

Causes

- ↑ Na⁺ intake
- ↑ H₂O loss
- Poor H₂O intake

Most likely population:

- Elderly (↓ thirst reflex)
- Children (dehydrate more easily)
- Cognitively impaired (forget to drink)
- Renal disease (unable to excrete)

Hypernatremia

> 145 mEq/L

↑ Serum Na⁺

S/S

- Skin flushed
- Agitation
- Low-grade fever
- Thirst
- Weakness, Restlessness
- Disorientation
- Dry mucous membranes
- Postural hypotension
- ↑ Muscle tone

Tx

varies with cause

- Hypotonic IV solutions (D₅W followed by 0.45% NS)
- Diuretics
- ↓ Na⁺ intake
- Oral fluid replacement

Associated Drugs

- Antacids c sodium bicarb
- Antibiotics (Timentin)
- Salt tablets
- Sodium bicarb injections (given during cardiac arrest)
- IV NaCl
- Sodium polystyrene sulfonate (Kayexalate)

Labs

- Serum osmolality > 300
- Serum Na⁺ > 145
- Urine Specific Gravity > 1.030 (USG ↓ in Diabetes Insipidus)