

SNL - Quick Notes

Electrolytes

Think Inverse: Na ↔ K		Mg	Think Inverse - Ca ↔ P
Na Think Neuro – dependent upon water	K Think Arrhythmias – life threatening		Ca
Think Muscles – Not enough sedation, warm milk puts you to sleep			
hyper - hypo	hyper - hypo	hypo	hyper - hypo
<p><i>Causes:</i></p> <ul style="list-style-type: none"> • Dehydration • Hyperventilate • hypovolemia • DI • Heat stroke\ • Cushing's • Dilution • SIADH • 2 much Water! • D5W for 2 long 	<p><i>Causes:</i></p> <ul style="list-style-type: none"> • Kidney Insufficiency • Aldactone • Vomiting, • NG suctioning • Diuretics • not eating 	<p><i>Causes:</i></p> <ul style="list-style-type: none"> • Diarrhea • Alcoholism 	<p><i>Causes:</i></p> <ul style="list-style-type: none"> • ↓ PTH Eating Disorders
What is the worst thing first?			
<p><i>Danger - Watch out for:</i></p> <ul style="list-style-type: none"> • Fluid Problem • Heat Stroke • Swollen Tongue • Thirst • Coma • Seizure • H/A 	<p><i>Danger - Watch out for:</i></p> <ul style="list-style-type: none"> • Arrhythmias • GI irritation • 	<p><i>Danger - Watch out for:</i></p> <ul style="list-style-type: none"> • Muscle spasms: Heart, Airway! • Aspiration • Seizures • Osteoporosis • Groans (constipation) • Moans (depression) • Bones (pain) • Stones • Psychiatric overtones 	
Always look at s/s!			
<p><i>S/S:</i></p> <ul style="list-style-type: none"> • ↑Na • 3% or 5% NS • ↓ Na • D5W 	<p><i>S/S:</i></p> <ul style="list-style-type: none"> • EKG changes for hyper and hypo • Muscle twitching, weakness, paralysis • Muscle cramps & weakness 	<p><i>S/S:</i></p> <ul style="list-style-type: none"> • DTRs • Chvostek's • Trousseau's • Arrhythmias • Mind Changes • Seizures 	
Least invasive first – what can you do right now?			
<p><i>Tx:</i></p> <p>Low Sodium Bed Rest Diuretics PO Fluids IV Fluids</p>	<p><i>Tx:</i></p> <p>Eat foods w/K+ K+ Aldactone Kayexalate Calcium Glutamate insulin Dialysis</p>	<p><i>Tx:</i></p> <p>Mg Seizure Precautions</p>	<p><i>Tx:</i></p> <p>Ca Vit D Phosphate Binding Meds IV Ca slowly</p>