

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____ Patience Kimani _____

DISORDER/DISEASE PROCESS _____ Syndrome of Inappropriate Antidiuretic Hormone (SIADH) _____ REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

- Excess ADH secretion leading to water retention - Hyponatremia - Decreased serum osmolality - Concentrated urine

Pathophysiology Related to Client Problem

- Excessive release of antidiuretic hormone (ADH) - Increased water reabsorption in kidneys - Dilutional hyponatremia- Normal to increased blood volume

Health Promotion and Disease Prevention

- Regular monitoring of fluid intake and output - Maintaining appropriate sodium levels - Early identification of risk factors - Regular medical check-ups

ASSESSMENT

Risk Factors

- CNS disorders - Certain cancers (particularly small cell lung cancer) - Medications (SSRIs, carbamazepine) - Recent surgery - Head trauma

Expected Findings

- Confusion - Headache - Muscle weakness - Lethargy - Seizures in severe cases - Decreased urine output

Laboratory Tests

- Serum sodium levels - Serum osmolality - Urine osmolality - ADH levels - Complete metabolic panel

Diagnostic Procedures

- CT scan/MRI (to identify underlying causes) - Chest X-ray (to check for lung cancer) - Water loading test - Fluid restriction test

SAFETY CONSIDERATIONS

- Fall precautions due to confusion
- Seizure precautions
- Careful fluid management
- Regular electrolyte monitoring

PATIENT-CENTERED CARE

Nursing Care

- Fluid restriction monitoring
- Vital signs monitoring - Neurological assessment - Weight monitoring - I&O monitoring

Medications

- Demeclocycline
- Conivaptan
- Tolvaptan
- Salt tablets (as prescribed)
- Treatment of underlying cause

Client Education

- Fluid restriction guidelines
- Symptoms to report
- Importance of medication compliance
- Diet modifications

Therapeutic Procedures

- Fluid restriction (typically 500-1000 mL/day)
- Sodium supplementation as needed
- Regular weight monitoring
- Daily vital signs

Interprofessional Care

- Endocrinologist
- Primary care physician
- Dietitian

Complications

- Cerebral edema
- Seizures
- Mental status changes
- Coma
- Death if untreated

