



# Fluid & Electrolytes

*The Nursing Professor*

## Key Points

osmosis	movement of H <sub>2</sub> 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); <b>proteins have pulling power</b> and pull H <sub>2</sub> 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 <sup>+</sup> → renin secreted → angiotensin released in blood → angiotensin I converted to angiotensin II → widespread vasoconstriction → stimulates release of aldosterone → saves Na <sup>+</sup> → increases water reabsorption
aldosterone	<b>saves sodium</b> and thereby H <sub>2</sub> 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



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# Fluids Study Guide

**JG Myers**



## **Fluids Study Guide:**

The book delves into Fluids Study Guide. Fluids Study Guide is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Fluids Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Fluids Study Guide
- Chapter 2: Essential Elements of Fluids Study Guide
- Chapter 3: Fluids Study Guide in Everyday Life
- Chapter 4: Fluids Study Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Fluids Study Guide. This chapter will explore what Fluids Study Guide is, why Fluids Study Guide is vital, and how to effectively learn about Fluids Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of Fluids Study Guide. The second chapter will elucidate the essential principles that must be understood to grasp Fluids Study Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Fluids Study Guide in daily life. This chapter will showcase real-world examples of how Fluids Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Fluids Study Guide in specific contexts. This chapter will explore how Fluids Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Fluids Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Fluids Study Guide.

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## **Table of Contents Fluids Study Guide**

1. Understanding the eBook Fluids Study Guide

- The Rise of Digital Reading Fluids Study Guide
- Advantages of eBooks Over Traditional Books
- 2. Identifying Fluids Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Fluids Study Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Fluids Study Guide
  - Personalized Recommendations
  - Fluids Study Guide User Reviews and Ratings
  - Fluids Study Guide and Bestseller Lists
- 5. Accessing Fluids Study Guide Free and Paid eBooks
  - Fluids Study Guide Public Domain eBooks
  - Fluids Study Guide eBook Subscription Services
  - Fluids Study Guide Budget-Friendly Options
- 6. Navigating Fluids Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Fluids Study Guide Compatibility with Devices
  - Fluids Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Fluids Study Guide
  - Highlighting and Note-Taking Fluids Study Guide
  - Interactive Elements Fluids Study Guide
- 8. Staying Engaged with Fluids Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Fluids Study Guide

9. Balancing eBooks and Physical Books Fluids Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Fluids Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Fluids Study Guide
  - Setting Reading Goals Fluids Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Fluids Study Guide
  - Fact-Checking eBook Content of Fluids Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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