

# acid-base balance

acidosis ← pH: 7.35-7.45 → alkalosis

alkalosis ← PaCO<sub>2</sub>: 35-45 → acidosis

acidosis ← HCO<sub>3</sub>: 22-26 → alkalosis

hypoxia  
hypoxia  
(acidosis) ← PaO<sub>2</sub>: 80-100 → hyperventilation  
(alkalosis)

**R**espiratory ↑ pH ↓ CO<sub>2</sub>

**O**pposite ↓ pH ↑ CO<sub>2</sub>

**M**etabolic ↑ pH ↑ CO<sub>2</sub>

**E**qual ↓ pH ↓ CO<sub>2</sub>

## cause of acidosis

HCO<sub>3</sub>: ↓ 22 pH: ↓ 7.35

hypoproteinemia ↓ HCO<sub>3</sub> (≡) - Toxic (≡)

### S+S

- headache
- confusion
- fruity breath
- ↑ resp. rate/depth
- dysrhythmias - N+V

### interventions

- monitor S+S+K<sup>+</sup> levels
- give NaHCO<sub>3</sub> if ordered
- supportive care for underlying problem

## cause of alkalosis

HCO<sub>3</sub>: ↑ 26 pH: ↑ 7.45

secondary to loss of acidic gastric solutions, thiazide  
loop diuretics, Tistake of NaHCO<sub>3</sub>

### S+S

- paresthesias
- tremors
- shallow respirations
- dizziness
- confusion
- ↓ Cl<sup>-</sup> menting
- ↓ K<sup>+</sup>

### interventions

- monitor S+S
- give NaCl fluids
- KCl replacement
- H<sub>2</sub> antagonists as ordered

CO<sub>2</sub>: ↑ 45

pH: ↓ 7.35

- hyperventilation
- CO<sub>2</sub> retention from pulmonary edema, pneumonia, ARDS, acute OD, aspiration, emphysema, obstructed airway, neuromuscular disease, apnea

### S+S

- SOB, ↑ P+R+BP
- restlessness
- signs of ↑ ICP
- disorientation
- ↑ potassium

### interventions

- monitor S+S
- admin drugs (sedatives, thrombolytics, bronchodilators)
- ↑ O<sub>2</sub> oxygenation
  - position
  - airway
  - fluids
  - position
  - mechanical ventilation

CO<sub>2</sub>: ↓ 35

pH: ↑ 7.45

- hyperventilation, hypoxemia, excess mechanical ventilation

### S+S

- ↑ P
- ↓ potassium
- ↓ calcium
- paresthesias
- lightheadedness
- dysrhythmias
- ↓ LOC

### interventions

- monitor S+S
- encourage deep breathing
- give sedative as directed
- change mech. vent to ↓ rate/depth

Ca+590-10

Ca+590-10

Ca+590-10

Ca+590-10

# Grid To Determine Acid Base Balance

**G Psacharopoulos**



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