

INDICATION

Estimates the likely free water deficit in patients with hypernatremia

ADDITIONAL INFORMATION

This score should be used to complement clinical assessment and management should not be based on the outcome of the score alone. Method of replacing free water will depend on the clinical scenario, oral intake alone may be sufficient.

INTERPRETATION

Provides the expected free water deficit in Litres (L)

CALCULATION

Free water deficit (L) =

$$\% \text{ total body water} \times \text{Weight}_{\text{kg}} \times ((\text{Na} / \text{Ideal Na}) - 1)$$

% total body water (TBW) is:

- Adult male: 60% (0.6)
- Adult female: 50% (0.5)
- Elderly male: 50% (0.5)
- Elderly female: 45% (0.45)
- Child: 60% (0.6)