





Disease: **Hyponatremia**

Student Name: Lexi Wormsley

Pertinent Common Signs and Symptoms

- headache
- confusion
- lethargy
- muscle weakness
- decreased deep tendon reflexes
- seizures
- light-headedness
- dizziness
- nausea
- hyperactive bowel sounds

Pertinent Physical Exam Findings/Risk Factors

- Diuretics
- NG tube
- wound drainage
- kidney disease
- low sodium diet
- heart failure

Pertinent Nursing Interventions

- encourage increase in fluids and food
- administer IV fluids
- report abnormal lab findings
- restrict water intake as prescribed by the provider

Disease and Brief pathophysiology

Hyponatremia is a net gain of water ~~loss~~ or loss of sodium that results in sodium levels less than 136 mEq/L. Causes cells to swell.

Client Education/Health Promotion

- encourage client to weigh daily
- instruct client to consume a high sodium diet

Labs

Sodium: < 136 mEq/L
Osmolality: < 270

Diagnostic Procedures

- blood/urine tests

Pertinent Medications

None

Potential Problems

- coma
- seizures
- respiratory arrest

