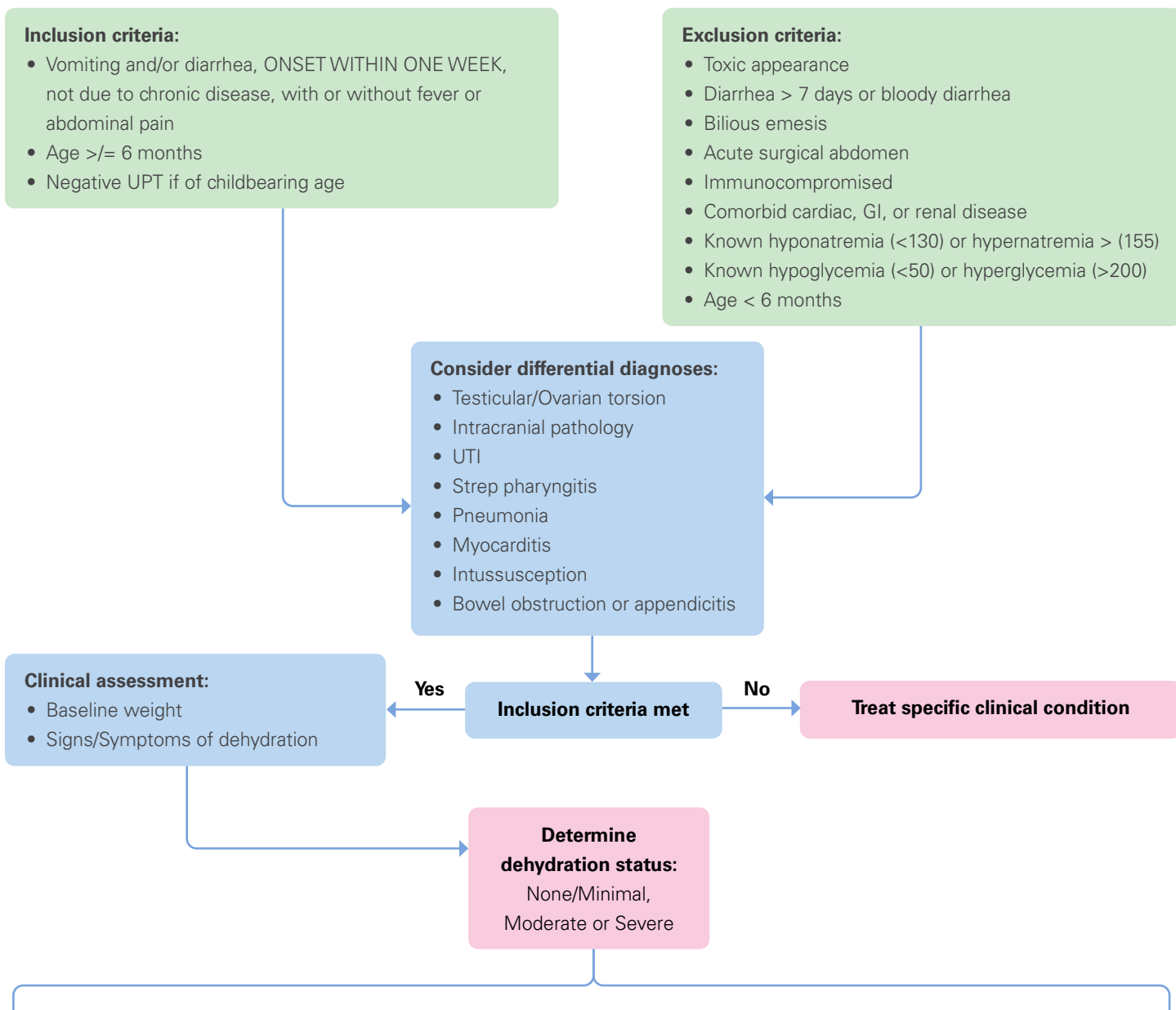


Clinical Guideline

Gastroenteritis

 This guideline should not replace clinical judgment.



4 Point Dehydration Assessment Tool:

- Ill appearance
- Dry mucous membranes
- Absent tears
- Capillary refill > 2 seconds

