



The Medical **Bulletin**

Pearls on Fluids

Administration and management of intravenous fluids is a daily task of hospitalists. Understanding the intricacies of fluids (i.e. tonicity and osmolarity) are important in being able to correctly utilize them in patient care. Large, randomized control trials including the SALT-ED and SMART trials in 2018 have helped to guide appropriate intravenous fluid selection. Even so there remains debate comparing clinical outcomes of critically ill patients treated with normal saline or balanced salt solutions. As such there are professional practice gaps regarding fluid mechanics and appropriate selection and administration of fluids.

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