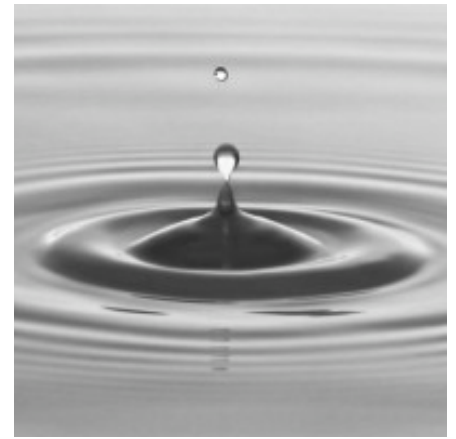


# My Fluids, electrolytes, acids & bases Confidence Checklist

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What do you feel confident about?

What do you need to know more about?

<i>Place a tick in the box that most closely indicates how confident you feel with your knowledge of the following topics</i>	<b>Not very confident</b>	<b>Only just confident</b>	<b>Reasonably confident</b>	<b>Very confident</b>	<b>Super confident</b>
Fluid compartments within the body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Role of Electrolytes – Na <sup>+</sup> , K <sup>+</sup> , HCO <sub>3</sub> <sup>-</sup> , Cl <sup>-</sup> , Ca <sup>++</sup> , Fe <sup>++</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The role of hormones in fluid and electrolyte balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How the lungs contribute to acid base balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your <b>warm up</b> quiz score	
Your <b>check what I learned</b> quiz score	