

## Hypocalemia & Hypercalcemia Cheat Sheet by harpieee via cheatography.com/71374/cs/18172/

HYPOCALCEMIA: Risk Factors		ctors
	Hypoparathyroidism	Hypomagnesemia
	Kidney failure	Vitamin D deficiency
	Inadequate intake	GI loss (wound drainage, diarrhea)
	Celiac disease	Lactose intolerance
	Chron's disease	Alcohol use disorder

HYPOCALCEMIA: Manifestations	
Chron's disease	Alcohol use disorder
Celiac disease	Lactose intolerance
Inadequate intake	GI loss (wound drainage, diarrhea)
Kidney failure	Vitamin D deficiency

HYPOCALCEMIA: Manifestat	IYPOCALCEMIA: Manifestations	
Tetany, cramps	Paresthesia	
Dysrhythmias	Trousseau's sign	
Chvostek's sign	Seizures	
Hyperreflexia	Impaired clotting time	

HYPOCALCEMIA: Nursing Interventions	
Seizure precautions	IV calcium replacement
Daily calcium supplements	Vitamin D therapy
Monitor for orthostatic hypotension	Dietary increase and education

HYPOCALCEMIA: Notes	
IV calcium must be administered slowly and the site monitored for extravasation.	
It is diluted in D5W, NEVER normal saline.	
Calcium has an inverse relationship with phosphorus.	

HYPERCALCEMIA: Risk Factors		
Hyperparathyroidism	Malignant disease	
Prolonged immobilization	Dehydration	
Vitamin D excess	Thiazide diuretics	
Lithium	Glucocorticoids	
Digoxin toxicity	Overuse of calcium supplements	
Hyperthyroidism		

HYPERCALCEMIA: Manifestations	
Muscle weakness	Hypercalciuria/kidney stones
Dysrhythmias	Lethargy/coma
Hyporeflexia	Pathologic fractures
Flank pain	Deep bone pain
Polyuria	Polydipsia
Dehydration	Hypertension
Nausea	Vomiting

HYPERCALCEMIA: Nursing Interventions	
Increase mobility	Medications
Isontonic IV fluids	Furosemide
Dialysis	Calcitonin
Cardiac monitoring	Glucocorticoids
	Bisphosphonates
	Calcium chelators



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