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10/12/03

ATTENTION Donna Scott.

Herewith the abstract of the article I mentioned (Pediatrics). I cannot retrieve the full article but might be easily retrieved from Queen's Medical Library.

The other abstract caught my eye - an less prestigious journal but a very prestigious author who obviously feels it is a message that one needs honoring as recently as August 2003 (ie QJM = Quarterly Journal of Medicine - the Hospital for Sick Children Toronto has a worldwide ~~well~~ reputation).

Sincerely

DR J. M. O'DONOGHUE

Erne Hospital,

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PEDIATRICS Vol. 111 No. 2 February 2003, pp. 227-230

Prevention of Hospital-Acquired Hyponatremia: A Case for Using Isotonic Saline

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Objective. The current standard of care in pediatrics is to administer hypotonic saline in maintenance parenteral fluids. The safety of this approach has never been evaluated.

Methods. A review of the literature reveals that the administration of hypotonic fluids is potentially dangerous and may not be physiologic for the hospitalized child.

Results. There have been >50 reported cases of neurologic morbidity and mortality, including 26 deaths, in the past 10 years resulting from hospital-acquired hyponatremia in children who were receiving hypotonic parenteral fluids. Common childhood conditions requiring parenteral fluids, such as pulmonary and central nervous system infections, dehydration, and the postoperative state, are associated with a nonosmotic stimulus for antidiuretic hormone production, which can lead to free water retention and hyponatremia. Children are at particularly high risk of developing symptomatic hyponatremia as they have a larger brain-to-skull size ratio.

Conclusions. The administration of isotonic saline in maintenance parenteral fluids is the most important prophylactic measure that can be taken to prevent the development of hyponatremia in children who receive parenteral fluids.

Key Words: hyponatremia • child • treatment • fluid • intravenous • encephalopathy

Abbreviations: ADH, antidiuretic hormone • SIADH, syndrome of inappropriate secretion of antidiuretic hormone

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Commentary**How to select optimal maintenance intravenous fluid therapy**M.A.S. Shafiee¹, D. Bohn², E.J. Hoom² and M.L. Halperin¹

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Hyponatraemia is the commonest electrolyte abnormality in hospitalized patients. If the plasma sodium concentration (P_{Na}) declines to ~120 mM in <48 h, brain cell swelling might result in herniation, with devastating consequences. The volume and/or the composition of fluids used for intravenous therapy often contribute to the development of acute hyponatraemia. Our hypothesis is that the traditional calculation of the daily loss of sensible water overestimates this parameter, leading to an excessive daily recommended requirement for water. We offer suggestions to minimize the risk of iatrogenic hyponatraemia.

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