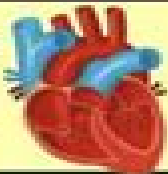


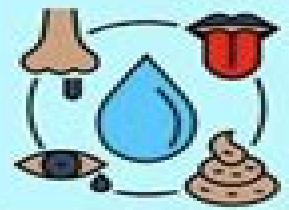





NCLEX HACK

FLUID & ELECTROLYTES

	USE	HACK	HIGH	LOW
<i>Potassium</i> 3.5-5	CONTRACTS HEART + MUSCLES 	SAME as prefix except HR/urine output	HYPERkalemia: ↑ everything except HR/urine output	HYPOkalemia: ↓ everything except HR/urine output
<i>Calcium</i> 9-11	 BONES + TEETH FORMATION	OPPOSITE of prefix	HYPERcalcemia: ↓ everything (HR/BP/RR)	HYPOcalcemia: ↑ everything (HR/BP/RR)
<i>Magnesium</i> 1.5-2.5	RELAXES MUSCLE 		HYPERmagnesemia: ↓ everything (HR/BP/RR)	HYPOmagnesemia: ↑ everything (HR/BP/RR)
<i>Sodium</i> 135-145	BLOOD PRESSURE + VOLUME 	Pay attention to prefix letters	hypErnatremia: E for dEhydrated	hypOnatremia: O for fluid Overload
<i>Chloride</i> 95-105		SAME as prefix and similar to Sodium.	HYPERchloremia: ↑ everything (HR/BP/RR) + dehydrated	HYPOchloremia: ↓ everything (HR/BP/RR) + fever
<i>Phosphate</i> 2.5-4.5	 BONES + REGULATES CALCIUM	Pay attention to letters of PhosphatE	HyperPhosphatemia P's: Positive Trousseau, Pruritus, Positive Chvostek	HypoPhosphatEmia E's: Extreme Weakness, Ecchymosis, Elimination Difficulty

Nclex Electrolyte Study Guide

Annelies Wilder-Smith



Nclex Electrolyte Study Guide:

Nclex Electrolyte Study Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nclex Electrolyte Study Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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