Quick Quiz: Magnesium

1. About 30% of plasma magnesium is
   a. ionized.
   b. bound.
   c. compound.
   d. unbound.

2. The two main players involved in magnesium balance are
   a. the large intestine and the liver.
   b. the liver and the kidneys.
   c. the small intestine and the kidneys.
   d. the small intestine and the liver.

3. Hypomagnesemia is defined as a total serum magnesium level below
   a. 1.7 mg/dl.
   b. 1.8 mg/dl.
   c. 1.9 mg/dl.
   d. 2.0 mg/dl.

4. True or false: Alcoholism is a common cause of hypomagnesemia.

5. Hypermagnesemia is defined as a total serum magnesium level above
   a. 2.0 mg/dl.
   b. 2.2 mg/dl.
   c. 2.4 mg/dl.
   d. 2.6 mg/dl.

6. True or false: Use of diuretics is a common cause of hypermagnesemia.
7. Signs and symptoms of hypomagnesemia include
a. nausea, vasodilation, and muscle weakness.
b. vomiting, prolonged PR and QT intervals, and muscle spasm.
c. anorexia, hypotension, and diminished deep tendon reflexes.
d. nausea, cardiac arrhythmias, and absent deep tendon reflexes.

8. Signs and symptoms of hypermagnesemia include
a. abdominal distention, hypotension, and muscle weakness.
b. paralytic ileus, vasodilation, and lethargy.
c. nausea, hyperactive deep tendon reflexes, and bradycardia.
d. nausea, vasodilation, and lethargy.

9. True or false: Severe hypomagnesemia is treated with oral magnesium oxide.

10. True or false: Dialysis is usually indicated for patients with a magnesium level above 8 mEq/L.

11. True or false: Patients with protracted diarrhea are at risk for hypermagnesemia.

12. True or false: Patients with hypomagnesemia should avoid green, leafy vegetables.

Source: Magnesium’s balancing act, Nursing made Incredibly Easy! July/August 2004.

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