**Fluid, Electrolyte, and Acid-Base Balance**

**Practice Quiz**

1. Identify the weak acid and weak base in the bicarbonate buffering system. In the phosphate

buffering system.

2. How do the kidney tubule cells combat alkalosis? Acidosis?

3. What substances are found in higher levels in the ECF?

4. True or False…Tubules cells are impermeable to HCO3.

5. What causes respiratory alkalosis? Respiratory acidosis? Metabolic alkalosis? Metabolic

acidosis.

6. Define an electrolyte.

7. How much water makes up each of the following; early embryo, adult female, newborn infant,

elderly adult, adult male.

8. What is the amount of ECF on the body? ICF?

9. Proteins, carbs, and lipids make up what percentages of body fluids?

10. What tissue type holds the most water?

11. What is the major long-term pH control system in the body? What is the most abundant

buffering system?

12. What are the major cations in body fluids? Anions?

13. Movement of which nutrients and/or ions is unidirectional?

14. Metabolic water accounts for how much of our average daily intake?

15. Identify the sensible and insensible water losses and their amounts.

16. Define edema, hypotonic hydration, and dehydration.

17. How do the lungs combat alkalosis? Acidosis?