

It is essential that you understand the various compartments where fluids and electrolytes are contained- intercellular, intravascular, interstitial, etc. You also need to understand what processes move things in and out of those compartments or spaces as well. Hypertonic, hypotonic, and isotonic solutions must be defined and be able to label which solution is which when given choices of various solutions (Ex.- NSS, Sterile water, 3% NaCl). Ranges for normal lab values as discussed in class and utilized in your clinical experiences are testable. S & S of hyper & hypo electrolyte conditions must be understood so that you can recognize those conditions in a patient care scenario. For example, when you think of cardiac, skeletal, and smooth muscle activity, what electrolyte comes to mind that affects this activity in both its hypo & hypertonic states? Also consider the following:

Acidosis vs alkalosis- range

Impact of prolonged N & V or diaphoresis on lab values & then what S & S to look for in those pts

Rationale for why NAS diet decreases fluid volume or B/P

Albumin- define & recognize role in body

OK. There are some good solid concepts. Think of some good questions & discussion points. This is your review. I will be watching and will not let you wander too far off course. On to the next topic...