

How to Study for Electrolytes

- Maintaining Balance
 - Understand how the following work to maintain balance
 - ADH
 - RASS
 - Aldosterone
 - ANP
- You need to be able to apply the above when discussing electrolytes and fluid balance – you can't just memorize
- Electrolyte normal values – recommend you learn
- Should have an idea of what foods provide what electrolytes – some of this you should already know
- For each electrolyte, what is the main concern when either too high or too low – what system is affected? What is treatment?
- SIADH & Diabetes Insipidus – the difference in each? Treatments
- Understand interventions for the high and low electrolytes

This should get you started for those that want to prepare some before class*