

QUESTION

10. A patient with a long history of alcohol abuse is brought to the emergency department with a 2-day history of confusion and vomiting. The patient is found to have a serum sodium level of 118 mEq/L. Which of the following is the most appropriate initial management?

- A. 0.9% saline
- B. 3% saline
- C. 5% dextrose in water
- D. 5% dextrose in 0.9% saline

ANSWER	EXPLANATION
B	3% saline

3% saline is the most appropriate initial management for a patient with severe hyponatremia and symptoms of hyponatremia. The patient's serum sodium level is 118 mEq/L, which is significantly below the normal range of 135-145 mEq/L. The patient's symptoms of confusion and vomiting are consistent with hyponatremia. The patient's long history of alcohol abuse is a risk factor for hyponatremia. The patient's serum sodium level is 118 mEq/L, which is significantly below the normal range of 135-145 mEq/L. The patient's symptoms of confusion and vomiting are consistent with hyponatremia. The patient's long history of alcohol abuse is a risk factor for hyponatremia.

ANSWER

- A. 0.9% saline
- B. 3% saline
- C. 5% dextrose in water
- D. 5% dextrose in 0.9% saline



EXPLANATION

The patient has severe hyponatremia (serum sodium < 125 mEq/L) and symptoms of hyponatremia (confusion and vomiting). The most appropriate initial management is 3% saline. 0.9% saline is the most appropriate initial management for a patient with mild to moderate hyponatremia (serum sodium > 125 mEq/L) and symptoms of hyponatremia. 5% dextrose in water is the most appropriate initial management for a patient with mild to moderate hyponatremia (serum sodium > 125 mEq/L) and no symptoms of hyponatremia. 5% dextrose in 0.9% saline is the most appropriate initial management for a patient with mild to moderate hyponatremia (serum sodium > 125 mEq/L) and no symptoms of hyponatremia.

REFERENCE

1. UpToDate. Hyponatremia: Clinical presentation and diagnosis. Updated 2023. Available at: <https://www.uptodate.com/contents/hyponatremia-clinical-presentation-and-diagnosis>.