

Electrolyte Imbalances

Nursing

Four electrolytes, the signs of high and low, and what is monitored.

Typical patterns. Ranges and treatment thresholds differ by laboratory.

Electrolyte	Low	High
Potassium	Weakness, cramps, arrhythmia	Arrhythmia, weakness
Sodium	Confusion, headache, seizure	Thirst, irritability
Calcium	Tingling, spasm, tetany	Stones, aches, groans
Magnesium	Tremor, arrhythmia, spasm	Drowsy, weak reflexes

Educational reference. Potassium correction is high-risk and protocol-bound. Report abnormal results and rhythm changes promptly