### Fluid Volume Excess (FVE) Cheat Sheet

**Contributing Factors**
- Kidney failure (late phase)
- Heart failure
- Cirrhosis
- Interstitial to plasma fluid shifts (hypertonic fluids, burns)
- Excessive water intake
- Long term corticosteroid therapy

**Manifestations**
- Cough, dyspnea, crackles
- Increased BP
- Tachypnea
- Tachycardia
-Bounding pulse
- Weight gain (1 L water = 1 kg weight)
- Jugular vein distention
- Increased central venous pressure
- Pitting edema

**Diagnostic Procedures**
- Serum: Electrolytes, BUN, creatinine, Hct
- Urine: specific gravity and osmolarity
- Chest x-ray if respiratory complications present

**Nursing Interventions**
- Monitor respiratory rate, symmetry, & effort
- Monitor breath sounds for signs of pulmonary edema
- Monitor for edema
- Measure pitting edema on scale of 1+ (minimal) to 4+ (severe)
- Monitor dependent edema by measuring circumference of extremities
- Monitor for ascites
- Measure abdominal girth
- Weight pt daily
- Maintain strict I&O
- Monitor vital signs
- Administer diuretics (osmotic, loop) as prescribed
- Limit fluid intake
- Maintain skin integrity
- Use semi-Fowler’s position
- Reposition every 2 hr
- Restrict sodium intake

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