

**BITESIZED
TEACHING**



Electrolyte Imbalance

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Electrolytes like potassium and sodium are really important in the body's ability to function; they are involved in lots of critical activities such as generating electricity, contracting muscles and moving fluids around.



Signs and Symptoms

- Irregular heartbeat
- Fatigue
- Faster heartbeat
- Tingling and numbness
- Headaches
- Confusion
- Irritable manner
- Nausea
- Vomiting
- Diarrhoea /constipation



Causes

- Alcohol use
- Heart failure
- Kidney disease
- Eating disorders (anorexia/bulimia nervosa)
- Adrenal gland disorders
- Thyroid and parathyroid disorders
- Cirrhosis
- Medications



Ward Based Management

- Take physical observations
- Call the doctor
- Review patient and treatment plan with the medical team
- Patient may require escorting to the main hospital for intra-venous fluids