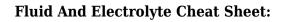
# Fluid and Electrolytes Cheat Sheet

HYPOnatremia ↓Na <135 "SALT LOSS"	HYPOkalemia ↓K <3.5 "slow and low /A SIC WALT"
muscle spasm weakness unine loss (-1-output) shallow respiration orthostatic hypotension	Alkalosis irritability lethargy shallow respirations 4 breath sounds.  T-8P lethal cardiac As thread pulse 4-bowel constipation confusion
Na excretion (renal, NG suction, V/D, diuretics, sweating) SIADH 4-aldosterone diabetes insipidus Fluid overload or FVD low intake	Drugs anorexia N NPO fluid loss TH2O intake cushings disease Taldosterone
"no FRIED food"/think dehydrated	HYPERkelemia ↑K >5.0  "MURDER"
Fever, flushed skin dry mouth/skin agitated confusion	Muscle spasm/ cramps, twitching weakness Seizures urine loss, Loutput J.B.P Shallow resp. weak pulse rhythmūs
Hypercortisolism (cushings) hyperventilation hypoalidosteronism (incR intake (oral/Iv) hypoalidosteronism (intake Hypertonic solutions thirst impairment conticosteroids infection, fever, sweating, D loss of fluids	Cellular mymt ICF->ECF renal failure Excess intake addisons (adrenal insuff.) Drugs (K-sparing diuretic, ace inhibitors, NSAIDS)  HYPOmagnesemia J-Mg < 1.5
TP "cramps"	= "twitching" (neuro excitability)
+ trousseaus, chvosteks tetany, spasm seizures † DTR confusion arritythmias  Courtes  Low PTH celiac/crohns low Vit. D Acute pancreatitis chronic kidney issues inadequate intake (alcohol, bulimia) † Phos. Wound drainage (esp GI) meds ↓ mobility	+ trousseaus, chvosteks tetany Tourdes de pointes cardiac &s seitures TOTR TEP JRR J-bowel motility Cores "LOW MAG" Limited intake Other electrolyte issues (hypOcalcemia, hypOkalemia) Wasting Mg Malabsorption Alicohol
HYPERcalcemia J.Ca >10	= HYPERmagnesemia †Mg >2.5  "body system is lethargic"
Muscle weakness, lethargy EKG As absent or J.DTK confused Abdominal distention d/t constipation Ca deposits kidney stone formation	Muscle weakness → resp. arrest EXG as → cardiac arrest Absent or -UTR N/V UBP
hyperPTH hyperthyroidsm excretion (renal failure, thiscides) bone cancer	Mg rich antacids/laxatives (Maalox, Mylanta) Addisons (adrenal insuff) Glomerular filtration insuff.

# **Fluid And Electrolyte Cheat Sheet**

Y Pai



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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