## FLUID AND ELECTROLYTE DISTURBANCE

# HYPOKALEMIA AND HYPERKALEMIA

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**Abstract:** *The ions and molecules which are dissolved in our body should be at the normal range at any point of time. Either a decrease or an increase in the level of these ions are always associated with some clinical disturbance and may increase the risk of morbidity and mortality. Normal range of serum potassium is crucial as it is essential for muscle, nerves and cardiac electrical activity. High intracellular potassium concentration is required for cellular processes including DNA and protein synthesis, cell growth, apoptosis, mitochondrial enzyme function, maintenance of cell volume and acid base balance.*

**Keywords**: *Potassium, Hypokalemia, Hyperkalemia.*

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## Points to Remember

- ***Understanding the basics of potassium distribution in our body is essential to treat both hypo and hyperkalemia.***
- ***Hypokalemia is more common in children than hyperkalemia. Always look for the reversible causes like volume depletion, medications, etc.***
- ***Intravenous potassium chloride is a high alert medication and hence should be used cautiously under cardiac monitoring.***
- ***Moderate to severe hyperkalemia is a life threatening medical emergency and needs urgent intervention***.

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