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)
- 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

Ian Pickup



Key Acid Base Study Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Key Acid Base Study Guide: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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