

| <b>B</b>                          | <b>I</b>                         | <b>N</b>                         | <b>G</b>                                | <b>O</b>                            |
|-----------------------------------|----------------------------------|----------------------------------|-----------------------------------------|-------------------------------------|
| restlessness                      | profuse<br>Diaphoresis(sweating) | Increase<br>Temp                 | lab<br>values<br><135                   | decrease<br>urine<br>output         |
| Hypernatremia                     | profuse<br>watery<br>diarrhea    | excessive<br>intake<br>plain H2O | 0.45%<br>sodium<br>chloride             | processed<br>food<br>increase<br>Na |
| rough<br>dry<br>tongue            | Dextrose<br>5%                   | FREE<br>SPACE                    | canned<br>foods<br>powder<br>cocoa milk | confusion                           |
| normal<br>ranges<br>Na<br>135-145 | convulsion/coma                  | lab<br>value<br>145>             | Na<br>intake<br>restricted              | dry sticky<br>mucous<br>membranes   |
| Free<br>Space                     | loss of<br>GI<br>secretion       | Hyponatremia                     | sodium<br>tablets                       | Increase<br>Fever                   |

|                                         |                                  |                                     |                                   |                               |
|-----------------------------------------|----------------------------------|-------------------------------------|-----------------------------------|-------------------------------|
| <b>B</b>                                | <b>I</b>                         | <b>N</b>                            | <b>G</b>                          | <b>O</b>                      |
| rough<br>dry<br>tongue                  | sodium<br>tablets                | 0.45%<br>sodium<br>chloride         | convulsion/coma                   | Hypernatremia                 |
| lab<br>values<br><135                   | confusion                        | Increase<br>Temp                    | dry sticky<br>mucous<br>membranes | Dextrose<br>5%                |
| canned<br>foods<br>powder<br>cocoa milk | profuse<br>Diaphoresis(sweating) | FREE<br>SPACE                       | Na<br>intake<br>restricted        | lab<br>value<br>145>          |
| Increase<br>Fever                       | restlessness                     | Hyponatremia                        | normal<br>ranges<br>Na<br>135-145 | Free<br>Space                 |
| decrease<br>urine<br>output             | Thirst                           | processed<br>food<br>increase<br>Na | excessive<br>intake<br>plain H2O  | profuse<br>watery<br>diarrhea |

|                                   |                                     |                        |                                         |                       |
|-----------------------------------|-------------------------------------|------------------------|-----------------------------------------|-----------------------|
| <b>B</b>                          | <b>I</b>                            | <b>N</b>               | <b>G</b>                                | <b>O</b>              |
| normal<br>ranges<br>Na<br>135-145 | Na<br>intake<br>restricted          | rough<br>dry<br>tongue | Increase<br>Fever                       | lab<br>values<br><135 |
| loss of<br>GI<br>secretion        | processed<br>food<br>increase<br>Na | sodium<br>tablets      | convulsion/coma                         | Dextrose<br>5%        |
| lab<br>value<br>145>              | 0.45%<br>sodium<br>chloride         | FREE<br>SPACE          | canned<br>foods<br>powder<br>cocoa milk | Increase<br>Temp      |
| Thirst                            | decrease<br>urine<br>output         | Free<br>Space          | profuse<br>Diaphoresis(sweating)        | restlessness          |
| profuse<br>watery<br>diarrhea     | excessive<br>intake<br>plain H2O    | confusion              | dry sticky<br>mucous<br>membranes       | Hyponatremia          |