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The importance of fluid balance in clinical practice

NS453 Scales K, Pilsworth J (2008) The importance of fluid balance in clinical practice. *Nursing Standard*. 22, 47, 50-57. Date of acceptance: June 12 2008.

Summary

This article reviews the physiology that underpins normal fluid balance and discusses how fluid balance can be affected by illness. Clinical assessment of hydration and the importance of fluid balance record keeping are explained. Recommendations are made to improve fluid balance management in clinical practice and the professional importance of record keeping is highlighted.

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Keywords

Fluid and electrolyte balance; Hydration; Record keeping

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Aims and intended learning outcomes

This article aims to improve nurses' understanding of the normal mechanisms that control fluid balance and how fluid balance is affected by illness. A comprehensive hydration assessment is described and the importance of accurate fluid balance records is explained. Recommendations are made to improve the clinical management of fluid balance. After reading this article and completing the Time out activities you should be able to:

 Discuss the normal physiology of body water, including fluid compartments and the movement of water and electrolytes between compartments, normal fluid balance and maintenance of blood volume.

- Explain how illness can affect fluid balance and identify patients who will be vulnerable to disturbance of their fluid balance.
- Complete a comprehensive hydration assessment.
- Complete a fluid balance chart accurately, recognising when fluid intake or urine output is abnormal, and formulate a plan to resolve this.
- Reflect on your practice, identifying areas for development in relation to fluid balance documentation and demonstrating insight into the professional importance of fluid balance records.

Introduction

Maintenance of an adequate fluid balance is vital to health. Inadequate fluid intake or excessive fluid loss can lead to dehydration, which in turn can affect cardiac and renal function and electrolyte management. Inadequate urine production can lead to volume overload, renal failure and electrolyte toxicity. Attention to fluid intake and output, and careful completion of fluid balance charts, are important elements of nursing practice. Poor fluid balance management and poor record keeping have been identified as contributing factors to the poor outcome of some acutely unwell hospital patients (National Confidential Enquiry into Perioperative Deaths (NCEPOD) 1999, Healthcare Commission 2006. National Institute for Health and Clinical Excellence (NICE) 2007, National Patient Safety Agency (NPSA) 2007).

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Randall, 2013-05-08 Today multidisciplinary approaches to treatment are at the heart of cancer care They offer improved clinical outcomes new possibilities in patient quality of life and enable the development of true innovation in individualized treatment To accurately reflect this modern day approach to cancer care the content of the 6th edition of Principles and Practice of Gynecologic Oncology was written entirely by surgeons medical oncologists radiation oncologists and pathologists New to the editorial team Dr Andrew Berchuck has made significant contributions to the understanding of the molecular pathogenesis of ovarian and endometrial cancer in the book s content Every chapter of this book has been either completely rewritten or extensively updated to ensure that everyone involved in treating women with gynecologic cancer will have the most comprehensive and up to date information on the subject Nurses' Handbook of Fluid Balance Norma Milligan Metheny, William Daniel Snively, 1983 Principles and Practice of Gynecologic Oncology Richard R. Barakat, Maurie Markman, Marcus Randall, 2009 Providing comprehensive coverage of the biology of gynecologic cancer the therapeutic modalities available and the diagnosis and treatment of site specific malignancies this edition has 30 percent new contributing authors and new material A companion Web site offers a fully searchable text Surgical Critical Care Jerome Abrams, Paul Druck, Frank B. Cerra, 2005-08-12 Presenting current perspectives on the physiology and metabolism of the critically ill this reference demonstrates practical approaches for the preoperative intraoperative and postoperative care of the critically ill patient with an abundance of clearly laid out figures case studies graphs and charts United States Armed Forces Medical Journal, 1952 U.S. Armed Forces Medical Journal ,1952 Ventilator-Induced Lung Injury Didier Drevfuss, Georges Saumon, Rolf Hubmayr, 2006-03-21 This reference surveys current best practices in the prevention and management of ventilator induced lung injury VILI and spans the many pathways and mechanisms of VILI including cell

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