

**Covenant School of Nursing
Instructional Module 4 Learning Guide
Topic: Fluid and Electrolyte Balance**

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- Teach a fellow student about mechanisms that lead to fluid shifting and edema.
- Compare and contrast clinical manifestations of hypervolemia and hypovolemia.
- Compare and contrast clinical manifestations of potassium, sodium, calcium, and magnesium imbalances.
- Discuss laboratory tests determining fluid and electrolyte disorders.
- Identify and classify medications administered for fluid/electrolyte disorders.
- Assess patient response to treatment for patients with fluid and electrolyte imbalance.
- Implement a plan of care for a patient with disorders of fluid and electrolyte balance
- Apply the nursing process to promote normal fluid and electrolyte regulation in providing culturally competent care for individuals experiencing a fluid/electrolyte imbalance.

Pre-Class Preparation

Required:

- Read Lewis (11th Ed.): Ch. 16, pp. 268-283; Ch. Ch. 49, pp. 1147-1149
- Read Burcham & Rosenthal (Lehne's Pharmacology for Nursing Care, 10th Ed.): Ch. 41,42 (potassium, magnesium), 75 (hyper/hypocalcemia)

Additional Resources:

- You Tube videos
 - <https://www.youtube.com/watch?v=GhxQr6gMcrk> Hypokalemia (13:41)
 - <https://www.youtube.com/watch?v=-6b8svtDWys> Hyperkalemia (13:40)
 - <https://www.youtube.com/watch?v=cxVKcUiAUuE> Hyponatremia (13:56)
 - <https://www.youtube.com/watch?v=gHt3iwdpwQc> Hypernatremia (9:49)
 - <https://www.youtube.com/watch?v=lCOdq2RuMv0> Hypocalcemia (13:00)
 - <https://www.youtube.com/watch?v=-BO-AK4Z670> Hypercalcemia (10:16)
- Potter/Perry (9th Ed.): Ch. 42
- Extra Resources (pictures, graphs) in LMS

Learning Activities

Classroom Activities:

- Case studies
- Short lectures

Laboratory/Clinical Activities:

- Apply fluid and electrolyte concepts and medication administration to Med/Surg Clinical

Computer Assisted Activities: <ul style="list-style-type: none"> • HESI Case Studies / Fundamentals / Fluid Balance • HESI Adaptive Quizzing 0920 / IM4 Graded: Fluid & Electrolyte Material 	
Evaluation Methods <ul style="list-style-type: none"> • Unit Exam • HESI Fundamentals examination, proctored and non-proctored • HESI Pharmacology 	
Texas DECS	QSEN Competencies
Knowledge II.A.1.a;II.A.1.b;II.A.2.a;II.A.2.b;II.B;II.B1;II.C; II.D;II.D.1.b;II.E;II.E.1.a;II.E.1b;II.E.6.a;II.F;II.F.1; II.G;II.G.1.a;II.G.2.a Clinical Judgements & Behaviors I.A.2; I.B. 2a, 3a,3b,3c,5a;II.A.2a;B.5;C.1,2,4,5, 6,7;II.D.1;2a,2b,2d,3b;II.E.1.,2a,2b,c,3b,4,5a,b,6a, b,c,d,7c,11,12a,B,13;II.F.1.c;2,a,3,4,5a,b,6;II.G. 1,2a,4,5a,b,6,7;III.A.2,3,4;B.1,3a,b,4,5,6,9;C.1,2a, b;D.1,2,3;F1;IV.A,1a,B,1a,2a,b,3c5aC.1a,b,c; 2a,b;D.1a,b,2,3b;E.b,2a,b.	Evidence Based Practice Patient Centered Care Quality Improvement Safety Teamwork and Collaboration
IM Student Learning Outcomes	NCLEX Test Plan
1/1,2/2,3/3,4/4,5/5,6/6,7/7, 8/8	Safe and Effective Care Managing and providing care for patients with fluid and electrolyte imbalances including IV fluids and medications Physiological Integrity-Physiological Adaptation (alterations in body systems, pathophysiology) Health Promotion and Maintenance Providing care across the life span
Concepts	Faculty
Fluid & Electrolytes	Abby Heinrich, MSN, RN
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