

Causes

- ↓ K^+ intake
- Rec'v TPN that lacks K^+
- Metabolic alkalosis (shift from ECF to ICF)
- Prolonged GI suctioning
- Diarrhea
- Laxative abuse
- Severe diaphoresis
- Diuretic therapy
- Cushing's syndrome or Hyperadosteronism
- High stress
- Hepatic disease
- Acute alcoholism
- Heart failure
- Malabsorption syndrome
- Nephritis
- Bartter syndrome

Hypokalemia

< 3.5 mEq/L

S/S

- **S**keletal muscle weakness
- **U** wave (EKG changes)
- **C**onstipation
- **T**oxic effects of digoxin
- **I**rregular, weak pulse
- **O**rthostatic hypotension
- **N**umbness (paresthesia)
- Hypoventilation
- Drowsiness, confusion

Tx

- ↑ K^+ ↓ Na^+ diet
- Oral K^+ supplements
- IV K^+ replacement therapy

Associated Drugs

- **Adrenergics** (albuterol, epinephrine)
- **Antibiotics** (amphotericin B, carbenicillin, gentamicin)
- **Cisplatin**
- **Corticosteroids**
- **Diuretics** (furosemide, thiazides)
- **Insulin**
- **Laxatives** (when used excessively)

Labs

- ↓ Serum K^+ (< 3.5)
- ↑ 24 hr urine level
- ↑ pH & bicarb levels
- Slightly elevated BG
- ↓ Serum Mg^+
- EKG changes
- ↑ digoxin level