GLOSSARY

0.9% sodium chloride solution	Also known as normal saline this is a sterile solution of salt (sodium chloride) in water. It's used to replace lost fluids and electrolytes in the body, particularly sodium and chloride, and also as a diluent for other medications administered intravenously.
Adrenal insufficiency	This is a condition where the adrenal glands don't produce enough of certain hormones, primarily cortisol and aldosterone. This can lead to various symptoms and, in severe cases, can be life-threatening. The condition can be primary (Addison's disease) or secondary, depending on the cause.
Addison's disease	Also known as primary adrenal insufficiency, is a rare, chronic endocrine disorder where the adrenal glands don't produce enough of the hormones cortisol and aldosterone.
Adrenal glands	Also known as suprarenal glands, are small, triangular-shaped glands located on top of each kidney. They are a vital part of the endocrine system and produce hormones that regulate various bodily functions, including metabolism, immune system, blood pressure, and the body's response to stress.
Antibiotics	These are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from spreading.
Anticancer agents	A class of drugs used to treat cancer. These agents work by interfering with the growth and division of cancer cells, either by killing them (cytotoxic) or by slowing their growth (cytostatic).
Antidepressants	These are used to treat major depressive disorder, anxiety disorders, chronic pain, and addiction.
Antihypertensive agents	These are used to lower blood pressure.
Antipsychotic drugs	These are used to manage psychosis, a mental state where individuals experience a disconnect from reality, often characterized by hallucinations or delusions.
Antiseizure medication	Also known as antiepileptic drugs, they are used to prevent or control seizures in people with epilepsy and other seizure disorders. They work by regulating abnormal electrical activity in the brain.
Ascites	This is a condition that happens when fluid collects in spaces in the abdomen (belly).
Baroregulation	The body's short-term mechanism for regulating blood pressure.

Beer potomania	A condition where excessive beer consumption, combined with a low-solute diet, leads to hyponatremia (low sodium levels in the blood).
Bolus	A single, large dose of medicine.
Bone profile	A blood test that analyses the levels of minerals, proteins, and enzymes in the bones.
Clinical biochemists	A healthcare scientist who analyses bodily fluids like blood and urine to help diagnose and manage diseases.
Cortisol	A steroid hormone, primarily known as the body's main stress hormone, produced by the adrenal glands. It plays a crucial role in regulating various bodily functions, including metabolism, the immune system, and the body's response to stress.
Demeclocycline	Used to treat infections caused by bacteria including pneumonia and other respiratory tract infections.
Desmopressin	Used to treat central cranial diabetes insipidus. This is a condition that causes the body to lose too much fluid and become dehydrated.
Diuretics	They are often called "water pills", and are medications that help the body get rid of excess fluid and salt by increasing urine production.
Do not attempt cardiopulmonary resuscitation (DNACPR)	A decision that means that if a person's heart or breathing stops, healthcare professionals will not attempt to restart them.
Electrolyte disturbances	These occur when the levels of essential minerals in the body, like sodium, potassium, and calcium, are too high or too low.
Endocrinologists	Medical doctors who specialise in diagnosing and treating diseases related to the endocrine system, which includes hormones and glands.
Enteral urea	A treatment for hyponatremia, a condition where there is too little sodium in the blood, often associated with SIADH (Syndrome of Inappropriate Antidiuretic Hormone Secretion). It works by increasing renal solute excretion, which enhances free water clearance. Unlike sodium-based treatments, urea doesn't rely on sodium retention or volume expansion to correct hyponatremia.
Euvolaemic	This refers to a state of normal blood or fluid volume in the body. It indicates that the body's fluid levels are neither depleted (hypovolemic) nor excessively increased (hypervolemic). In the context of hyponatremia (low sodium levels in the blood), euvolemic hyponatremia means that the sodium concentration is low, but the overall fluid volume is within the normal range.

