

**DIARRHOEA AND DEHYDRATION****1. Assessment of dehydration**

It is important to assess the degree of dehydration in children. Infants and small children are at a higher risk of dehydration. Weight loss is useful in estimating the degree of dehydration if weight prior to admission is known.

	Dehydration Less than 5%	Some dehydration 5-10%	Severe dehydration >10%
Fluid deficit in ml/kg body weight	<50 ml/kg	50-100 ml/kg	>100 ml/kg
General Condition	Well, alert	Restless, Irritable	Lethargic or unconscious or floppy
Eyes	Normal	Sunken	Very sunken and dry
Tears	Present	Absent	Absent
Mouth & tongue	Moist,	Dry	Very dry
Thirst	thirsty	Thirsty, drinks eagerly	Drinks poorly or not able to drink
Skin pinch	Goes back quickly	Goes back slowly	Goes back very slowly

**2. Management of Dehydration**

- Correction of the existing water and electrolyte deficit
- Replacement of ongoing losses.
- Provision of normal daily fluid requirement

**3. No dehydration**

- a. Give the child more fluids than usual to prevent dehydration
- b. Home based fluids and ORS solutions such as conjee should be used.
- c. Give as much fluid as the child wants.
- d. As a guide approximately 50 ml of fluid should be given after each stool.
- e. Watch for signs of dehydration.

**4. Some dehydration (5 – 10%)**

- a. Approximate amount of ORS solution to be given in the first four hours is 75ml/kg in first 4 hours

**5. Severe dehydration >10% dehydration**

- a. Children with severe dehydration need intra venous fluids, as there is a risk of impending shock
- b. Start IV Ringer's Lactate fluid (Hartman Solution) immediately. If the patient can drink, ORS should be given while the drip is set up.
- c. Normal saline could be used if Ringer's Lactate solution is not available.
- d. If intra venous access is impossible attempt intra- osseous administration or give ORS through naso-gastric tube
- e. Reassess the patient every 1-2 hours. If hydration is not improving, give the IV drip more rapidly.

### Hypovolaemic shock

- High flow oxygen 10 – 15 liters per minute
- N Saline 20ml/kg over 20 minutes until shock resolves

### Severe Dehydration

- 30 ml /kg over one hour (Infants <12 months)
- 30 ml /kg over half an hour (Infants >12 months)  
**and then**
- 70 ml /kg over 5 hour (Infants <12 months)
- 30 ml /kg over 2½ hour (Infants >12 months)