

Electrolyte Homeostasis Part 2 Cheat Sheet by felixcharlie (felixcharlie) via cheatography.com/142439/cs/31016/

Causes of Fluid Volume Deficit	
Cause	Symptoms
No water (dehydration) - dehydration refers to loss of pure water without a corres- ponding loss of sodium	Profuse sweating, hyperventilation, diabetic ketoacidosis, fevers, diarrhea, renal failure, diabetes insipidus
No Salt	Water intoxication, chronic illness, malnutrition, renal failure
Both	Losing both water & electrolytes e.g., hemorrhage, diarrhoea & vomiting

Fluid volume deficit	
Signs & symptoms	What can you do?
Low BP	Fluids (oral if alert)
Dry mouth, thirst	IV - normal saline (no potassium until urine output is increased)
Rapid weight loss	Daily weight,
Low urine output	May need antidiarrheals, antiemetics, antibiotics, antipyretics
Confusion, Leth	nargy
Low grade feve	er

	vomiting	
Fluid volume excess		
Hypervolemia		
- Too much IV fluid, kidney failure, corticosteroids		
Water intoxication		
- CHF, ADH problems, IV fluids, psych problems, wound irrigation		
Too much sodium intake		
- Too much salt, 3% saline IV, too much NaHCO3		

Fluid volume excess		
Signs & symptoms	What can you do?	
Rapid weight gain	Diuretics	
Edema	Fluid restriction (No IV fluids)	
High BP, bounding pulses	Sodium restriction	
May have increased urine output	Daily weights, stricts I/O's	
JVD (jugular vein distention), crackles, dyspnea		
Decreased LOC		



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Published 4th March, 2022. Last updated 4th March, 2022. Page 1 of 1. Sponsored by **Readable.com**Measure your website readability!
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