

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

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Fluid And Electrolyte Cheat Sheet:

Embracing the Melody of Term: An Psychological Symphony within **Fluid And Electrolyte Cheat Sheet**

In a global eaten by screens and the ceaseless chatter of immediate conversation, the melodic elegance and psychological symphony developed by the published term usually disappear in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. Nevertheless, situated within the pages of **Fluid And Electrolyte Cheat Sheet** a wonderful literary value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts readers on an emotional journey, well unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional evaluation, we shall discover the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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