

FLUID AND ELECTROLYTE FAMILY

When friends, **CAL (Ca+)** and **MAG (Mg+)** are down and **LOW**

They go dancing with **Chvostek and Trousseau**

Their **DTRs are hyper** and their heartrate is fast

But after a dose of dancing they don't last

KAY (K+) tells **CAL (Ca+)** I need **GLUC (CaGluc)** tonight

When I'm too **HIGH** my heart isn't right

GLUC (CaGluc) gets on board and calms my heart

Our friends, **insulin and sodium bicarb** are ready to start

They push me inside my cell where I belong

And I get back to normal mighty and strong

KAY (K+) says to **CAL (Ca+)**, you need **GLUC (CaGluc)** too

To bring you **UP** since you're **LOW** and blue

Monitor heart and vital signs when **GLUC (CaGluc)** is infusing

Bradycardia can occur and decrease perfusing

Poor **LOW SALTY (Na+)** was rushed to the emergency room

Had a bad headache, confusion and a feeling of impending doom.

They stuck a line in his chest for that special IV fluid

3% saline solution to keep him lucid

And then they stuck another tube in his private part

So his output could be recorded in the chart

DEXTROSE (D5W) was mad for being left out

But all the lytes knew without a doubt

DEXTROSE (D5W) would hurt **SALTY'S (Na+)** brain

Causing it to swell and get inflamed

No visitors were allowed; he was confined to the bed

Calm and quiet were recommended to protect his head

They asked him every 2 hours name, birthdate and where he was

Making sure his brain was clearing and not in a fuzz

KAY (K+) shared a time she was weak & moving slow

Her heartrate dropped; bowels stopped; she had gotten too **LOW**

Her heart went to dancing like a twisting **tornado (torsades)**

They shocked her and wrapped her in a barbedo

If **KAY (K+)** skips out on **LASIX** she gets too **LOW**

and off to the emergency room they go.

LASIX has told **KAY (K+)** to never leave his side

But **KAY (K+)** can get stubborn and not always abide.

If **KAY (K+)** gets to **LOW DIGOXIN** gets upset

He gets very sick and **TOXIC; KAY (K+)** then regrets

I hear I (LASIX) can be mean, the lytes all agree

I like to dump them out in my pee

I & O is a must when I am being used

It tells me if I'm working or the kidneys don't perfuse

Weighing daily also tells if I am working

It's important, my friends, so don't be smirking

My blood pressure can drop and my heart can start to skip

So push me slow so I do not flip

If you treat me wrong your ears can ring

So you must respect me and treat me like a king.

SIADH

AD Hoss (ADH) and **AL Doss (ALDOSTERONE)** are hormones to attest

AD H works with water and **AL D** likes sodium best

SIADH occurs when **HIGH ADH** keeps water, and urine output stops

SALTY (Na+) gets watered down and **LOW**, and causes it to drop

To help get rid of fluid and get **SALTY (Na+)** back in range

A **fluid restriction and Lasix** is best to make this change

DIABETES INSIPIDUS

Diane (DI) is mad at **AD Hoss for drinking** all the time

AD Hoss says he's down and **LOW** and doesn't have a dime

HIGH SALTY (Na+) gives him **VASOPRESSIN** as he has in the past

Because he is **peeing** constantly and losing water fast.

Polydipsia and polyuria are classic **SALTY** says

Dehydration is a risk from fluid loss with peeing

So drinking water is a must to maintain wellbeing.

Vasopressin is ADH so water will be retained

This will help you get ahead with some fluid gain.

Thirsty, lightheaded, oliguria, **HIGH SALTY (Na+)** and more

Are signs of dehydration so please do not ignore

CAL(CA+) was teaching **CORTICO (steroid)** about her **CALCIUM** woes

My **parathyroid** must be intact, it can't be sluggish or slow.

I have to have **calcium and Vitamin D** on board

Without these 3 things I will be in **LOW** discord.

CAL(CA+) continues teaching about her multiple roles

I'm in charge of bones, clotting and heartbeat controls

If **CAL(CA+)** knew **CORTICO (steroid)** broke down bone

CORTICO (steroid) would be left all alone.

CAL (Ca+) & **CORTICO (steroid)** got very cross

When **CAL (Ca+)** learned **CORTICO (steroid)** caused bone loss

Patients on **CORTICO (steroid)** have lots of groans

Because **steroids** cause osteo and broken bones.

AL Doss is on a **HIGH** when fluid volume is LOW

He hangs with **SALTY (Na+)** and brings in water to flow

The increase in water helps raise the BP

Makes poor **KAY (K+)** drop **LOW** to her knees.

KID (kidney) has the most work of all

She produces **Vitamin D, which is Calcitriol**

CAL (Ca⁺) and **VIT D** go hand in hand

If **KID (kidney) FAILS**, **CAL (Ca⁺)** can get canned.