride, normal serum osmolality, normal magnesium levels if normal

Electrolyte Chloride Chart Sheet

Cl⁻

Normal range: 98-106 mmEq/L

Hypotension: Hypochlorolemia (potentially life threatening)
Hypochlorolemia leads to metabolic alkalosis
Hypochlorolemia leads to respiratory acidosis

Hypertension: Hyperchloraemia (potentially life threatening)
Hyperchloraemia leads to metabolic acidosis
Hyperchloraemia leads to respiratory alkalosis

Fluids, Electrolytes, and Acid-Base Bundle

10 Pages

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