

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

PISSING EDAMA

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