

Med-Surg Final Exam Review

Fluid and Electrolyte

Sodium: 135-145
Potassium: 3.5-5.0
Calcium: 8.6-10.2
Magnesium: 1.3-2.3
Chloride: 97-107

Hypernatremia > 145

- Causes: excess fluid/water loss, too much Na⁺, heat stroke, DI
- S&S: thirst, elevated temp., dry swollen tongue, thick mucosa, neuro signs, restlessness and weakness, inc. HR/BP
- Management: hypotonic, isotonic (D5W), adequate tube feeding

Hyponatremia < 135

- Causes: overuse diuretics, adrenal insufficiency, SIADH, N/V/D, anticonvulsants
- S&S: poor skin turgor, dry mucosa, headaches, decreased salivation, low BP, N, abdominal cramping, neuro changes (AVMs, seizures and coma), edema, anorexia
- Management: water restriction and sodium replacement

Hypercalcemia > 10.2

- Causes: Malignant tumor, hyperparathyroidism, immobility
- S&S: muscle weakness, constipation, anorexia, N/V, dysrhythmias, decreased DTR, bone pain, dehydration, mental changes
- Management: ambulation, encourage fluids, fiber for constipation

Hypocalcemia < 8.6

- Causes: post thyroidectomy, pancreatitis, hypoparathyroidism, renal failure, corticosteroids, antacids w/ aluminum
- S&S: tetany, increased DTR, numbness/tingling, Troussseau's/Chvostek signs, seizures, respiratory depression, SOB, D, decreased HR/BP
- Management: vitamin D and calcium supplements, increased calcium in diet, IV calcium gluconate, weight bearing exercises

Hyperkalemia > 5.0

- Causes: kidney injury, K sparing diuretics, metabolic acidosis, Addison's disease, burns and certain medications
- S&S: peaked T, muscle weakness, tachycardia, dysrhythmias, paralysis, colic, cramps, abdominal distension, anxiety
- Management: K⁺ diet restriction, monitor HR, lungs, urine and ABGs

Hypokalemia < 3.5

- Causes: D/V, gastric suctioning, diuretics, GI loss, poor intake, digoxin toxicity
- S&S: fatigue, anorexia, N/V, dysrhythmias, muscle weakness/cramps, paresthesia, glucose intolerance, dec. muscle strength/DTR
- Management: cardiac monitoring, kidney functioning (BUN, creatinine), I/O

Fluid volume deficit (FVD) dehydration from loss of water and increased sodium

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