



## Pathophysiology Concept Map

Assigned Alteration: Dehydration

### Why Does it Happen? Risk Factors

Dehydration occurs due to the body not having enough water. It can happen due to inadequate intake of water, excessive fluid loss, or a combination. Disease processes, injury, or lack of access to water are also factors.

### What is Wrong? Pathophysiologic Alteration

The body is not receiving / does not have an adequate amount of water to maintain homeostasis. The lack of fluid in a body can cause cells to become weakened (via hypertonicity or hypotonicity). Cells that lyse (die) will cause a breakdown of bodily function.

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### How is it Diagnosed? Laboratory and Diagnostic Tests

Dehydration is diagnosed by blood tests (levels of sodium and potassium i.e. electrolytes). Urinalysis can show if someone is dehydrated and to what degree. Patient signs include dry tongue / lips, no tears, sunken eyes, wrinkled, dry skin, deep rapid breathing, and cold hands and feet.

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Clients diagnosed with dehydration can fix their issues by intaking the correct amount of fluids, (if dealing with mild dehydration). If severe individual may need to go to a hospital. This treatment can take 2-3 days, and can involve providing the client eletrolytes.

### What Cues Should the Person Have? Expected Findings

Mild Dehydration: thirst, dry or sticky mouth, not much urination, dark yellow urine, dry, cool skin, headache, muscle cramps, and bad breath.  
Severe Dehydration: not urination or very dark yellow urine, dry, warm skin, feeling dizzy, rapid heartbeat, rapid breathing, sunken eyes