



# IN THE KNOW

*Developing Top-Notch CNA's, One Inservice at a Time*

## **A Client Care Module: Fluid and Electrolytes for CNAs**

### **KEEP EVERYTHING IN BALANCE!**

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Understanding fluid and electrolytes is as easy as trying to balance a baby elephant on a beach ball! There is no doubt —this is one heavy topic . . . but it doesn't have to be. Just remember this one basic principle: **Keep EVERYTHING in BALANCE!**

The average human body contains about 60 percent water. Every organ system in the body needs water to function. When water becomes out of balance in the body, the consequences can be very serious.

For example, too little water in the body leads to dehydration. Prolonged dehydration can lead to death.

Too much water in the body leads to swelling or edema. When there is fluid causing swelling or edema in the brain, heart or lungs, the results can be damaging and even deadly.

There are six main electrolytes in the body: potassium, sodium, calcium, magnesium, chlorine, and phosphorus.

Electrolytes regulate all the body's major functions. Think of them as tiny little floating batteries, creating electrical charges in the body that help operate muscles, nerves, and neurons.

Both the water and the electrolytes in the body must stay in perfect balance to maintain proper body functioning.

In this inservice you will learn the importance of tracking and maintaining water or fluid balance in your clients. You will also learn about the most important electrolytes, what they do and how you can help your client keep **EVERYTHING in BALANCE!**

Sadly, you will not learn how to balance a baby elephant on a beach ball! 😊



### **WHAT I KNOW!**

*Take a minute to jot down a few things you already know about fluid and electrolytes before reading this inservice.*

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