

Chapter 24

Fluid Needs

Lesson 24.1

- Define the key terms and key abbreviations in this chapter.
- Describe adult fluid requirements.
- Identify the causes and signs and symptoms of dehydration.
- Explain how to assist with special fluid orders.
- Explain the purpose of intake and output records.
- Identify what to count as fluid intake and output.

Lesson 24.1 (Cont.)

- Explain how to assist with fluid needs.
- Explain how to provide drinking water.
- Explain how to assist with IV therapy.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

Fluid Balance

- Water is needed to live.
- Water is ingested through fluids and foods.
- Water is lost through:
 - Urine, feces, and vomit
 - The skin (perspiration)
 - The lungs (expiration)

Fluid Balance (Cont.)

- Fluid balance is needed for health.
 - The amount of fluid taken in (intake) and the amount of fluid lost (output) must be equal.
 - If fluid intake exceeds fluid output, body tissues swell with water. This is called edema.
 - Dehydration is a decrease in the amount of water in body tissues.
 - Fluid output exceeds intake.
- An adult needs 1500 mL (milliliters) of water daily to survive.
 - 2000 to 2500 mL are needed for normal fluid balance.

Fluid Balance (Cont.)

- To maintain fluid balance, the doctor may order the amount of fluid a person can have in 24 hours.
 - Intake records are kept.
 - Common orders are:
 - Encourage fluids
 - Restrict fluids
 - Nothing by mouth (NPO)
 - Thickened liquids

Intake and Output

- You will measure and record intake and output (I&O).
 - Use a graduate to measure left-over fluids, urine, vomitus, and drainage from suction.
 - Person uses the urinal, commode, bedpan, or specimen pan to void.

Providing Drinking Water

- Provide fresh drinking water each shift and when the water mug is empty.
 - Add ice first
 - The add water

IV Therapy

- Intravenous (IV) therapy (IV, IV infusion) is giving fluids through a needle or catheter inserted into a vein.
 - The doctor orders:
 - The amount of fluid to give (infuse)
 - The amount of time to give it in
 - The RN figures the flow rate.
 - The flow rate is the number of drops per minute (gtt/min).
 - You can check the flow rate.

IV Therapy (Cont.)

- Tell the RN at once if:
 - No fluid is dripping
 - The rate is too fast
 - The rate is too slow
 - The bag is empty or close to being empty
- You help meet the safety, hygiene, and activity needs of persons with IVs.
- You are never responsible for:
 - Starting or maintaining IV therapy
 - Regulating the flow rate
 - Changing IV bags
 - Giving blood or IV drugs