

## Fluid and Electrolytes Cheat Sheet

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

# Fluid And Electrolyte Study Guide

**Arthur R. Couvillon**



## **Fluid And Electrolyte Study Guide:**

Study Guide for Fundamentals of Nursing - E-Book Barbara L Yoost,Lynne R Crawford,Patricia Castaldi,2015-02-10  
Introducing Yoost and Crawford s Study Guide for Fundamentals of Nursing Active Learning for Collaborative Practice an essential new study tool for success in nursing fundamentals Keyed chapter by chapter to the text this handy resource features study group discussion questions and review questions for each chapter that make learning key chapter objectives fun And with printable Skills Performance checklists on Evolve and answers to all review questions at the end of the study guide it will enhance your learning of difficult skills and concepts Enhances comprehension of material from every chapter in Fundamentals of Nursing Active Learning for Collaborative Practice Chapter review questions including multiple choice matching true false completion image labeling and more make learning key chapter objectives fun Practice Situations in each chapter provide a case study and questions to answer Study group review questions for each chapter enhance learning of difficult concepts Skills Performance checklists updated to match the latest versions of skills are interactive printable and available on Evolve Answers to all review questions at the end of the study guide help you master the fundamentals of nursing

**Study Guide for Essentials for Nursing Practice - E-Book** Patricia A. Potter,Anne G. Perry,Patricia A. Stockert,Amy Hall,Patricia Castaldi,2014-02-28 Master content from your textbook with this helpful study tool Corresponding to the chapters in Basic Nursing 7th Edition this study guide helps you understand and apply material with chapter review questions activities case studies and more Chapter review questions include matching short answer multiple choice and true false questions to provide evaluation and test taking practice Skills performance checklists help you measure your mastery of important nursing procedures Each chapter includes a case study with related questions allowing you to apply what you ve learned Instructions for creating and using study charts assist you in organizing the material and reviewing key concepts Study group questions make it easier for you to review material with your peers

*Study Guide for Medical-Surgical Nursing - E-Book* Adrienne Dill Linton,Mary Ann Matteson,2022-05-05 Questions arranged by level of difficulty move from simple recall to more difficult exercises designed to help you apply analyze and synthesize basic concepts Alternate format questions include multiple response labeling prioritizing ordering and calculation questions to help you practice for the NCLEX PN Review questions on care for older adults focus on long term care and community based settings asking you to apply content to real world practice Additional review questions are provided on the Evolve website for the textbook NEW Next Generation NCLEX format questions help you review and practice for the new licensure examination NEW Case studies in the clinical chapters allow you to develop skills in clinical judgment NEW Updated exercises and review questions match the new content in the textbook and cover newly approved pharmaceutical treatments and drugs

**Illustrated Study Guide for the NCLEX-PN® Exam - E-Book** JoAnn Zerwekh,2023-11-30 Who says studying has to be boring The Illustrated Study Guide for the NCLEX PN Exam 10th Edition uses colorful drawings and mnemonic cartoons to bring difficult concepts

to life and help you recall the content you need to know to excel on the NCLEX PN examination Written in a concise and visually appealing outline format this book makes learning and studying easier and more fun The companion Evolve website includes more than 3 000 review questions including alternate item and Next Generation NCLEX formats and allows you to personalize your study by creating practice exams identifying strengths and weaknesses and reviewing answers and rationales Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 3 000 review questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs The review questions include multiple choice alternate item format and NGN Answers and rationales are provided for all review questions Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Older Adult Care Focus boxes in the book provide special considerations and nursing care strategies for the older adult Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Appendixes for each chapter summarize medications and nursing procedures for quick reference Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination NEW Patient scenarios and Next Generation NCLEX question types familiarize you with these new item types NEW NCSBN Clinical Judgment Measurement Model and the six cognitive skills are reviewed in the context of preparing for the nursing profession and taking the NCLEX PN examination NEW Separate Pediatric Nursing Care chapter makes it easier to find information to care for the pediatric client

