

### HYPOKALEMIA: Risk Factors

| Excessive diaphoresis | Adverse effects of medications | Body fluid loss     |
|-----------------------|--------------------------------|---------------------|
| Kidney disease        | Corticosteroids                | Vomiting            |
| Dietary deficiency    | Diuretics                      | Diarrhea            |
| Alkalosis             | Digitalis                      | Wound drainage      |
|                       | Laxatives (abuse of)           | Nasogastric suction |

### HYPOKALEMIA: Manifestations

|                           |                                    |
|---------------------------|------------------------------------|
| Muscle weakness, cramping | Fatigue                            |
| Nausea, vomiting          | Irritability, confusion            |
| Decreased bowel motility  | Paresthesia                        |
| Dysrhythmias              | Flat and/or inverted T waves (ECG) |

### HYPOKALEMIA: Nursing Interventions

|                                                         |                                          |
|---------------------------------------------------------|------------------------------------------|
| Monitor respiratory status                              | Initiate fall precautions                |
| Initiate and monitor potassium replacement (oral, IV)   | Monitor ECG                              |
| Monitor I&O                                             | Monitor arterial HCO <sub>3</sub> and pH |
| Reinforce client teaching: dietary sources, medications |                                          |

### HYPOKALEMIA: Notes

NEVER give K<sup>+</sup> IV bolus. MUST dilute.

"No P = No K." If the client is not urinating, do NOT administer potassium.

### HYPERKALEMIA: Risk Factors

|                                                          |                            |
|----------------------------------------------------------|----------------------------|
| Renal failure                                            | Adrenal insufficiency      |
| Acidosis                                                 | Excessive potassium intake |
| Medications: potassium-sparing diuretics, ACE inhibitors |                            |

### HYPERKALEMIA: Manifestations

|                                          |                          |
|------------------------------------------|--------------------------|
| Peaked T-waves (ECG)                     | Ventricular dysrhythmias |
| Muscle twitching and paresthesia (early) | Increased bowel motility |
| Ascending muscle weakness (late)         |                          |

### HYPERKALEMIA: Nursing Interventions

|                                   |                                  |
|-----------------------------------|----------------------------------|
| <b>Administer medications</b>     | Monitor ECG                      |
| Kayexalate (monitor bowel sounds) | Monitor bowel sounds             |
| 50% glucose with insulin          | Initiate dialysis                |
| Calcium gluconate                 | Dietary restriction and teaching |
| Bicarbonate                       |                                  |
| Loop diuretics                    |                                  |

