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Acid-Base, Fluids, Lytes Pocketcard Set

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| | Normal range | | Simple acid-base disorders | | | |
|-------------------------------|--------------|-------------|----------------------------|-----------|---------|----------|
| | Arterial | Venous | Met acid | Resp acid | Met alk | Resp alk |
| pH | 7.38-7.44 | 7.33-7.43 | 7 | 7 | 7 | 7 |
| pCO ₂ | 36-44 mmHg | 36-48 mmHg | 0 | 0 | 0 | 0 |
| HCO ₃ ⁻ | 21-27 mEq/L | 23-29 mEq/L | 0 | 0 | 0 | 0 |
| pO ₂ | 70-100 mmHg | 37-47 mmHg | | | | |
| O ₂ sat | >95% | 80%-85% | | | | |
| BE | -2 to 3 | | | | | |

Algorithm for Determining Acid-Base Status

Normal values: pH = 7.38-7.44, pCO₂ = 36-44 mmHg, HCO₃⁻ = 21-27 mEq/L (arterial), 23-29 mEq/L (venous), BE = -2 to 3 mEq/L

DR. BOOHS (Base anion gap metabolic acidosis)

- B** - Diarrhea (loss of HCO₃⁻); sepsis; low anion gap
- R** - Renal tubular acidosis (RTA)
- D** - Drugs: acetazolamide or topiramate (primary HCO₃⁻ wasting); tenofovir or disulfiram (RTA)
- O** - Oxidative: vomiting
- H** - Hypoalbuminemia
- S** - Suffocation (acute respiratory acidosis)

DR. MAPLES (Anion gap metabolic acidosis)

- D** - Diabetic ketoacidosis
- R** - Renal failure
- M** - Methanol
- A** - Acetone
- P** - Paraldehyde, propylene glycol, pyroglutamic acid, or 5-oxoprolidone, acylsulfonamide toxicity (the common culprit)
- L** - Lactic acid
- E** - Ethylene glycol, ethylene glycol, ethylene glycol, ethylene glycol
- S** - Starvation ketoacidosis



Synopsis

This quick reference guide contains essential and systematically arranged information to determine the acid-base status of a patient in a stepwise manner. It also contains a section on normal fluid and electrolyte distribution and its management in case of depletion. Highlights: Acid-base normal values and abnormalities chart. Determination of acid-base status in a step by step approach. Formula for anion gap, estimation of fluid requirement in burn (Parkland formula), algorithm explaining diagnostic workup in metabolic alkalosis, hypernatremia, and hyponatremia. Diagnostic algorithms of acidosis, alkalosis, electrolyte abnormalities. Assessment and common causes of acid-base disorders. Diagrammatic representation of body water and electrolyte distribution, and information on electrolyte repletion. Information on fluid and electrolyte management the 4-2-1 rule, electrolyte formulations, and typical fluid intake and output values. For physicians, physician assistants, nurses, students, and all other healthcare professionals.

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