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HYPOnatremia ↓Na <135 "SALT LOSS"		HYPOkalemia ↓K <3.5 "slow and low /A SIC WALT"	
S/S muscle spasm weakness urine loss (↓output) shallow respiration ↓DTR orthostatic hypotension ↑bowel motility		S/S Alkalosis irritability lethargy shallow respirations ↓ breath sounds ↑BP lethal cardiac Δs thread pulse ↓bowel constipation confusion	
Causes Na excretion (renal, NG suction, V/D, diuretics, sweating) SIADH ↓aldosterone diabetes insipidus Fluid overload or FVD low intake		Causes Drugs anorexia N NPO fluid loss ↑H2O intake cushings disease ↑aldosterone	
HYPERnatremia ↑Na >145 "no FRIED food"/think dehydrated		HYPERkalemia ↑K >5.0 "MURDER"	
S/S Fever, flushed skin dry mouth/skin Restless agitated ↑fluid retention, edema confusion		S/S Muscle spasm/ cramps, twitching weakness Seizures urine loss, ↓output ↓BP Shallow resp. weak pulse rhythmΔs	
Causes Hypercortisolism (cushings) hyperventilation IncR intake (oral/IV) hypoaldosteronism GI tube w/o adequate H2O intake Hypertonic solutions thirst impairment Reduced excretion corticosteroids Infection, fever, sweating, D loss of fluids		Causes Cellular mvmt ICF->ECF renal failure Excess intake addisons (adrenal insuff.) Drugs (K-sparing diuretic, ace inhibitors, NSAIDS)	
↑P	HYPOcalcemia ↓Ca <8.5 "cramps"	=	HYPOmagnesemia ↓Mg <1.5 "twitching" (neuro excitability)
S/S + trousseaus, chvosteks tetany, spasm seizures ↑DTR confusion arrhythmias		S/S + trousseaus, chvosteks tetany Tourdes de pointes cardiac Δs seizures ↑DTR ↑BP ↓RR ↓bowel motility	
Causes Low PTH celiac/crohns low Vit. D Acute pancreatitis chronic kidney issues Inadequate intake (alcohol, bulimia) ↑Phos. Wound drainage (esp GI) meds ↓mobility		Causes "LOW MAG" Limited intake Other electrolyte issues (hypOcalcemia, hypOkalemia) Wasting Mg Malabsorption Alcohol Glycemic issues (DKA, insulin)	
↓P	HYPERcalcemia ↓Ca >10 "body is weak"	=	HYPERmagnesemia ↑Mg >2.5 "body system is lethargic"
S/S Muscle weakness, lethargy EKG Δs absent or ↓DTR confused Abdominal distention d/t constipation Ca deposits kidney stone formation		S/S Muscle weakness → resp. arrest EKG Δs → cardiac arrest Absent or ↓DTR N/V ↓BP	
Causes hyperPTH hyperthyroidism ↓excretion (renal failure, thiazides) bone cancer ↑Ca /Vit D intake lithium glucocorticoids (suppress Ca) addisons (adrenal insuff.)		Causes Mg rich antacids/laxatives (Maalox, Mylanta) Addisons (adrenal insuff) Glomerular filtration insuff.	

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