

Fluid & Electrolyte Basics IV

Fundamentals of Nursing

Factors that Influence Fluid Balance

- Muscle (more fluid)
- Body Fat (less fluid)
- Gender (men retain more fluid)
- Age

MUSCLE RETAINS MORE H₂O



Key Terms

Osmosis:

The movement of fluid from an area of **LOWER** concentration to an area of **HIGHER** concentration, leading to equalization.

Example: Large intestines that absorb high nutrients & balance fluids.

Diffusion:

The movement of solutes from an area of **GREATER** concentration to an area of **LESSER** concentration, leading to equalization.

Example: exchange of O₂ & CO₂ inside the lungs.

Filtration:

The movement of **BOTH** fluid & solutes from an area of **HIGH** hydrostatic pressure to an area of low pressure.

Example: Kidneys that filter the blood.

Osmolality:

The concentration of a solution.

Higher osmolality = Higher solutes (heavy)

Lower osmolality = Lower solutes (light & dilute)

Examples:

- **Isotonic** solutions: Equal osmolality 270 - 300 millimoles / kg (same as blood concentration)
- **Hypertonic** solutions: High osmolality (heavy & thick concentration) **OVER** 300 millimoles / kg
- **Hypotonic** solutions: Lower osmolality (lighter & dilute) **Less than** 300 millimoles / kg

Fluid Volume Overload - Overhydration

Clients puff up like a big water balloon manifesting as edema (the swelling of soft tissues from excess fluid).



Overhydration for Overload!



Other Names:

- Fluid Volume Excess
- **Hypervolemia**
- FVO (Fluid Volume Overload)

Edema:

The swelling of soft tissues as a result of excess fluid accumulation

Grading the Pitting Edema

Edema makes the skin look like a memory foam mattress, ranging from 0+ to 4+ pitting edema.

0+	No pitting edema
1+	2 mm or less Mild (immediate rebound)
2+	3-4 mm Moderate (15 seconds rebound)
3+	5-6 mm Moderately Severe (30 seconds to rebound)
4+	8 mm or deeper SEVERE! (1-2 minutes to rebound)

4 Main Causes of Edema

1. Increased hydrostatic pressure **TEST TSP**

- Increased volume
- Manifestations:
 - High blood pressure (BP)
 - Pitting edema
- **Examples:**
 - Renal Failure
 - Heart Failure

Memory Trick:

- **H₂O** - Heart failure
- **H₂O** - heavy fluid

2. Decreased colloid osmotic pressure

- **Low Albumin** (low plasma proteins)

Memory Trick:

- **A** - Albumin
- **A** - Attracts fluid

Examples:

- Cirrhosis (liver disease)
- Starvation

3. Increased capillary permeability

Examples:

- Bacteria (infection)
- Burns

4. Obstruction of the lymphatic system

- Cancer (tumor blockage)
- Infection (big lymph nodes)

HIGH

PIVING EDMA

Acdec Study Guide

Christian G. Meyer



Acdec Study Guide:

United States Academic Decathlon Curriculum, Resources in Education, 1996 *The Good Girl's Guide to Getting Kidnapped* Yxta Maya Murray, 2010-01-07 Kiki and Mish are best friends but what Kiki doesn't know is that Michelle Pena was born a gang princess Princess P grew up destined to inherit leadership of the Snakes a future filled with crime and fear Michelle on the other hand is a nationally ranked athlete and academic superstar This is her new life and she's finally put her past and her childhood love for Silver to rest Then Silver helps kidnap both girls and Michelle has to figure out how to free them both and reconnect with a future that might now be beyond her reach Reno v. ACLU Joan Axelrod-Contrada, 2007 Describes the historical context of the U S Supreme Court case of Reno v ACLU that ruled the Communications Decency Act which regulated Internet pornography was unconstitutional **NEA Handbook** National Education Association of the United States, 1992 **Congressional Record** United States. Congress, 2006 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Freed's Guide to Student Contests and Publishing Judith M. Freed, 1994 Contains over 175 academic contests for students in kindergarten through grade 12 and 40 youth magazines which accept submissions of original work from students Education and the Distracted Family Steve Sonntag, 2014-05-01 Education and The Distracted Family is very important for all middle junior high and high school families due to the amazing opportunities and the major challenges of technology especially with the internet and smartphones Families may be acquainted with some possibilities of utilizing new technology on their own and are informed of some possibilities through schools Nevertheless young adults always seem to be much more involved in technology than their parents At the same time families can become too involved in or very distracted with their technology so that they lose sight of the reason for being families in the first place This book provides a healthy guide for families by introducing practical creative ways to balance these cravings for such technologies to take care of themselves as individuals to improve their relationships with one another and to work with the educational community even better It shares many different ways to be that much more successful as a family now and for the future **Sterling's College Admission Survival Guide Junior Year** Stephen Charles Sterling, Dorothy Roman Sterling, 2006-05 Sterling's College Admission Guide is the college and university guide for understanding the entire college admission process Official Gazette of the United States Patent and Trademark Office, 2001

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