



Fluid & Electrolytes

The Nursing Professor

Key Points

| | |
|--|---|
| osmosis | movement of H ₂ O through semi-permeable membrane; moves from area of low to high concentration |
| solutes | move from areas of high to low concentration |
| pressures | Hydrostatic: PUSHES – force within a fluid compartment; *Blood pressure Oncotic: PULLS – exerted by colloids (proteins); proteins have pulling power and pull H ₂ O into vascular space |
| tonicity (of solutions) | Isotonic: balanced concentration (ex. 0.9% NS) Hypotonic: lower concentration of particles and is thus more dilute than body fluids; can cause cell to swell and potentially burst (ex. 0.45% NS) Hypertonic: higher concentration of particles; can pull water out of cells and cause them to shrink and atrophy; pulls fluids into the vascular space to be excreted (ex. 3% NS, D10W, D5 NS) |
| RAAS (renin-angiotensin-aldosterone system) | Body senses low blood volume or low Na ⁺ → renin secreted → angiotensin released in blood → angiotensin I converted to angiotensin II → widespread vasoconstriction → stimulates release of aldosterone → saves Na ⁺ → increases water reabsorption |
| aldosterone | saves sodium and thereby H ₂ O; secreted by adrenal cortex |
| CVP | indicator of fluid in the right atrium; Normal: 2 – 8 mmHg low = fluid volume deficit high = fluid volume excess |
| Pediatric Concerns | more vulnerable to fluid loss; greater metabolic turnover; immature thermoregulatory and homeostatic regulation; dependent on others |
| Geriatric Concerns | more susceptible to water loss → decreased blood flow; impaired ability to regulate temperature; decreased GFR; decreased thirst/ self-limiting of fluids |



The Nursing Professor

Fluids Study Guide

SA Adler



Fluids Study Guide:

Whispering the Techniques of Language: An Psychological Journey through **Fluids Study Guide**

In a digitally-driven earth where monitors reign great and immediate conversation drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words frequently go unheard. However, located within the pages of **Fluids Study Guide** a fascinating literary prize pulsating with fresh thoughts, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, that marvelous opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the psychological depths of this poignant review, we can embark upon a genuine exploration of the book is primary subjects, dissect their charming writing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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