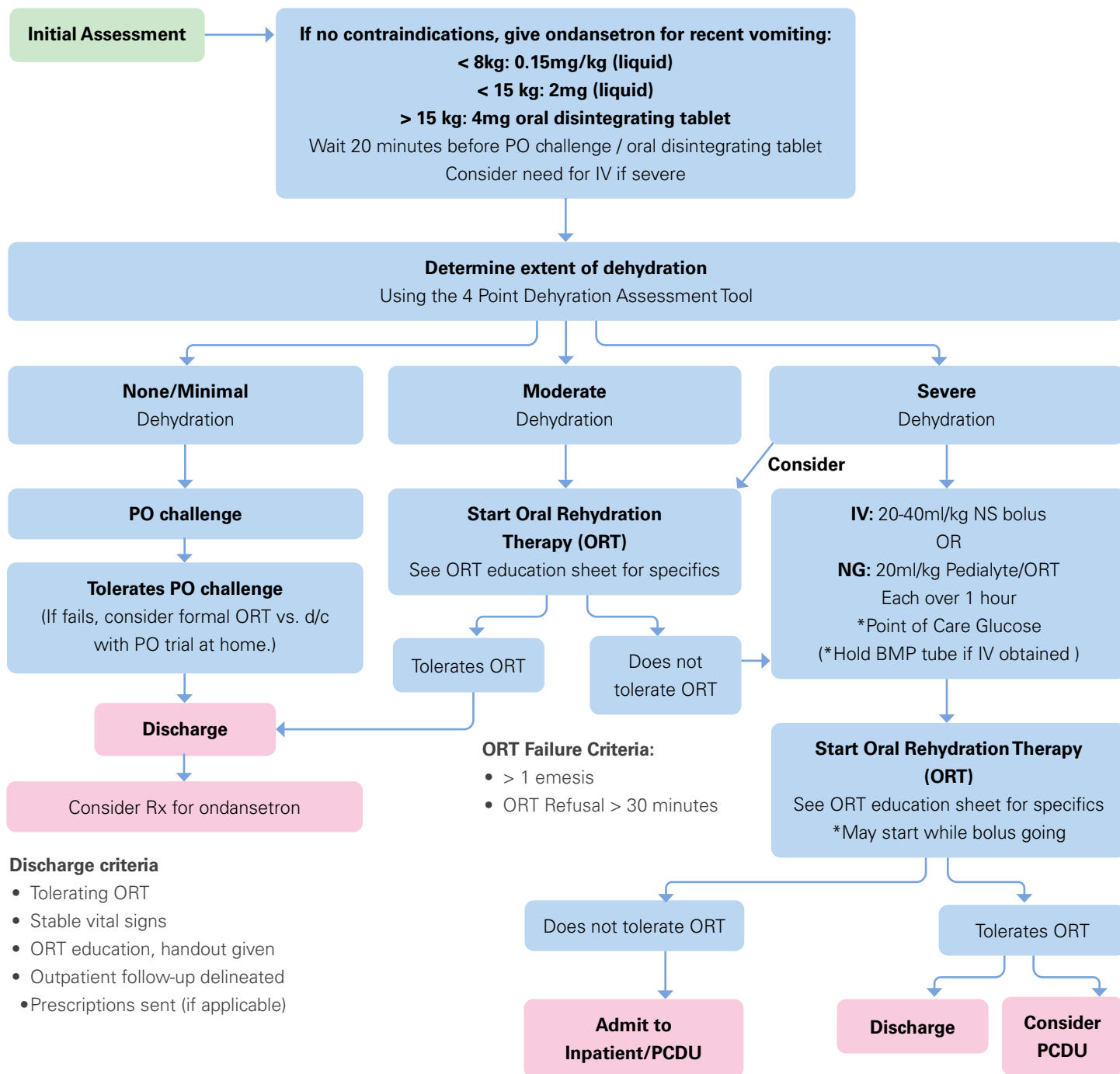
# of features present	Degree of dehydration	% fluid deficit
0	None/Minimal	<5
1-2	Moderate	5-10
3-4	Severe	>10

Clinical Guideline

Gastroenteritis

 This guideline should not replace clinical judgment.

PCDU: Pediatric Clinical Decision Unit
is a 24hr Observation Unit



Discharge criteria

- Tolerating ORT
- Stable vital signs
- ORT education, handout given
- Outpatient follow-up delineated
- Prescriptions sent (if applicable)

ORT Failure Criteria:

- > 1 emesis
- ORT Refusal > 30 minutes

Admission criteria (any of the below):

- Persistent signs of dehydration despite IV hydration
- Severe electrolyte abnormalities
- Significant ongoing losses
- Inability to tolerate adequate PO hydration

Gastroenteritis Guideline

Executive Summary

Children's Hospital of Richmond at VCU Gastroenteritis Workgroup

Pediatric Hospital Medicine Owner: Matt Schefft, MD

Pediatric Hospital Medicine: Jolene Carlton, CPNP

Pediatric Hospital Medicine: Megan Coe, MD

Pediatric Hospital Medicine: David Marcello III, MD

Pediatric Emergency Medicine: Jonathan Silverman, MD

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Citation

Title: **Gastroenteritis Guideline**

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Date: **August 2021**

Retrieval website: <http://www.chrichmond.org/clinicalguideline-Gastroenteritis>

Example:

Children's Hospital of Richmond at VCU, Schefft M, Carlton J, Coe M, Marcello III D, Silverman J, Krepp A, Hanson C. Gastroenteritis Guideline. Available from: <http://www.chrichmond.org/clinicalguideline-Gastroenteritis>

Your Child's Weight (lbs): _____

Oral Rehydration Therapy

- An education handout and guide

What is Dehydration?

- Occurs when you lose more water (and salt) from your body – like from vomiting or diarrhea – than you are able to replace by drinking liquids

What are the early signs of dehydration?

