

### Causes of Fluid Volume Deficit

Cause	Symptoms
No water (dehydration) - dehydration refers to loss of pure water without a corresponding 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 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 NaHCO<sub>3</sub>

### 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, Lethargy	
Low grade fever	

### 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	

