IV FLUID RESUSCITATION

ABCDE
Patient Require Fluid Resuscitation

- NO → **MAINTENANCE FLUIDS**
- YES ↓

CRYSTALLOID 250-500ml over < 15mins

- 0.9% Saline
- Hartmanns
- PlasmaLyte

↓

ABCDE
Patient Still Require Fluid Resuscitation

- NO → **SIGNS OF SHOCK**
  - NO → **MAINTENANCE FLUIDS**
  - YES → **CALL SENIOR**
- YES ↓

>2000ml GIVEN

- YES → **CALL SENIOR**

↓

CRYSTALLOID 250-500ml over < 15mins (→ back to ABCDE Patient Still Require Fluid Resuscitation)

- 0.9% Saline
- Hartmanns
- PlasmaLyte

INDICATORS FOR FLUID RESUSCITATION

- Systolic BP <100mmHg
- Heart Rate > 90 bpm
- Capillary Refill >2secs / Peripheries cold / Skin turgor reduced
- Respiratory rate >20
- Postural drop
- Low urine output <30mls/hr

- Improvement of above with passive leg raising to 45° as suggests fluid responsiveness

ADVISED CRYSTALLOID

- Due to distribution **fluid containing Na 130-154mmol/L** is advised for resuscitation:
  - 0.9% Saline / Hartmanns / PlasmaLyte

BOLUS AMOUNT

- Consider 250ml Bolus for Frail patients or those with known Heart failure

IV FLUID MAINTENANCE

CALCULATE ACTUAL DAILY FLUID / ELECTROLYTE REQUIREMENT
-see text below-

↓

CAN PATIENT ACHIEVE THIS ORALLY / ENTERALLY

- YES → **NO IV FLUIDS REQUIRED**
- NO ↓

PATIENT HAS COMPLEX FLUID / ELECTROLYTE REPLACEMENT NEEDS

- YES → **DISCUSS WITH SENIOR** ↓
- NO ↓

PRESCRIBE FLUID TO ADDRESS ACTUAL REQUIREMENT
MONITOR FLUID BALANCE / ELECTROLYTES
RE-ASSESS NEED FOR IV FLUID DAILY

COMPLEX REPLACEMENT NEEDS

- Gross oedema
- Sepsis
- Electrolyte disturbance
- Renal / Liver / Cardiac Failure
- High-output drains / NG tube / Colostomy / Ileostomy

FLUID AND ELECTROLYTE REQUIREMENT

AVERAGE NORMAL DAILY REQUIREMENTS

Water	Na	K	Cl	Glucose
25-30ml/kg	1mmol/kg	1mmol/kg	1mmol/kg	50-100g

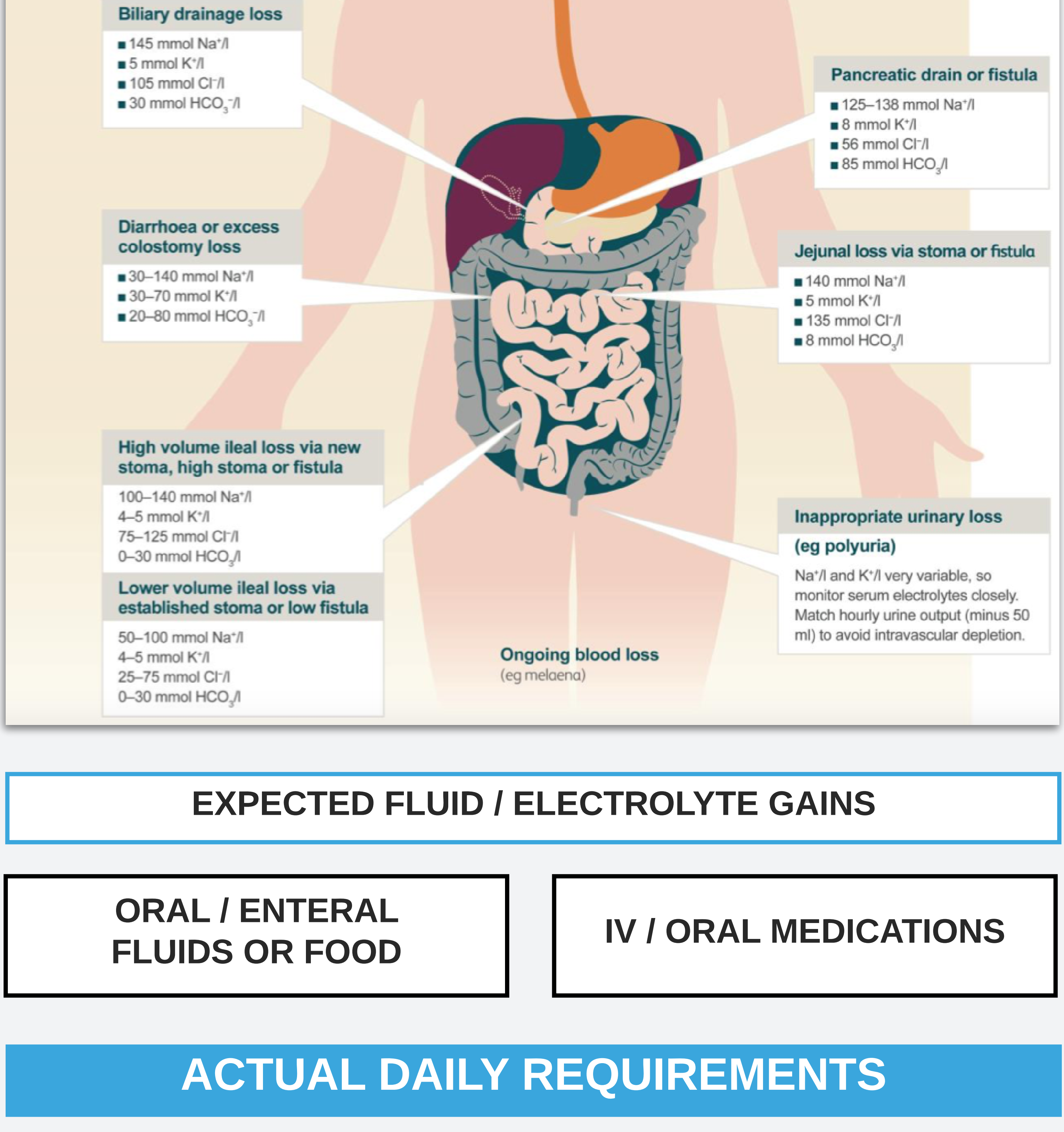
EXISTING FLUID / ELECTROLYTE DEFICIT / EXCESS

CURRENT FLUID VOLUME STATUS

LATEST U&E

FLUID BALANCE LAST 24 HOURS

EXPECTED FLUID / ELECTROLYTE LOSES



EXPECTED FLUID / ELECTROLYTE GAINS

ORAL / ENTERAL FLUIDS OR FOOD

IV / ORAL MEDICATIONS

ACTUAL DAILY REQUIREMENTS

AVERAGE NORMAL DAILY REQUIREMENTS

+ / -

EXISTING FLUID / ELECTROLYTE DEFICIT / EXCESS

+

EXPECTED FLUID / ELECTROLYTES LOSES

-

EXPECTED FLUID / ELECTROLYTES GAINS