### FLUID VOLUME DEFICIT

- Fluid intake is less than needed to meet body requirements
- The most common type is isotonic dehydration

### CONTRIBUTING FACTORS

- Excess GI and/or renal loss
- Diaphoresis
- Fever
- Long term NPO status
- Hemorrhage
- Insufficient intake
- Burns
- Diuretic therapy
- Aging: older adults have less body water and decreased thirst sensation

### MANIFESTATIONS

- Weight loss
- Dry mucous membranes
- Increased HR & respirations
- Thready pulse
- Capillary refill less than 3 sec
- Weakness, fatigue
- Orthostatic hypotension
- Poor skin turgor
- LATE SIGNS: oliguria, decreased central venous pressure (CVP), flattened neck veins

### DIAGNOSTIC PROCEDURES

- Serum electrolytes, BUN, creatinine, Hct (can be high due to hemoconcentration)
- Urine: specific gravity and osmolarity

### MEDICATIONS

- Electrolyte replacement
- Intravenous fluids

### NURSING INTERVENTIONS

- Monitor vital signs, pulse quality & amplitude
- Monitor skin turgor. In older adults, check skin over sternum or forehead.
- Maintain strict I&O. Output should be at least 0.5 mL/kg/hr.
- Weight pt daily
- Monitor laboratory data
- Correct underlying cause
- Increase oral fluid intake. Initiate oral rehydration solution.
- Maintain IV fluids for severe dehydration as prescribed
- Monitor response to therapy
- Initiate fall precautions

---

**By harpieee**
cheatography.com/harpieee/

Published 4th January, 2019.
Page 1 of 1.

Sponsored by Readability-Score.com
Measure your website readability!
https://readability-score.com