**Fluid Volume Deficit (Dehydration)**

Fluid volume deficit can be defined as a reduction in body fluids.

**Possible causes of fluid volume deficit**

A. Profuse sweating.
B. Diarrhea, vomiting.
C. Sore throat or mouth.
D. Drainage from wound or fistula.
E. Medications.
F. Poor intake of fluids.
G. Fever.
H. Confusion.
I. Inability to obtain fluids.
J. Gastrointestinal suctioning.
K. Difficulty swallowing.
L. Diseases such as renal failure, diabetic, acidosis, etc.

**Signs and symptoms of dehydration**

M. Thirst.
N. Weight loss.
O. Poor skin turgor.
P. Dry skin and dry mouth.
Q. Low blood pressure.
R. Increased body temperature.
S. Decreased urine output.
T. Change in mental status.
U. Weakness.
V. Weight loss.
W. Pale mucous membranes.
X. Sunken eyeballs.
Y. Restlessness.
Z. Dry eye.

**Measure to prevent dehydration**

AA. Avoid overexposure to heat and sun.
BB. Gradually increase activity in hot weather.
CC. Increase fluids with exercise and hot weather.
DD. Eat a well-balanced diet.
EE. Obtain early treatment for diarrhea, vomiting, fever, sore throat, etc.

**Measures to treat dehydration**

FF. Measure intake and output to evaluate fluid balance.
GG. Weigh daily at the same time each day.
HH. Take medications as prescribed.
II. Eat foods high in sodium, protein, and potassium if permitted by physician.
JJ. Replace fluids as prescribed:
   1. Intravenous fluids.
   2. Increase oral fluids as tolerated.
KK. Drink Gatorade, bouillon, sodas, Popsicles, Jell-O water, etc.
LL. Inform physician of continued loss of fluids or continued symptoms.

**Comfort measures**

MM. Perform mouth care regularly and apply lip cream.
NN. Use artificial tears for dry eyes.
OO. Offer small amounts of fluids frequently.
PP. Offer Jell-O and Popsicles.
QQ. Offer hard candy for dry mouth.

**Possible complications**

RR. Electrolyte imbalance.
SS. Severe dehydration.
TT. Vascular collapse.