

Fluid Calculation options

- $Wt \text{ (kg)} \times 30\text{ml} = \text{Fluid Requirement}$
Fluid requirements may differ for individuals with cardiac problems, renal failure, dehydration or those requiring restrictions.
- 100 ml/kg for 1st ten kg body weight
+ 50 ml/kg for 2nd ten kg body weight
+ 15 ml/kg for remaining kg body weight
Using this method, fluid requirements are realistic for geriatric population and for adjustments of extremes in body weight (under or over weight)
- $(\text{Kg body weight} - 20) \times 15 + 1500 = \text{ml fluid requirement}$

Chidester JC, Spangler AA. Fluid intake in the institutionalized elderly. J Am Diet Assoc. 1997 Jan;97(1):23-8; quiz 29-30