Hyponatremia & Hypernatremia Cheat Sheet

by harpieee via cheatography.com/71374/cs/18171/

HYPONATREMIA: Risk Factors

Medications	GI loss
Diuretics	SIADH
Anticonvulsants	Adrenal insufficiency
SSRIs	NPO status
Lithium	Restricted-sodium diet
Demeclocycline	Water intoxication
	Excessive diaphoresis

HYPONATREMIA: Manifestations

Weakness	Lethargy
Confusion	Seizures
Headache	Anoerxia
Nausea	Vomiting
Muscle cramps	Twitching
Hypotension	Tachycardia
Weight gain	Edema

HYPONATREMIA: Nursing Interventions

Sodium replacement (oral, GI tube, IV)	Restrict oral fluid intake
Weight the client daily	Monitor I&O
Medication: Conivaptan hydrochloride	

HYPONATREMIA: Notes

Risk with hypertonic solutions: cerebral edema

HYPERNATREMIA: Risk Factors

Dehydration	GI loss
Hyperaldosteronism	Hypertonic tube feedings
Diabetes insipidus	Kidney failure
Burns	Heatstroke
Corticosteroids	

HYPERNATREMIA: Manifestations

Fever	Swollen, dry tongue
Sticky mucous membranes	Hallucinations
Lethargy	Restlessness
Irritability	Seizures
Tachycardia	Hypertension
Hyperreflexia, twitching	Pulmonary edema

HYPERNATREMIA: Nursing Interventions

Daily weight	I&O
Seizure precautions	IV infusion of hypotonic or isotonic fluid
Diuretics	Dietary sodium restriction and education
Increased oral fluid intake	

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Published 6th December, 2018.
Last updated 4th January, 2019.

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