Treatment measures, Medications, Surgery and Nursing Interventions

By Brandon Arndt

**Treatment Measures:**

Short-term or initial treatment

* Slow infusion of calcium chloride, calcium gluconate, or calcium gluceptate
* Monitor electrolytes
* ECG monitoring
  + High serum calcium levels can cause serious dysrhythmias
* Rebreathing into a paper bag to reduce pH in order to increase available calcium in the body
* PTH replacement may be used only temporarily because of its costs and it is administered parenterally

Long-Term medication treatment

* Supplemental calcium - orally (at least 1.5 to 3 g/day in divided doses)
* Supplemental vitamin D - orally (helps promote absorption of calcium)

Preferred preparations include:

* + - Dihydrotachysterol (Hytakerol)
    - 1,25-dihydroxycholecalciferol (calcitriol[Rocaltrol])
    - Ergocalciferol (Calciferol)
* High calcium meal plan
  + Dark green vegetables, tofu, cheese and dairy products
* Monitor calcium levels 3 to 4 times a year

**Nursing Interventions:**

* Promote nutrition and electrolyte balance
* Encourage progressive activity
* Promote comfort and safety to prevent falls
* Teaching to include medications and referral for follow up visits to monitor treatment

**References:**

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Hogan, M. A. (2008). *Medical Surgical Nursing: Review and Rationales* (2nd ed.) Upper Saddle River, NJ: Pearson Prentice Hall.