#### ACID-BASE STUDY GUIDE

- Normal Plasma pH 7.35 to 7.45 (hydrogen (H+) concentration
  - o Higher this goes, higher the mortality rate
  - Measure the acidity or alkalinity of blood
  - o Homeostatic mechanisms keep pH normal
    - Buffer systems, kidneys & lungs
    - Greater H+ concentration = lower pH & more acidic solute
    - Lower H+ concentration = higher pH & more alkaline solute
- Major ECF buffer system
  - o Bicarbonate-carbonic acid system
  - CO2 +H2O ←→ H2CO3←→H+ and HCO3-
  - Kidneys regulate bicarbonate in the ECF
  - Lungs (controlled by medulla) regulate CO2, thus the carbonic acid in the ECF
    - Lungs are first responders
- Other buffer systems
  - ECF: inorganic phosphates and plasma proteins
  - ICF: proteins, organic, inorganic phosphates
  - Hemoglobin

#### METABOLIC ACIDOSIS

#### pH lower than 7.35

- Can occur by a gain of H+ or loss of bicarbonate ions (<22 mm Hg)</li>
- Causes
  - Direct loss of bicarbonate (diarrhea, administration of IV nutrition w/o bicarb or bicarb-producing solutes, diuretic use, early renal insufficiency, excess chloride, lower intestinal fistulas, ureterostomics)
  - Most common due to kidney injury
  - Lactic acidosis (higher it is, the worse sepsis is), salicylate poisoning, renal failure, methanol, ethylene, or propylene toxicity, DKA, ketoacidosis due to starvation
  - o Systemic issue: diabetes
- Clinical Manifestations
  - Headache, confusion, drowsiness, increased RR/depth, low BP, nausea, vomiting, cold/clammy skin, arrythmias, shock, peripheral vasodilation, decreased cardiac output
- Medical Management
  - First have to correct underlying issue

# **Key Acid Base Study Guide**

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