$$E_{\rm ion} = \frac{61.56}{Z} \cdot \log_{10} \left(\frac{C_{\rm out}}{C_{\rm in}} \right)$$

where

 $E_{\rm ion}={
m equilibrium}$ potential or Ernst potential for a particular ion, in mV

 $C_{\rm in} = {\rm intracellular}$ concentration of the ion, in mM/L

 $C_{\text{out}} = \text{extracellular concentration of the ion, in mM/L}$

Z = the valence of the ion

Using the concentration gradients from the table in the question, the Nersnt potentials for Na^+ , K^+ and Cl^- are:

$$\begin{split} E_{\mathrm{Na^{+}}} &= \frac{61.56}{+1} \log_{10} \left(\frac{127}{10} \right) \approx 68 \mathrm{mV} \\ E_{\mathrm{K^{+}}} &= \frac{61.56}{+1} \log_{10} \left(\frac{4}{120} \right) \approx -90 \mathrm{mV} \\ E_{\mathrm{Cl^{-}}} &= \frac{61.56}{-1} \log_{10} \left(\frac{80}{2} \right) \approx -98 \mathrm{mV} \end{split}$$

First knowing that the plasma membrane behaves electrically like a capacitor of capacitance C_a F/m^2 , the charge separation across the membrane is:

$$\begin{split} Q &= C_{\rm a} \cdot (2\pi R^2 + 2\pi R L) \cdot V_{\rm m} \\ &= C_{\rm a} \cdot 2\pi R (R+L) \cdot V_{\rm m} \end{split}$$

The amount of electricity that is carried by 1 mole of electrons is given by Faraday's constant: F (96,480 coulombs/mole). The amount of ion X moved to establish $V_{\rm m}$ is:

$$\begin{split} X_{i \rightarrow o} &= \frac{Q}{F} \\ &= \frac{C_{\rm a} \cdot 2\pi R (R+L) \cdot V_{\rm m}}{F} \end{split}$$

With a cylindrical cell of volume $\pi R^2 L$, the initial amount of ion X with an intracellular concentration of $[X]_i$ is:

$$X_{\rm i} = \pi R^2 L[X]_i$$

Thus the ratio of the amount (in mol) of ion X moved to establish $V_{\rm m}$ to the initial amount of ion X is:

$$\frac{X_{i \to o}}{X_{i}} = 2 \cdot \frac{C_{a}}{F} \frac{R + L}{R \cdot L} \frac{V_{m}}{[X]_{i}}$$

GHK equation:

$$V_{\text{GHK, Na, K, Cl}} = \frac{R \cdot T}{F} \cdot \ln \left(\frac{P_{\text{Na}} \cdot [\text{Na}]_o + P_K[K]_o + P_{\text{Cl}}[Cl]_i}{P_{\text{Na}} \cdot [\text{Na}]_i + P_K[K]_i + P_{\text{Cl}}[Cl]_o} \right)$$

$$\begin{split} V_{\text{CI}^-} &= -\frac{R \cdot T}{F} \cdot \ln \left(\frac{[\text{CI}^-]_o}{[\text{CI}^-]_i} \right) \\ E_m &= \frac{g_{\text{Na}^+}}{g_{\text{Na}^+} + g_{\text{K}^+}} E_{\text{Na}^+} + \frac{g_{\text{K}^+}}{g_{\text{Na}^+} + g_{\text{K}^+}} E_{\text{K}^+} \\ \text{let } r &= \frac{g_{\text{Na}^+}}{g_{\text{K}^+}} \\ E_m &= \frac{r}{1+r} E_{\text{Na}^+} + \frac{1}{1+r} E_{\text{K}^+} \\ &= \text{multiplying on both sides by} (1+r) \\ (1+r) E_m &= r E_{\text{Na}^+} + E_{\text{K}^+} \\ r &= \frac{E_{\text{K}^+} - E_m}{E_m - E_{\text{Na}^+}} \end{split}$$

Using the concentrations of Na^+ and K^+ and their computed Nernst potentials as given in slide 8 of video 7, the ratio is:

$$r = \frac{g_{\text{Na}^+}}{g_{\text{K}^+}}$$

$$= \frac{E_{\text{K}^+} - E_m}{E_m - E_{\text{Na}^+}}$$

$$= \frac{-94 - (-86)}{-86 - 61}$$

$$= \frac{8}{147}$$

$$= 0.054 \text{ or } 5.4\%$$

Given:

$$\frac{X^2}{(U-X)(T-X)} = \frac{A^2}{(U-A)(R-A)}$$

Let $\frac{1}{\alpha} = \frac{A^2}{(U-A)(R-A)}$ then

$$\alpha X^{2} = (U - X)(T - X)$$
$$(1 - \alpha)X^{2} - (U + T)X + UT = 0$$

Solving the quadratic assuming validity of the discriminant for real values:

$$X_{0,1} = \frac{U + T \pm \sqrt{(U - T)^2 + 4\alpha UT}}{2(1 - \alpha)}$$

If we set $c = \frac{1}{\alpha}$ we obtain the reach curve white paper solution:

$$X_{0,1} = \frac{c(U+T) \pm \sqrt{c}\sqrt{c(T-U)^2 + 4UT}}{2(-1+c)}$$