*Illustrated Study Guide for the NCLEX-RN® Exam - E-Book* JoAnn Zerwekh, 2015-12-16 Prepare for the NCLEX with this fun full color review Illustrated Study Guide for the NCLEX RN Exam 9th Edition uses colorful drawings and mnemonic cartoons to cover the nursing concepts and content found on the NCLEX RN examination A concise outline format makes studying easier and the Evolve companion website includes 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by NCLEX expert JoAnn Zerwekh this study guide offers a clear visual way to remember key facts for the NCLEX exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult maternity and older adult lifespan considerations in each body system chapter Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to customize your review based on your personal study needs UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Answers and

rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help you to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on Self Care and Home Care UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition NEW Addition of SI Units and removal of trade name drugs reflects changes in the NCLEX RN test plan NEW Additional alternate item questions are included on Evolve and new questions incorporating video are also added NEW Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination NEW Additional memory notecard type illustrations are included in the book to accommodate visual learners **Critical**

**Care Study Guide** Gerard J. Criner, Gilbert E. D'Alonzo, 2013-03-09 Critical care medicine is a dynamic and exciting arena where complex pathophysiologic states requiring extensive knowledge and clinical acumen are commonly found Caring for critically ill patients requires an extensive knowledge of basic pathophysiology as well as awareness of the appropriate diagnostic tests and therapeutic interventions Because this knowledge base crosses many different disciplines introduction to caring for the intensive care patient while exciting may also be intimidating This textbook is designed toward making the dynamic environment of the critical care unit understandable and the approach to the patient both logical and successful The book contains three components 1 description of the procedural tasks commonly performed for the critically ill patient 2 explanation of the most common pathophysiologic states encountered and 3 description of specific disease entities with details of their differential diagnosis diagnostic strategy and therapeutic plan This book also uses several educational approaches that we have found useful in our own teaching sessions and prior textbooks Clinical cases introduce chapters and highlight chapter segments to emphasize clinical relevancy As an additional study aid margin notes highlight important teaching points and facilitate easy review of chapter content To consolidate the principles outlined in each chapter review questions with full text explanations are provided at the end of each chapter All these elements help reinforce the most important messages for the reader **Illustrated Study Guide for the NCLEX-RN® Exam**

**8** JoAnn Zerwekh, 2012-11-13 It's a fun visual review for the NCLEX Illustrated Study Guide for the NCLEX RN Exam 8th Edition covers all the nursing concepts and content found on the latest NCLEX RN examination A concise outline format makes studying easier and 2 300 NCLEX exam style review questions including alternate item formats are included to test your knowledge at the end of each chapter and on the Evolve companion website Written by NCLEX expert JoAnn Zerwekh this study guide uses colorful illustrations and mnemonic cartoons to help you remember key concepts for the NCLEX RN exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The

integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Electronic alternate item format questions on Evolve prepare you for the interactive question types on the computerized NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to create a customized review experience based on your personal study needs Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong NEW 2 300 review questions are now included on the Evolve companion website Two NEW alternate item question types are added graphic options and questions incorporating audio UPDATED content reflects the latest NCLEX RN test plan and incorporated important clinical updates NEW Page references to an Elsevier textbook are provided with each question for further study and self remediation NEW Disorder names are highlighted in color in the index for quick reference EXPANDED coverage of management of care reflects the increased percentage of this content on the NCLEX RN test plan     Study Guide for Foundations and Adult Health Nursing - E-Book Kim Cooper,Kelly Gosnell,2022-06-29 Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills     **Study Guide for Foundations of Nursing - E-Book** Kim Cooper,Kelly Gosnell,2022-06-01 Reinforce your understanding of LPN LVN nursing skills and prepare for the NCLEX PN exam Corresponding to the chapters in Foundations of Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and principles Review questions make it easier to achieve the chapter objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide provides you with an effective study tool for the NGN exam Variety of exercises reinforces student understanding of nursing fundamentals with multiple choice matching and

select all that apply questions as well as crossword puzzles Critical thinking activities ask students to apply their knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations of Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations of Nursing 9th Edition NEW Case studies allow students to practice and apply clinical judgment skills

