

Pathophysiology

- Adrenal glands aren't able to make enough aldosterone, cortisol, and androgens.
- Aldosterone: tells kidneys to hold onto water and sodium, and get rid of potassium.
- Cortisol: reduces inflammation, break down protein and fat, increase glucose, stable mood.
- Androgen: regulates the reproductive system.

Signs and Symptoms

- Low sodium, glucose and calcium levels
- Increased potassium level
- Low blood pressure
- Dehydration
- Weight loss
- Weakness and fatigue
- GI symptoms
- Changes in menstruation
- Erectile dysfunction
- Hyperpigmentation

Topic/Disorder

ENDOCRINE ADDISON'S DISEASE

Nursing Assessment

- Blood pressure
- Heart rate
- Daily weight checks
- Intake and output
- ECG
- GI symptoms
- Fatigue, weakness
- Lab values
 - Glucose
 - WBCs
 - NA, K, Ca
- Reproductive changes
- Hyperpigmentation
- Addisonian crisis symptoms
 - Hypotension
 - Shock
 - Headache
 - Pain

Nursing Interventions

- Continue to assess vital signs frequently
- Monitor cardiac status
- Monitor fluid status
- Patient education
 - Stress reduction
 - High protein and carb diet
- Medication management
 - Kayexalate
 - Prednisone
 - Hydrocortisone
 - Fludrocortisone

LEGAL DISCLAIMER: This concept map is intended for educational purposes only. This is not medical advice and errors may occur. Never treat a patient or make a nursing or medical decision based solely on the information provided in this concept map. You should always assess the individual person and provide care based on your own assessment, the assessments and recommendations of that individual's medical team. Never practice nursing or medicine unless you have a proper license to do so.