- Thirst
- Decrease in urination
- Absence of tears with crying
- Feeling weak or dizzy with standing
- Dry mouth

Any or all might be present

What are more severe signs of dehydration?

- Weakness or lethargy (unable to awake from sleep)
- Irritability, listlessness
- Sunken eyes
- Fast/rapid breathing
- Fast/rapid heart rate

If any of these signs are present, **seek medical attention or call 911**

What is an oral rehydration solution (ORS)?

- A liquid that contains sugar, salt, and other electrolytes that your child's body needs

Name brand ORS fluids

- Pedialyte
- Infalyte
- Rehydralyte

Alternative: cut Gatorade with water (half and half) OR if breastfeeding, continue as tolerates

Suggestions to help your child recover

- Avoid undiluted fruit juices and carbonated or sugary drinks
- Avoid greasy or spicy foods
- If formula feeding child, consider using lactose-free formula in cases of prolonged diarrhea
- Avoid antidiarrheal medications
- Can try yogurt or over-the-counter probiotics like Culturelle (not covered by insurance or Medicaid)

How to give ORS fluids for **rehydration**:

- Use a spoon or syringe to give small amounts frequently, 1-4 tsp (5-20mL) every 5-10 minutes

< 20lbs

- Give 1 teaspoon (5mL) of liquid every 5 minutes

≥ 20lbs

- Give 2 teaspoons (10mL) of liquid every 5 minutes

- If no vomiting after 20-30 mins, may double the original amount given
- If vomiting and unable to tolerate, stop for 20-30 mins and try again

***see worksheet**


When to stop: when signs of dehydration no longer present


Then proceed to the following for the remainder of your child's illness:

<20lbs: 60-120mL (2-4 oz) for every episode of vomiting or diarrhea


≥ 20lbs: 120-140mL (4.5 oz) for every episode of vomiting or diarrhea

Oral Rehydration at Home



< 20 lbs	Oral Rehydration Therapy				
Use a spoon or syringe to give small amounts frequently, 5-10 mL every 5-10 minutes Check off the boxes as you progress					
5mL	5mL	5mL	5mL	 If vomits, rest for 20-30 minutes, then try again	
If no vomiting after 20 minutes, double the original amount given ↓					
10mL	10mL	10mL	10mL	10mL	10mL
10mL	10mL	10mL	10mL	10mL	10mL
After tolerating fluids for 30-60 minutes, assess patient for discharge.					

> 20 lbs	Oral Rehydration Therapy				
Use a spoon or syringe to give small amounts frequently, 10-20 mL every 5-10 minutes Check off the boxes as you progress					
10mL	10mL	10mL	10mL	 If vomits, rest for 20-30 minutes, then try again	
If no vomiting after 20 minutes, double the original amount given ↓					
20mL	20mL	20mL	20mL	20mL	20mL
20mL	20mL	20mL	20mL	20mL	20mL
After tolerating fluids for 30-60 minutes, assess patient for discharge.					

ORT worksheet for ED/IP <20 lbs

< 20 lbs	Oral Rehydration Therapy					
Use a spoon or syringe to give small amounts frequently, 5-10 mL every 5-10 minutes Check off the boxes as you progress						
5mL	5mL	5mL	5mL	5mL	5mL	 If vomits, rest for 20- 30 minutes, then try again
5mL	5mL	5mL	5mL	5mL	5mL	
5mL	5mL	5mL	5mL	5mL	5mL	
If no vomiting after 20-30 minutes, double the original amount given <div style="text-align: center; font-size: 2em;">↓</div>						
10mL	10mL	10mL	10mL	10mL	10mL	10mL
10mL	10mL	10mL	10mL	10mL	10mL	10mL
10mL	10mL	10mL	10mL	10mL	10mL	10mL
10mL	10mL	10mL	10mL	10mL	10mL	10mL
For infants: If breast feeding, continue to breast feed as your infant tolerates. Once tolerating larger amounts of pedalyte (or other rehydration solution) you can try ½ formula and ½ pedalyte before moving back to full formula feeds.						

ORT worksheet for ED/IP >20 lbs

> 20 lbs	Oral Rehydration Therapy					
Use a spoon or syringe to give small amounts frequently 10-20 mL every 5-10 minutes Check off the boxes as you progress						
10mL	10mL	10mL	10mL	10mL	10mL	 If vomits, rest for 20- 30 minutes, then try again
10mL	10mL	10mL	10mL	10mL	10mL	
10mL	10mL	10mL	10mL	10mL	10mL	
If no vomiting after 20-30 minutes, double the original amount given 						
20mL	20mL	20mL	20mL	20mL	20mL	20mL
20mL	20mL	20mL	20mL	20mL	20mL	20mL
20mL	20mL	20mL	20mL	20mL	20mL	20mL
20mL	20mL	20mL	20mL	20mL	20mL	20mL
For infants: If breast feeding, continue to breast feed as your infant tolerates. Once tolerating larger amounts of pedialyte (or other rehydration solution) you can try ½ formula and ½ pedialyte before moving back to full formula feeds.						