## **Hurst Review NCLEX Study Guide**

Fluid Volume Excess (hypervolemia) - Too much fluid in the vascular space caused by: HF, RF, and High Na intake (meds, food, IVF with Na) and Hormones (aldosterone and ADH)

How does HF cause FVE (Fluid Volume Excess)? - ✓bc the weak heart cant perfuse the the kids therefore decreased Urine out put.

How does RF cause FVE? - ✓ the kidneys are not functioning therefore no urine out put and fluid remains in vasc space

Aldosterone - ✓ created in adrenal glands on Kidneys, it is a steroid and mineralocosteroid; retains water and sodium, therefore increases BP

AHD - ✓anti diuretic therefore RETAINS water only, found in pituitary therefore any head trauma, surgery, or increased ICP can lead to ADH issues.

Dx name for it is Vasopressin or "Pressins"

Too much ADH - ✓ SIADH, therefore reatains water in vasc space. Urine is concentrated (increased serum spef) and blood is diluted (decreased Blood HCT).

Too little ADH - ✓ Diabetes insipidus; diuresis fluid leads to FVD (shock), Urine will be dilute (urine spef will decrease) and blood will be conc. (HCT will be increased).

the three labs that concentration (increases) and dilution (decreases) - ✓Na, Hct, Urine spef

FVE SS - ✓incresaed: BP, P, RR, CVP (2-6), DW, JVP wet lungs, polyuria, P is bounding and full 3rd spacing

FVE trx - ✓ low Na, fluid restriction I&O and DW Diuretics bed rest

FVD (hypovolemia) - ✓not enough fluid in vasc space which can lead to shock and is casued by fluid loss, 3rd space, Disease with polyuria.

FVD ss - ✓wt decreases, poor skin turg,

# **Hurst Nclex Study Guide**

**CL Gary** 



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