

# FLUID AND ELECTROLYTE IMBALANCES

(Resource: Nursing Notes, ATI Pink Book, MedSurg Textbook)

## 1. Fluid Imbalances

### a. Hypovolemia (Dehydration)

#### • Nursing Interventions:

- **Monitor Vital Signs:** Regularly check blood pressure, heart rate, and respiratory rate.
- **Administer Fluids:** Administer IV fluids as prescribed (e.g., isotonic solutions like normal saline or lactated Ringer's).
- **Assess Urine Output:** **Monitor urine output** for changes and report decreased output.
- **Evaluate Daily Weights:** Track weight changes to gauge fluid loss or gain.
- **Educate Patient:** **Teach about signs of dehydration and the importance of fluid intake.**

#### • NCLEX Tips:

- **Look for Key Symptoms:** **Dry mucous membranes, decreased skin turgor, and low blood pressure are key indicators.**
- **Prioritize Fluid Resuscitation:** Focus on prompt fluid replacement and monitoring.

### b. Hypervolemia (Fluid Overload)

#### • Nursing Interventions:

- **Monitor Vital Signs:** Watch for hypertension and increased respiratory rate.
- **Restrict Fluid Intake:** Follow fluid restriction orders and monitor adherence.
- **Administer Diuretics:** Administer diuretics as prescribed to remove excess fluid.
- **Monitor Weight:** Daily weights can help track fluid retention.
- **Elevate Legs:** **Elevate** the patient's legs to reduce peripheral edema.

#### • NCLEX Tips:

- **Identify Signs of Overload:** **Look for edema, crackles in the lungs, and sudden weight gain.**
- **Assess for Respiratory Issues:** Be vigilant about signs of pulmonary edema.

## 2. Electrolyte Imbalances

# Fluid And Electrolyte Study Guide

**AW Rasmussen**



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