Fluid assessment	Involves assessing if a patient is hypovolaemic, euvolaemic or hypervolaemic and then using this information to guide the correct treatment
Fluid balance	Refers to the body's ability to maintain a stable internal state by regulating the intake and output of fluids. It's crucial for proper bodily functions and prevents harmful imbalances like dehydration or overhydration.
Fluid restriction	A dietary guideline that limits the amount of fluids a person consumes, including both beverages and fluids from food.
Hartmann's solution	A balanced electrolyte solution used to replace fluids and salts in the body. It's administered intravenously to restore fluid balance, treat low blood pressure or decreased blood volume.
Hyperglycaemia	Also known as high blood sugar, is a condition where there's an excessive amount of glucose in the blood.
Hyperglycaemic hyperosmolar state	A serious complication of diabetes, primarily type 2, characterized by severe hyperglycemia (very high blood sugar) and dehydration, without significant ketosis.
Hypernatraemia	High blood sodium >145 mmol/L (normal range 135-145 mmol/L)
Hypertonic saline	An intravenous fluid composed of sodium chloride dissolved in water with a higher sodium concentration than normal blood serum.
Hypervolaemic	Also known as fluid overload, is a condition where there is too much fluid in the body.
Hyponatraemia	Low blood sodium <135 mmol/L (normal range 135-145 mmol/L)
Hypovolaemic	Not enough fluid (blood) volume circulating in the body
Liver function tests	These are a group of blood tests that help assess the health of the liver.
Non-steroidal anti-inflammatory drugs (NSAIDs)	A class of medications that reduce pain, fever, and inflammation.
Normal blood sodium levels	The normal range for blood sodium levels is 135-145 mmol/L
NT pro B-type natriuretic peptide (NT-proBNP)	A protein that is released into the bloodstream when the heart's ventricles (chambers) are stretched, often due to heart failure or other heart conditions.
Opioid drugs	A broad group of pain-relieving medicines that work with the brain cells.
Plasma/serum osmolality	A measure of the concentration of dissolved particles in the blood, reflecting the balance between water and solutes. It's a key indicator of fluid and electrolyte

	balance and can help diagnose conditions like dehydration or overhydration.
Point of care testing (PoCT)	Refers to medical diagnostic testing performed outside of a traditional clinical laboratory, often at or near the patient's location. This enables rapid results and timely clinical decision-making.
Point of care ultrasound (PoCUS)	Refers to the practise of trained medical professionals using ultrasound to diagnose problems wherever a patient is being treated.
Protein pump inhibitors	A class of medications that reduce the amount of stomach acid produced.
Steroids	Also called corticosteroids, are anti-inflammatory medicines used to treat a range of conditions.
Syndrome of inappropriate antidiuretic hormone secretion (SIADH)	A condition in which the body makes too much antidiuretic hormone (ADH). ADH is also called vasopressin. This hormone helps the kidneys control the amount of water the body loses through urine. SIADH causes the body to retain too much water.
Thyroid function	A blood test that measures the levels of thyroid hormones in the body to assess how well the thyroid gland is working. It helps diagnose both an underactive thyroid (hypothyroidism) and an overactive thyroid (hyperthyroidism).
Treatment escalation plan (TEP)	This is a document that outlines a patient's preferences for medical treatment, particularly in situations where their condition might worsen or they might approach the end of life.
Urine osmolality	A measure of the concentration of dissolved particles in urine, primarily used to assess the kidneys' ability to concentrate or dilute urine in response to the body's hydration status.
Urine sodium	A measurement of the amount of sodium excreted in the urine.
V2 receptor antagonists (vaptans)	A class of drugs that block the action of vasopressin at the V2 receptor in the kidneys. This blockage inhibits the reabsorption of water, leading to increased excretion of water without a significant loss of electrolytes (aquaresis). Vaptans are primarily used to treat hyponatremia (low sodium levels in the blood), particularly in conditions like syndrome of inappropriate antidiuretic hormone (SIADH).