## Fluid & Electrolyte Basics IV



Fundamentals of Nursing

#### Factors that Influence Fluid Balance

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

## MUSCLE RETAINS MORE H<sub>2</sub>0





#### **Key Terms**

#### Osmosisa

The movement of fluid from an area of LOWER concentration to an area of HIGHER

concentration, leading to equalization.

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

#### Diffusions

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

Example: exchange of O2.6 OO2 inside the lungs.

#### Filtrations

The imprement 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
  hame as blood concentration)
- Hypertonic solutions: High osmolality theory & thick concentration OVER 300 millimotes / 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
- Hypervotemia
- 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 retround)
2+	3-4 mm Moderate (15 seconds retoxed)
3+	5-6 mm Moderately Severe (30 seconds to rebound)
4+	8 mm or deeper SEVERE! (3-2 minutes to rebound)

#### 4 Main Causes of Edema

- 1. Increased hydrostatic pressure TEST TSP
  - Increased volume
  - Informitivationics:
    - High blood pressure (BP)
  - Pittine edema
  - Countryless
    - · Bonol Fallury
    - Heart Fallure

#### Bellemmanny Bright

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- 2. Decreased colloid assemble pressure
  - Love Attramin (Love prisoma proteins):

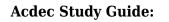
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  - a Standardon
- 3. Increased capitlary permeability
  - Examples:
    - Bacteria (infectors)
    - Burns
- Obstruction of the lymphatic system
   Cancer Burner blockage)

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