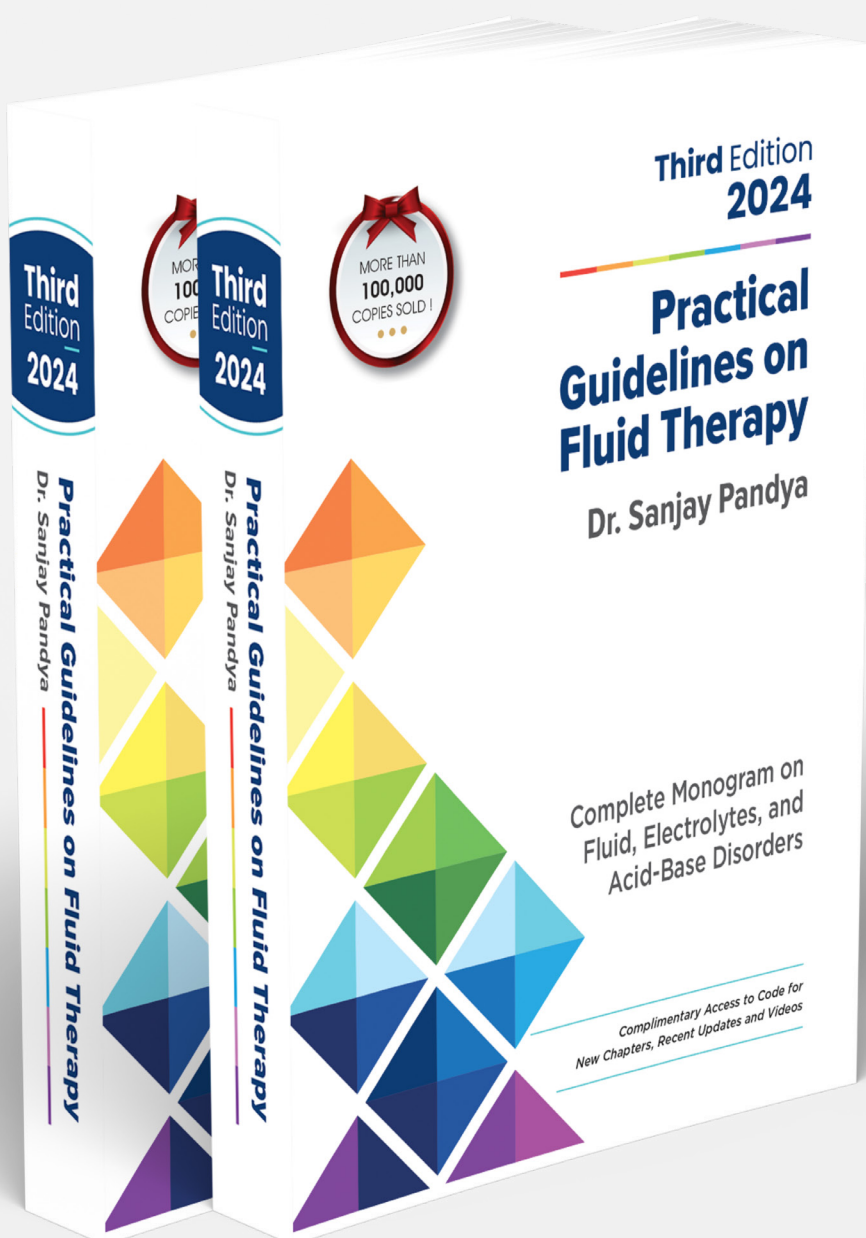


## Chapter 6:

# Principles, Planning, and Prescribing Fluid Therapy



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# Table of Contents

## **Part 1 Physiology**

Overview of total body fluid distribution, water balance, and electrolyte compartments.

**Chapter 1**

## **Part 2 Basics of Intravenous Fluids and Solutions**

Introduction to crystalloids and colloids, their composition, clinical use, precautions, and contraindications.

**Chapter 2-5**

## **Part 3 Fluid Replacement Strategies**

Principles of fluid therapy, including maintenance, resuscitation, and special considerations for the elderly.

**Chapter 6-9**

## **Part 4 Parenteral Additives**

Composition, clinical applications, and precautions for various parenteral additives.

**Chapter 10-14**

## **Part 5 Hemodynamic Monitoring**

Principles and techniques for assessing fluid status and cardiac output, using basic and advanced methods.

**Chapter 15-19**

## **Part 6 Electrolyte Disorders**

Causes, presentation, diagnosis, and management of various electrolyte imbalances.

**Chapter 20-29**

## **Part 7 Acid-Base Disorders**

Concepts, interpretation, and management of metabolic and respiratory acid-base disorders.

**Chapter 30-33**

## **Part 8 Fluid Therapy in Medical Disorders**

Guidelines for fluid management in conditions like GI diseases, liver disorders, respiratory issues, and diabetic emergencies.

**Chapter 34-41**

## **Part 9 Fluid Therapy in Surgical Disorders**

Fluid management before, during, and after surgery, including TURP syndrome and burns.

**Chapter 42-47**

## **Part 10 Fluid Therapy in Pediatrics**

Special considerations for fluid management in children and neonates, including resuscitation, maintenance, and oral rehydration.

**Chapter 48-50**

## **Part 11 Fluid Therapy in Obstetrics**

Fluid management strategies for pregnancy, cesarean delivery, preeclampsia, and labor-related hyponatremia.

**Chapter 51-54**

## **Part 12 Parenteral Nutrition**

Principles, indications, and administration of parenteral nutrition, with disease-specific guidelines and complication management.

**Chapter 55-57**

# 6

## Principles, Planning, and Prescribing Fluid Therapy

<b>Goals of Fluid Therapy.....</b>	<b>67</b>	<b>Resuscitation fluids .....</b>	<b>70</b>
<b>Principles and Guidelines.....</b>	<b>68</b>	<b>Maintenance fluids .....</b>	<b>70</b>
<b>Planning and Prescribing .....</b>	<b>68</b>	<b>Replacement fluids.....</b>	<b>71</b>
<b>Indications.....</b>	<b>70</b>		

Fluid administration is commonly needed in hospitalized patients, especially in an emergency, ICU, and surgical units.

Why is it important to plan and prescribe fluid therapy meticulously?

- Fluid administration is an essential and most commonly required intravenous treatment in acutely ill hospitalized patients [1, 2].
- Timely, appropriate, and properly designed intravenous fluid administration is lifesaving [2, 3].
- The prescription plans of fluid therapy vary markedly in different dynamic phases, demanding frequent attention, evaluation, and necessary changes.
- Prescribing intravenous fluids is complex. Unfortunately, doctors' basic knowledge and understanding of prescribing intravenous (IV) fluids are poor, and errors in planning appropriate fluid type, rate, or volume

lead to morbidity and mortality, which is preventable [4–7].

- IV fluids are not just an innocent bag of water; their under or over-administration may be potentially harmful [8–11].
- Fluid overload is one of the most common complications of overzealous IV fluid administration, which is often overlooked but is harmful [10, 12–18].

Because of the possibilities of multifactorial errors and harmful effects, it is recommended to use the right type of fluid, in the right volume at the right time, by the right route (in a similar way as using any other pharmacological prescription antibiotics or drugs), and tailor the fluid therapy to meet the patient's individualized needs which reduces the risks and improves the outcome [2, 10, 19, 20].

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