



# Fluid & Electrolytes

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## 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	saves sodium 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

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