Fluid and electrolytes: Lab values and adjusting SNS

Rex A. Speerhas
Cleveland Clinic, USA

Fluid and electrolytes are difficult to manage and understand because so many factors affect these results.

This discussion will help the pharmacist:

1. Estimate fluid needs
2. List laboratory values needed to manage parenteral nutrition (PN)
3. Discuss Refeeding Syndrome
4. Describe adjustments to parenteral nutrition therapy to correct abnormal lab values

The emphasis of this discussion will be the focus on the big picture rather than the number reported by the lab and a more practical approach to interpretation of laboratory values. A comprehensive look at the patient will help the clinician make a better decision when deciding whether or not to change therapies based on lab results.

Biography

Rex A. Speerhas has work experience at Cleveland Clinic as a staff pharmacist during 1974-1985 after which he was staff Development Specialist from 1985 to 1991, then appointed as Nutrition Support Clinical Specialist from 1991-2013. He was a Certified Diabetes Educator 1990-2012 and Board Certified Nutrition Support Pharmacist since 1994. He made Professional Appointments at The Ohio State University and University of Toledo Schools of Pharmacy. He Authored 6 book chapters and fifteen papers and presented multiple posters at national meetings. He has been managing Home Parenteral Nutrition patients with Dr. Ezra Steiger since 1991. His areas of interest are blood glucose management, trace elements.

SPEERHR@ccf.org

Rex A. Speerhas, Clinic Pharmacol Biopharmaceut 2013, 2:3
http://dx.doi.org/10.4172/2167-065X.S1.002