**Illustrated Study Guide for the NCLEX-RN® Exam** JoAnn Zerwekh,Jo Carol Claborn,2010-01-05 Fun and engaging this must have review resource covers the nursing concepts and content found on the latest NCLEX RN examination It features a concise outline format that s perfect for studying as well as 2 020 review questions to test your knowledge and help you prepare for the exam Colorful illustrations and mnemonic cartoons clarify essential nursing concepts and offer a visual way for you to remember key facts for the NCLEX exam Answers and rationales are provided for every practice question Unique An integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter Unique Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts A full color user friendly design enhances content and helps you quickly locate special features Appendixes for each chapter summarize medications and nursing procedures for quick reference Practice questions at the end of each chapter and on the companion CD 2 020 in all provide a wealth of NCLEX examination preparation in both print and electronic formats The companion CD features practice questions available in both study and quiz exam modes that are divided by content area and allow you to create a customized review experience based on your personal study needs Electronic alternate item format questions on the CD such as priority drag and drop and hot spot illustrated point and click questions prepare you for the interactive question types you ll encounter on the computerized NCLEX examination Answers and rationales for all review questions help you understand why correct answers are right and incorrect options are wrong An Alert feature highlights key nursing concepts frequently found on the NCLEX examination Separate chapters on pharmacology and nursing management help you focus on these areas of emphasis on the NCLEX examination Additional practice questions raise the total to 2 020 in the book and on the companion CD More figures charts and cartoons further illustrate important anatomy procedures and disease processes Application and analysis questions challenge you to use your critical thinking skills and closely mirror the types of questions on the NCLEX RN examination UNIQUE A pediatric disorders icon makes it easy to distinguish pediatric disorders from adult disorders in chapters with system integrated content The detailed table of contents includes disorder headings to help you quickly find information on specific disorders within system integrated content     *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

**Illustrated Study Guide for the NCLEX-RN® Exam EBook** JoAnn Zerwekh, 2022-01-13 Who says studying for the NCLEX can't be fun Illustrated Study Guide for the NCLEX RN Exam 11th Edition uses colorful drawings and mnemonic cartoons to help you review and remember the nursing content found on the NCLEX RN examination A concise outline format makes it easier to study key facts principles and applications of the nursing process More than 2 500 NCLEX exam style questions on the Evolve website allow you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by noted NCLEX expert JoAnn Zerwekh this study guide provides a visual unthreatening way to prepare for success on the NCLEX RN exam More than 2 500 review questions on the Evolve website allow you to practice test taking in Study or Exam mode UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE Integrated systems approach incorporates pediatric adult and older adult lifespan considerations for basic nursing care concepts UNIQUE Appendixes in each chapter summarize diagnostic tests medications and nursing procedures for quick reference Answers and rationales are provided for all review questions Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot questions Priority Concepts at the beginning of each chapter focus your attention on the chapter's key nursing concepts Nursing Priority boxes make it easier to distinguish priorities of nursing care Test Alert boxes highlight concepts frequently found on the NCLEX test plan Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify Self Care and Home Care content NEW Patient Scenarios and Next Generation NCLEX NGN Examination Style question types on the Evolve website provide practice with these new types of questions NEW Review of the NCSBN's clinical judgment model and six cognitive skills helps to prepare you for the nursing profession and taking the NCLEX RN examination NEW Pediatric content is moved into a separate new chapter and organized by body systems

**Study Guide for Linton and Matteson's Medical-Surgical Practical Nursing in Canada - E-Book** Katherine Poser, Adrienne Dill Linton, Mary Ann Matteson, 2023-10-20 With chapters corresponding to the chapters in Linton and Matteson's Medical Surgical Practical Nursing in Canada this study guide provides a variety of questions and exercises to help you master the PN's role in Canadian medical surgical care Review exercises include fun activities multiple choice questions alternate format questions and more all divided by level of difficulty In the chapters on medical conditions practical questions help you apply your knowledge directly to real world patient care This study guide provides the review and practice you need to prepare for the REx PN or CPNRE licensure exams Comprehensive review reflects the latest Canadian Council for Practical Nurse Regulators CCPNR national PN competencies



