

Fluid & Electrolytes Cheat Sheet

Electrolyte	Function	HYPER "HIGH"	Hypo "low"
Potassium 3.5 - 5.0	P - Potassium P - Priority! Since it... P - Pumps the heart & muscles	HYPERkalemia (over 5.0) HEART - TIGHT & CONTRACTED 1. ST elevation and Peaked T waves 2. Severe = >5.5 on Cardiac Standstill 3. Hypotension, Bradycardia GI TRACT - TIGHT & CONTRACTED 1. Diarrhea 2. Hyperactive bowel sounds NEUROMUSCULAR - TIGHT & CONTRACTED Paralysis in Extremities Increased DTR Profound Muscle Weakness (General Feeling of Heaviness)	Hypokalemia (below 3.5) HEART - LOW & SLOW 1. Flat T waves, ST depression, & prominent U wave MUSCULAR - LOW & SLOW 1. Decreased DTR 2. Muscle cramping 3. Flaccid paralysis (paralyzed limbs) GI - LOW & SLOW Decreased motility, hyperactive to absent bowel sounds, Constipation Abdominal distention Paralytic ileus, paralyzed intestines "PRIORITY" for SBO (small bowel obstruction)
Sodium 135 - 145	S - Sodium S - Swells the body to maintain: - Blood Pressure - Blood Volume - pH balance	HYPERnatremia (over 145) HYPERNATREMIA - BIG & BLOATED 1. SKIN FLUSH "Red & Roly" SKIN EDEMA "waterbed skin" LOW GRADE FEVER 2. POLYDIPSIA EXCESS THIRST 3. LATE SERIOUS SIGNS SWOLLEN dry tongue mouth GI = nausea & vomiting mouth INCREASED muscle tone mouth	Hyponatremia (below 135) HYPONATREMIA - DEPRESSED & DEFLATED NEURO = Seizures & Coma HEART = Tachycardia, & weak thready pulses RESPIRATORY ARREST
Chloride 97 - 107	Sodium's sidekick Maintains: - Blood Pressure - Blood Volume - pH balance	HYPERchloremia (over 107) NEARLY SAME AS HIGH SODIUM 1. NAUSEA & VOMITING 2. SWOLLEN DRY TONGUE 3. CONFUSION	Hypochloremia (below 97) : NEARLY SAME AS LOW SODIUM 1. EXCESSIVE DIARRHEA, VOMITING, SWEATING 2. FEVER TEST TIP: ONLY DIFFERENCE
Magnesium 1.3 - 2.1	M - Magnesium M - Mellows the M - Muscles (relaxes)	HYPERmagnesemia (over 2.1) 1. CARDIAC - CALM & QUIET Heart block Prolonged PR intervals VITALS = bradycardia, hypotension 2. DEEP TENDON REFLEXES - CALM & QUIET Hyporeflexia - Decreased DTR 3. LUNGS - CALM & QUIET Depressed shallow respirations 3. GI - CALM & QUIET Hypoactive bowel sounds	Hypomagnesemia (below 1.3) 1. CARDIAC - BUCK WILD! ECG: ST depression, T wave inversion Torsades de pointes SEVERE = > 1.5 VITALS = Tachycardia 2. DEEP TENDON REFLEXES - BUCK WILD Hyporeflexia - increased DTR 3. EYES - BUCK WILD Abnormal eye movements (nystagmus) 4. GI - BUCK WILD Diarrhea
Calcium 9.0 - 10.5	Keeps the 3 Bs Strong B - Bone B - Blood B - Beats (heart)	HYPERcalcemia (over 10.5) SWOLLEN & SLOW - MOANS, GROANS & STONES 1. CONSTIPATION 2. BONE PAIN 3. STONES Renal Calculi (kidney stones) 4. DEEP TENDON REFLEXES Decreased DTR Severe muscle weakness	Hypocalcemia (below 9.0) 1. T - Trousseau's T - Twisting arm with BP cuff on 2. C - Chvostek's C - Cheek smile when touched 3. DIARRHEA 4. Circumoral tingling 5. Weak bones
Phosphate 3.0 - 4.5	Helps with bone & teeth formation. Helps regulate calcium Ca HIGH = Phosphate LOW Ca LOW = Phosphate HIGH	HYPERphosphatemia (over 4.5) "LOW CALCIUM" BAZA CA+ 1. TROUSSEAU'S SIGNS 2. CHVOSTEK'S SIGNS 3. DIARRHEA 4. WEAK BS Strong bones? - WEAK (fractures) Strong blood clotting? - WEAK (risk for bleeding) Strong heart beats? - WEAK (cardiac dysrhythmias)	Hypophosphatemia (below 3.0) Swollen & SLOW - MOAN, GROANS & STONES 1. CONSTIPATION 2. DECREASED DTR & SEVERE MUSCLE WEAKNESS 3. DECREASED HR, RR 4. INCREASED BP

*Disclaimer: Values above are based on NCLEX standards, many books & hospitals will differ in their values.

Fluid Electrolytes Study Guides

Siddappa N.Byrareddy



Fluid Electrolytes Study Guides:

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