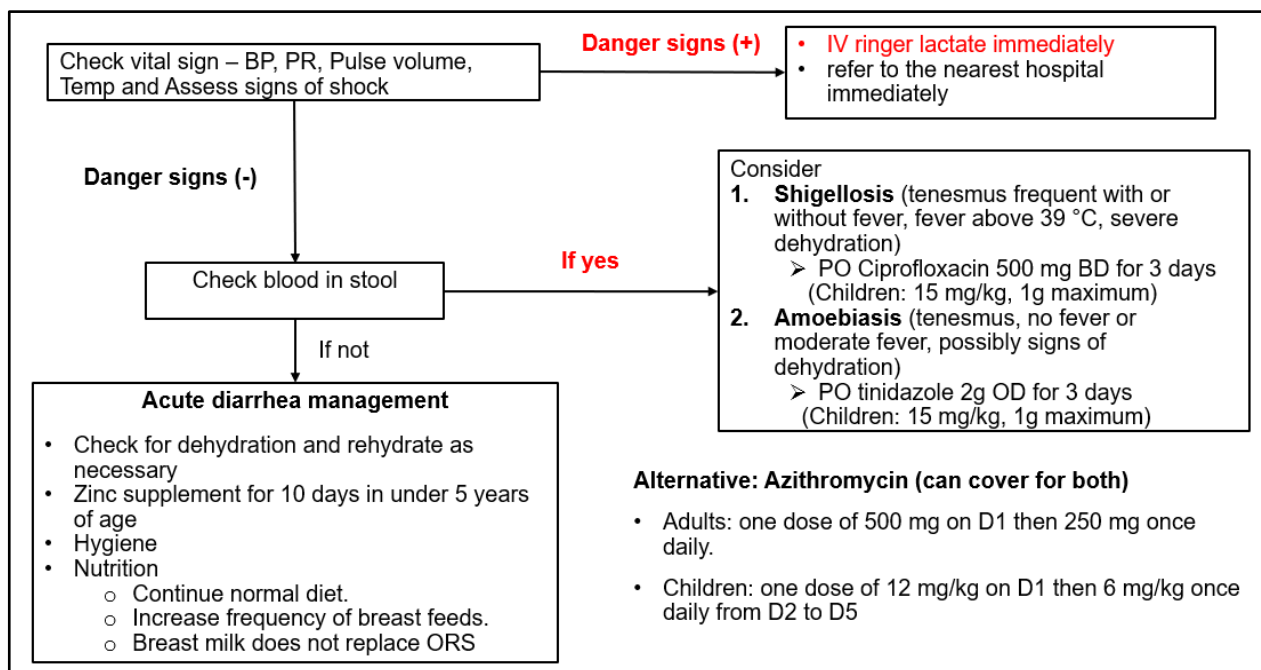


Management of loose motion (diarrhea)

(diarrhea: at least 3 liquid stools per day)

- Acute diarrhea: diarrhea < 2 weeks, chronic diarrhea: diarrhea ≥ 2 weeks



Danger signs

- Signs & symptoms of shock
 - Rapid and weak or absent pulse
 - decreased urine output
 - altered mental state (confusion, lethargy),
 - possibly a rapid breathing rate
- Vomiting and not able to drink
- Cholera suspect; rice watery stool

How to check dehydration status?

	Severe dehydration At least 2 of the following signs:	Some dehydration At least 2 of the following signs:	No dehydration No signs of "severe" or "some" dehydration.
Mental status	Lethargic or unconscious	Restless or irritable	Normal
Radial pulse	Weak or absent	Palpable	Easily palpable
Eyes^(a)	Sunken	Sunken	Normal
Skin pinch^(b)	Goes back very slowly (> 2 seconds)	Goes back slowly (< 2 seconds)	Goes back quickly (< 1 second)
Thirst	Drinks poorly or not able to drink	Thirst, drinks quickly	No thirst, drinks normally

Rehydration in acute diarrhea with no dehydration

To prevent dehydration:

- Encourage age-appropriate fluid intake, including breastfeeding in young children.
- Administer ORS according to WHO Treatment Plan A after each loose stool.

WHO Treatment Plan A^{[1][2]}

Age	Quantity of ORS
Children < 2 years	50 to 100 ml (<i>10 to 20 teaspoons</i>)
Children 2 to 10 years	100 to 200 ml (<i>½ to 1 glass</i>)
Children > 10 years and adults	at least 250 ml (<i>at least 1 glass</i>)

Rehydration in acute diarrhea with some dehydration

- Give additional ORS after each loose stool (see in plan A).
- Monitor the dehydration signs after 4 hrs and manage accordingly.
- Encourage additional age-appropriate fluid intake, including breastfeeding in young children.

WHO Treatment Plan B (75 ml/kg over 4 hrs)

Age	< 4 months	4 to 11 months	12 to 23 months	2 to 4 years	5 to 14 years	≥ 15 years
Weight	< 5 kg	5 to 7.9 kg	8 to 10.9 kg	11 to 15.9 kg	16 to 29.9 kg	≥ 30 kg
Quantity of ORS over 4 hours	200 to 400 ml	400 to 600 ml	600 to 800 ml	800 to 1200 ml	1200 to 2200 ml	2200 to 4000 ml

Rehydration in acute diarrhea with severe dehydration

- Treat shock if present.
- Insert peripheral IV line using large caliber catheter (22-24G in children or 18G in adults).
- Administer Ringer lactate (RL) according to WHO Treatment Plan C,
- Monitor closely:

Age	First, give 30 ml/kg over ^(c) :	Then, give 70 ml/kg over:
Children < 1 year	1 hour	5 hours
Children ≥ 1 year and adults	30 minutes	2 ½ hours

How to prepare ORS (oral rehydration salt) and use?

- 1Litre of water + ORS (standard formula) 1 sachet
- Drink after every loose motion
- If the solution > 24-hour, discard
- If the color of the powder or solution change, discard

