

HYPONATREMIA: Risk Factors

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

HYPONATREMIA: Manifestations

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

HYPONATREMIA: Nursing Interventions

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|--|----------------------------|
| 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

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

HYPERNATREMIA: Manifestations

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

HYPERNATREMIA: Nursing Interventions

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

