

Fluid & Electrolytes Cheat Sheet

Electrolyte	Function	HYPER "HIGH"	Hypo "low"
Potassium 3.5 - 5.0	<p>P - Potassium P - Priority! Since it.. P - Pumps the heart & muscles</p>	<p>HYPERkalemia (over 5.0) Heart - TIGHT & CONTRACTED 1 ST elevation and Peaked T waves 2 Severe = Vfib or Cardiac Standstill! 3 Hypotension, Bradycardia GI TRACT - TIGHT & CONTRACTED 1 Diarrhea 2 Hyperactive bowel sounds NEUROMUSCULAR - TIGHT & CONTRACTED Paralysis in <u>Extremities</u> Increased DTR Profound <u>Muscle Weakness</u>, (General Feeling of heaviness)</p>	<p>Hypokalemia (below 3.5) HEART - LOW & SLOW 1 Flat T waves, ST depression, & prominent U wave MUSCULAR - LOW & SLOW 1 Decreased DTR 2 Muscle cramping 3 Flaccid paralysis (paralyzed limbs) GI - LOW & SLOW Decreased motility, hypoactive to absent bowel sounds, Constipation Abdominal distention Paralytic ileus, paralyzed intestines! *PRIORITY* for SBO (small bowel obstruction)</p>
Sodium 135 - 145	<p>S - Sodium S - Swells the body to maintain: • Blood Pressure • Blood Volume • pH balance</p>	<p>HYPERnatremia (over 145) HYPERNATREMIA = BIG & BLOATED 1. SKIN FLUSH "Red & Rosy" EDEMA "waterbed skin" LOW GRADE FEVER 2. POLYDIPSIA EXCESS THIRST 3. LATE SERIOUS SIGN SWOLLEN dry tongue <small>NCLEx TIP</small> GI = nausea & vomiting <small>NCLEx TIP</small> INCREASED muscle tone <small>NCLEx TIP</small></p>	<p>Hyponatremia (below 135) HYPONATREMIA - DEPRESSED & DEFLATED NEURO = Seizures & Coma HEART = Tachycardia, & weak thready pulses RESPIRATORY ARREST</p>
Chloride 97 - 107	<p>Sodium's sidekick Maintains: • Blood Pressure • Blood Volume • pH balance</p>	<p>HYPERchloremia (over 107) NEARLY SAME AS HIGH SODIUM 1 NAUSEA & VOMITING 2 SWOLLEN DRY TONGUE 3 CONFUSION</p>	<p>Hypochloremia (below 97) t NEARLY SAME AS LOW SODIUM 1 EXCESSIVE DIARRHEA, VOMITING, SWEATING 2 FEVER TEST TIP: ONLY DIFFERENCE</p>
Magnesium 1.3 - 2.1	<p>M - Magnesium M - Mellows the M - Muscles (relaxes)</p>	<p>HYPERmagnesemia (over 2.1) 1. CARDIAC - CALM & QUIET Heart block Prolonged PR intervals VITALS = bradycardia, hypotension 2. DEEP TENDON REFLEXES - CALM & QUIET Hyporeflexia - Decreased DTR 3. LUNGS - CALM & QUIET Depressed shallow respirations 3. GI - CALM & QUIET Hypoactive bowel sounds</p>	<p>Hypomagnesemia (below 1.3) 1. CARDIAC - BUCK WILD! EKG: ST depression, T wave inversion Torsades de pointes SEVERE = V fib VITALS = Tachycardia 2. DEEP TENDON REFLEXES - BUCK WILD Hyporeflexia - increased DTR 3. EYES - BUCK WILD Abnormal eye movements (nystagmus) 4. GI - BUCK WILD Diarrhea</p>
Calcium 9.0 - 10.5	<p>Keeps the 3 Bs Strong B - Bone B - Blood B - Beats (heart)</p>	<p>HYPERcalcemia (over 10.5) SWOLLEN & SLOW - MOANS, GROANS & STONES 1. CONSTIPATION 2. BONE PAIN 3. STONES Renal Calculi (kidney stones) 4. DEEP TENDON REFLEXES Decreased DTR Severe muscle weakness</p>	<p>Hypocalcemia (below 9.0) 1 T - Trousseau's T - Twerking arm with BP cuff on 2 C - Chvostek's C - Cheek smile when touched 3 Diarrhea 4 Circumoral tingling 5 Weak bones</p>
Phosphate 3.0 - 4.5	<p>Helps with bone & teeth formation. Helps regulate calcium Ca HIGH = Phosphate LOW Ca LOW = Phosphate HIGH</p>	<p>HYPERphosphatemia (over 4.5) "LOW CALCIUM" BAJA CA+ 1. TROUSSEAU'S SIGNS 2. CHVOSTEK'S SIGNS 3. DIARRHEA 4. WEAK Bs Strong bones? - WEAK! (fractures) Strong blood clotting? - WEAK! (risk for bleeding) Strong heart beats? - WEAK! (cardiac dysrhythmias)</p>	<p>Hypophosphatemia (below 3.0) Swollen & SLOW - MOAN, GROANS & STONES 1. CONSTIPATION 2. DECREASED DTR & SEVERE MUSCLE WEAKNESS 3. DECREASED HR, RR 4. INCREASED BP</p>

*Disclaimer: Values above are based on NCLEX standards, many books & hospitals will differ in their values.