

## Diabetic Ketoacidosis in the Adult

### Lab Values:

- \* Glucose > 250 ①
- \* Venous pH < 7.3
- \* HCO<sub>3</sub> < 15
- \* Anion Gap > 12 ②

Assure ABCs and treat

S/S of DKA

③

### Fluid Resuscitation:

1. 0.9% NS 500 – 1000 cc/hr x 2 hours
2. Maintenance: 0.9% NS at 125 – 250 cc/hr ④
3. When glucose is 250 – 300, begin D5 .45 NS with 40 KCL @ 125 cc/hr

Start **Regular Insulin Drip: Mix 100 units Regular Insulin in 100 cc NS.**

**1 ml = 1 unit. Rate 0.1 units/kg/hr ⑤ ⑥ ⑦**

### Monitor:

- \* Glucose, venous gases and lytes q 30 minutes
- \* Get EKG

1. All of these lab values need NOT be present for DKA

2. Serum Anion gap = Serum Sodium – ( serum chloride + bicarbonate ). Usually > 16 in DKA.

3. Signs and Symptoms of DKA include: Headache, N/V, malaise, flank pain, abdominal cramping, pale, polydipsia, polyuria, SOB, Kussmaul respirations, increased temperature and fruity smelling breath.

4. Rate of maintenance NS IV fluid is dependent on urine output > 30 cc/hr.

5. Maximum dose using ideal body weight

6. If glucose level is not down by 25% within 2 hours, double current infusion rate.

7. Once glucose level reaches 250, decrease the infusion rate of insulin by half