

Fluid and Electrolyte Case Study

J.T., a 75-year-old man who lives alone, is admitted to the hospital because of weakness and confusion. He has a history of chronic heart failure and chronic diuretic use.

- Objective Data:
 - Neuro: Confusion, low to respond to questioning, generalized weakness
 - Cardio: BP 92/63, HR 115 and irregular, peripheral pulses weak
 - Pulmonary: RR 12/min and shallow
 - Decreased skin turgor, dry mucous membranes
- Laboratory Data:
 - Na⁺ 141
 - K⁺ 2.5 mEq/L

Nursing Process:

Assessment

Analyzing/problem statement

Plan/Goal

Implementation/Interventions

Questions:

1. Evaluate J.T.'s fluid volume and electrolyte status. Which physical assessment findings support your analysis?
2. Why has J.T.'s advanced age placed him at risk for fluid imbalance?
3. What are the priority daily assessments that should be included in this plan of care?