

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) ↓ aldosterone SIADH Fluid overload or FVD diabetes insipidus low intake			Causes Drugs anorexia N NPO fluid loss ↑ H2O intake cushings 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 Cellular mvmt ICF → ECF renal failure Excess intake addisons (adrenal insuff.) Drugs (K-sparing diuretic, ace inhibitors, NSAIDs)	
Causes Hypercortisolism (cushings) 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					
↑ P	HYPOcalcemia ↓Ca <8.5 "cramps"	=		HYPOmagneseemia ↓Mg <1.5 "twitching" (neuro excitability)	
S/S + trousseaus, chvosteks tetany, spasm seizures ↑ DTR confusion arrhythmias		S/S + trousseaus, chvosteks tetany Tourdes de pointes cardiac Δs seizures ↑ DTR ↑ BP ↓ RR ↓ bowel motility		Causes "LOW MAG" Limited intake Other electrolyte issues (hypocalcemia, hypokalemia) Malabsorption Wasting Mg Glycemic issues (DKA, insulin)	
Causes Low PTH celiac/crohns low Vit. D Acute pancreatitis chronic kidney issues Inadequate intake (alcohol, bulimia) ↑ Phos. Wound drainage (esp GI) meds ↓ mobility					
↓ P	HYPERcalcemia ↓Ca >10 "body is weak"	=		HYPERmagneseemia ↑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 www.NCLEXQuiz.com Mg rich antacids/laxatives (Maalox, Mylanta) Addisons (adrenal insuff) Glomerular filtration insuff.	
Causes hyperPTH hyperthyroidism ↓ excretion (renal failure, thiazides) bone cancer ↑ Ca /Vit D intake lithium glucocorticoids (suppress Ca) addisons (adrenal insuff.)					

Epic Inpatient Cheat Sheet

Albert A Gayle

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