dehydration

Signs & Symptoms

dizzy
pallor
HA
dry mucous membranes
tachycardia
strong smelling urine
sunken eyes
muscle cramps
poor skin turgor
irritable

Pathophysiology

fluid/electrolyte imbalance
water losses from the body exceeds water replacement
pt. had hypertonic - lost more water than sodium, resulting in high serum sodium & osmolarity

Diagnostics/Labs

CBC
UA
H&P
serum & osmolality tests
BUN/Cr

Treatment/Medication

fluid replacement
electrolyte balance
NPO until nausea decreased
NS first then D5W
monitor labs
strict I&O
daily weight
assess mucous membranes
assess labs

Nursing Interventions

encourage fluids
positioning of pt
assess VS
monitor I&O
monitor weight
educate pt & family

Patient Teaching

s/s of dehydration
s/s fluid overload
causes of dehydration
ways you lose fluids
monitor I&O

Other

ways to get adequate electrolytes if not drinking a lot of water

Priority Nursing Diagnosis

fluid & electrolyte imbalance