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
- <u>S&S</u>: thirst, elevated temp., dry swollen tongue, stick mucosa, neuro signs, restlessness and weakness, Inc. HR/BP
- <u>Management</u>: hypotonic, isotonic (05W), adequate tube feeding

Hypomatremia < 135

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

Hypercalcemia > 10.2

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

Hypocalcenvia < 8,6

- <u>Causes</u>: post thyroidectomy, pancreatitis, hypoparathyroidism, renal failure, corticosteroids, antacids w/ aluminum
- <u>S&S</u>: tetany, increased DTR, numbness/tingling, Trousseaus/Chwostek sign, seizures, respiratory depression, SOB, D, decreased HR/BP
- <u>Management</u>: vitamin D and calcium supplements, increased calcium in diet, IV calcium gluconate, weight bearing exercises

Hyperkalemia > 5.0

- <u>Causes</u>: kidney injury, K sparring diuretics, metabolic acidosis, Addison's disease, burns and certain medications.
- <u>S&S</u>: 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

- <u>Causes</u>: D/V, gastric suctioning, diuretics, GI loss, poor intake, <u>digoxin toxicity</u>
- S85: fatigue, anorexia, N/V, dysrhythmias, muscle weakness/cramps, paresthesia, glucose intolerance, dec. muscle strength/DTR
- Management: cardiac monitoring, kidney functioning (BUN, creatinine), UO

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

Med Surg Review Manual

S Ben Porath



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