



Government of Kerala

HEALTH SERVICE DEPARTMENT

Guidelines for
management of dehydration
in diarrhoeal diseases

2012

HEALTH AND FAMILY WELFARE DEPARTMENT

DEHYDRATION MANAGEMENT—KEY POINTS

(As per revised management guideline of GOI)

ASSESSMENT OF SEVERITY OF DEHYDRATION

| | | |
|---|--------------------|--------|
| Two of the following signs | | Use |
| <ul style="list-style-type: none">• Lethargy or unconscious• Sunken eyes• Not able to drink or drinks poorly• Skin pinch goes back very slowly | SEVERE DEHYDRATION | PLAN C |
| Two of the following signs | | |
| <ul style="list-style-type: none">• Restless, irritable• Sunken eyes• Drinks eagerly, thirsty• Skin pinch goes back slowly | SOME DEHYDRATION | PLAN B |
| Not enough signs to classify as some or severe dehydration | NO DEHYDRATION | PLAN A |

TREATMENT

PLAN A: Prevention of dehydration /Prevention of ongoing losses to prevent dehydration

| ORS for prevention of dehydration | | |
|--|--|--|
| Show the mother how much ORS to give after each stool and give her enough packets for two days | | |
| Age | Amount of ORS to give after each loose stool | Amount of ORS to provide for use at home |
| Less than 24 months | 50-100 ml | 500ml/day |
| 2 years to 10 years | 100-200 ml | 1000 ml/day |
| 10 years or more | As much as wanted | 2000 ml/day |
| ORS is appropriate for both prevention and treatment of dehydration | | |

Show the mother how to give ORS

Show the mother how to mix the ORS

- Give a teaspoonful every 1-2 minutes for a child under 2 years
- Give frequent sips from a cup for an older child
- If the child vomits, wait for 10 minutes. Then give the solution more slowly (a spoonful every 2-3 minutes)

- If diarrhoea continues after the ORS packets are used up, tell the mother to give other fluids or return for more ORS
- The mother should be asked to continue feeding the child with diarrhoea.

PLAN B: Patient with Physical signs of Dehydration

Guideline for deficit replacement/rehydration therapy

75 ml/kg of ORS in the first 4 hours (patient's age to be used only when the weight is not known) should be started immediately. Approximate fluid estimates for deficit replacement are given below

Guidelines for treating patient with some (but not severe) dehydration when body weight is not known

Approximate amount of ORS solution to be given in the first 4 hours*

| Age | Up to 4 mths | 4 mths to 12 mths | 12 mths to 2 yrs | 2 yrs to 5 yrs | 5 yrs to 14 yrs | More than 14 yrs |
|------------------------------|--------------|-------------------|------------------|----------------|-----------------|------------------|
| Approx wt in kg | <6 | 6-10 | 10-12 | 12-19 | 20-30 | >30 |
| ORS in ml | 200-400 | 400-700 | 700-900 | 900-1400 | 1500-2200 | 2200-4000 |
| Approx local measure (glass) | 1-2 | 2-3 | 3-4 | 4-6 | 6-11 | 12-20 |

- More ORS should be offered if the child wants it
- 100-200 ml clean water should be given during this period for infants up to 6 months who are not breast fed.
- Breast feeding should be encouraged and continued whenever the child wants
- If the child vomits, wait for 10 minutes, then continue, but more slowly

Guidelines for maintenance fluid therapy

| How much ORS to give for replacement of ongoing stool losses to maintain hydration | |
|--|-----------------------------------|
| Age | After each liquid stool, offer |
| Less than or equal to 6 mths | Quarter glass (50 ml) |
| 7 mths to less than 2 years | Quarter to half glass (50-100 ml) |
| 2 years-10 years | Half to one glass (100-200 ml) |
| Older children and adults | As much as desired |

