Fluid and Electrolytes in Adult Parenteral Nutrition

Overview

*Suggested CDR Learning Codes: 2070, 3040, 5440; Level 3*
This continuing education course focuses on the role of fluid and electrolytes in parenteral nutrition (PN) and discusses the clinical situations in which water and electrolytes may need to be adjusted in PN. It’s intended for practitioners who have a good basic knowledge of and experience with PN.
Course content was written by Theresa Fessler, MS, RD, CNSC, a nutrition support specialist at the University of Virginia Health System in Charlottesville and a freelance writer. She has been practicing nutrition support for more than 20 years.

This program is not approved for continuing education credit for DTRs.

**Learning Objectives**

After completing this continuing education course, nutrition professionals should be able to:

1. List the electrolyte content of adult parenteral nutrition (PN).
2. Identify three main reasons that serum electrolyte concentrations increase and decrease.
3. Analyze a clinical case to determine whether fluid or electrolytes need to be increased or decreased in a PN formula and explain why.
4. Use strategies for supplementing or restricting fluids and electrolytes for patients on PN.
5. Recognize metabolic acidosis, metabolic alkalosis, and appropriate electrolyte adjustments for PN.
6. Differentiate between respiratory and metabolic acid-base disorders.

Course summary

**Available credit:**
- 3.00 CDR

**Course opens:** 09/30/2013
**Course expires:** 09/29/2014
**Cost:** $35.00