

FLUID AND ELECTROLYTE STUDY GUIDE- PEARLS OF WISDOM!

1. Diuretic =Lasix/Furosemide: gets rid of potassium
2. Magnesium, Calcium, Potassium= **WORK TOGETHER**
3. Sodium most affects the **NEURO** system.
4. **Hypokalemia**
 - give patients bananas, dried fruit, raisins, for K+, salt substitutes (hypokalemia)
5. **Hyperkalemia**
 - If you cannot figure out why a patient has high potassium, check diet to see if they are getting a salt substitute. Salt substitutes are potassium tablets that taste salty.

Matching

Sodium: processed food, hot dogs, country ham

Potassium: salt substitute, dry fruits, raisins. *(dried fruits are high in Potassium)*

Magnesium: spinach, broccoli, squash, avocado, potatoes, found in tap water *(straight from the ground)*

Calcium: dairy, salmon, sardines, bones in salmon has high calcium

Phosphate: egg yolk, dairy, milk, yogurt

Control Mechanisms

Sodium: table salt, makes you want to drink water = **THIRST MECHANISM**

Potassium: Potassium high (hyperkalemia)= give insulin. **Insulin lower concentration.** Insulin forces potassium into cell to lower potassium.

Calcium

controlled by parathyroid (PTH). Calcium helps **CLOTTING FACTOR.** Vitamin D helps absorb calcium.

Chloride: maintains neutrality in relation to Na & bicarbonate (HCO_3^-)

Test Tips

1. Increased reabsorption of water in kidney. Pituitary gland sends message to the **anti-diuretic hormone ADH** to be discrete.
2. Sodium & Chloride work together: **if Na is low, CL will be low.**
3. **Hyponatremia** (low sodium): comes from **throwing up, N&V, diarrhea** replace volume with isotonic fluid.
4. Calcium: **affects clotting factor**, vitamin D helps absorb (8.5- 10.5)
5. Calcium & Phosphorus are inverse (opposite): **Calcium level normal, PO4 will be normal.** If one is high the other will be low.
6. Phosphorus: found in **bones and teeth**
7. If Chloride is 120, Sodium will be **ELEVATED.**
8. If patient has **HIGH POTASSIUM** (hypernatremia) give **INSULIN** and Kayexalate to bind.

Fluid And Electrolyte Study Guide

Peipei Pang



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