

Electrolyte Disorders

Hypercalcemia

Anorexia, Chvostek sign, Confusion, Constipation, Depression, Fatigue, Flank pain, Headache, Muscle flaccidity/weakness, Nausea, Polydipsia, Polyuria, Vomiting
Stones, Bones, Groans, Psychiatric overtones

Hypocalcemia

Anxiety, Bradycardia, Carpopedal Spasms, Chvostek sign, Confusion, Depression, Diarrhea, Dyspnea, Fatigue, Muscle spasms, Paresthesia

Hyperkalemia

Anuria, Bradycardia, Chest pain, Diarrhea, Dyspnea, Fatigue, Muscle weakness, Nausea, Oliguria, Paralysis, Paresthesia, Tachycardia, Vomiting
MURDER: Muscle weakness, Urine: oliguria, anuria, Respiratory distress, Decreased cardiac contractility, EKG changes, Reflexes: hyperreflexia or areflexia

Hypokalemia

Abdominal distention, Anorexia, Bradycardia, Confusion, Constipation, Depression, Diarrhea, Dizziness, Fatigue, Muscle weakness, Nausea, Nocturia, Orthostatic hypotension, Palpitations, Paralysis, Paresthesia, Polyuria, Tachycardia, Tachypnea, Vomiting
6 L's: Lethargy, Lethal cardiac arrhythmia, Leg cramps, Limp muscles, Low shallow respirations, Less stool (constipation)

Hypermagnesemia

Hypomagnesemia

Hypernatremia

Hyponatremia

Hyperphosphatemia

Hypophosphatemia

Hyperchloremia



Electrolyte Disorders (cont)

Hypochloremia

Carpopedal spasm = spasm in hands + feet (Trousseau's sign)

Chvostek sign = a contraction of ipsilateral facial muscles subsequent to percussion over the facial nerve

Chemistry Values

Sodium 135 - 145 mEq/L
Think odd numbers: 1, 3, 5 and add 10

Potassium 3.5 - 5.2 mEq/L
Bundles of bananas come in 3 - 5

Chloride 96 - 106 mEq/L
Hot Tub (chlorine), 96 - 106 degrees

Calcium 8.2 - 10.2 mg/dL
Milk: weighs 8.2 lbs + 2%

Phosphorus 2.7 - 4.5 mg/dL

Magnesium 1.8 - 2.6 mg/dL

Blood Urea 8 - 20 mg/dL

Nitrogen (BUN) *BUNion, 5 digits per limb, 20 total*

Creatinine Men: 0.9 - 1.3 mg/dL
Women: 0.6 - 1.1 mg/dL



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