

## ELECTROLYTE IMBALANCES

<u>Imbalance</u>	<u>Signs and Symptoms</u>
↓ Na <sup>+</sup>	(if below 120) – Hypotension, tachycardia, headache, dizziness, Weakness, lethargy, restlessness, confusion, delirium, muscle tremors, convulsions, ataxia, aphasia, anorexia, nausea/vomiting, abdominal cramps, paralytic ileus
↑ Na <sup>+</sup>	Lethargy, disorientation, muscle rigidity, tremors, spasms, hyperactive reflexes, irritability, coma, cerebral hemorrhage, hypotension, dry skin, dry mucous membranes, fever
↓ K <sup>+</sup>	Dysrhythmias, depressed S-T segment, flattened or inverted T- wave, increased amplitude of P-wave, prolonged P-R interval, widened QRS complex; postural hypotension; confusion, lethargy, apathy, drowsiness, irritability, delirium, muscle weakness, paralysis, abdominal distension, constipation, paralytic ileus, frequent voiding, thirst (Pseudo-infarct pattern)
↑ K <sup>+</sup>	Muscle weakness; cardiotoxicity; EGG changes include high, peaked T wave, prolonged P-R interval, absent P waves, widened QRS complex
↓ Ca <sup>++</sup>	Numbness and tingling (circumorally and in distal extremities); Tetany; Dysrhythmias; Seizures; Muscle cramping; Fracture prone
↑ Ca <sup>++</sup>	Nausea and vomiting; Thirst; Complaint of a dry nose; Dysrhythmias and shortened QT interval; Dehydration from Polyuria; Postural hypotension; Elevated BUN; Lethargy → coma; Renal Calculi (flank pain); Paresthesias; confusion