including Ontario and British Columbia Variety of exercises reinforces learning with matching multiple choice multiple response labelling diagram reading fill in the blank questions case studies and more Consistent format in each chapter Part I Mastering the Basics focuses on basic knowledge and comprehension of medical surgical nursing Part II Putting it All Together integrates chapter content related to basic pathophysiology and basic nursing content and focuses on comprehension and application levels Part III Challenge Yourself Getting Ready for PN Examinations focuses on the application or analysis levels of cognitive ability and can include case studies nursing care plans and nursing assessment Questions arranged by level of difficulty move from simple recall to more difficult exercises designed to help you apply analyze and synthesize basic concepts Alternate format questions include multiple response labelling prioritizing ordering and calculation questions to help you practice for the REx PN and CPNRE licensure examinations Review questions on care for older adults focus on long term care and community based settings asking you to apply content to real world practice Additional review questions are provided on the Evolve website for the textbook

**Firefighter Written Exam Study Guide** Arthur R. Couvillon, 1993 360 page book with eleven chapters containing over 3000 selections of information and questions along with the answers that all Firefighter Candidates should know when preparing for ENTRANCE LEVEL Fire Service WRITTEN EXAMS TOPICS INCLUDED types of exams and questions general aptitude spelling grammar reading comprehension science math arithmetic mechanical comprehension and much more

**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

**Study Guide for Lehne's Pharmacology for Nursing Care - eBook** Jacqueline Rosenjack Burchum, Laura D. Rosenthal, Jennifer J. Yeager, 2018-03-08 NEW Updated content has been thoroughly revised to ensure that the information is completely up to date and consistent with the textbook NEW Increased emphasis on patient safety features questions on safe patient care that challenge you to select appropriate actions to prevent or remediate medication errors

**Fire Captain Written Exam Study Guide** Arthur R. Couvillon, 1993 320 page book with eleven chapters containing over 3000 selections of information that all Firefighters should know This book is designed to assist Firefighters prepare for the FIRE CAPTAIN LIEUTENANT promotional WRITTEN EXAM Topics included fire administration leadership management fire prevention fire behavior hazardous materials fire fighting as well as a 100 question practice exam and much more

**Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease** Barbara Janson Cohen, Memmler, 1996

*Pediatric Board Study Guide* Osama I. Naga, 2019-11-06 Building upon the highly successful 1st edition this book is a comprehensive review designed to prepare pediatric residents fellows and pediatricians for the General

Pediatrics Certifying Examination and for the American Board of Pediatrics Maintenance of Certification Pediatric Board Study Guide A Last Minute Review 2nd edition covers all aspects of pediatric medicine each chapter has been updated according to the most recent content specifications provided by the ABP The 2nd edition provides more illustrations diagrams radiology images and clinical case scenarios to further assist readers in reviewing pediatric subspecialties New chapter topics include nutrition sports medicine patient safety quality improvement ethics and pharmacology Finally the book closes with a Last Minute Review of high yield cases arranged in the same sequence as the chapters providing readers with a concise study guide of critical cases and conditions Pediatric residents and fellows preparing for the board examination pediatricians and pediatric subspecialists preparing for certification maintenance will find Pediatric Board Study Guide A Last Minute Review 2nd edition easy to use and comprehensive making it the ideal resource and study tool

**Nursing Key Topics Review: Fluids and Electrolytes** Elsevier Inc, 2019-01-29 Looking for a way to master fluids and electrolytes in the most time efficient way possible Instead of relying on overwhelming textbooks turn to the focused review option that was designed for the specific study needs of today's nursing students Nursing Key Topics Review Fluids Electrolytes covers only the most important and relevant information on fluids and electrolytes and organizes it into bulleted summary lists illustrations and tables to make the information easier to digest and remember NCLEX style review questions are also interspersed throughout the material to further focus your attention on the most important concepts and test your mastery It's everything about fluids and electrolytes you need to know And nothing you don't Mobile web app with audio review content enables you to review on the go Format based on student input ensures the review guide fits the needs of today's busy students NCLEX style review questions with answers and rationales are infused throughout the guide to assess your retention and understanding of material Emphasis on critical practical and relevant information reduces overall study time Tables and illustrations further enhance your learning and retention Bulleted content helps you cover more information in a shorter amount of time

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