

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 NaHCO₃

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	



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