Gastroenteritis

It means inflammation of the stomach and intestines; Viruses are the main and common causes of this disease. Other causes include bacteria, parasites and food poisoning.

Symptoms

Diarrhea, abdominal pain, fever, nausea and vomiting, lethargy, anorexia, blood in the stool, dehydration symptoms

Symptoms of dehydration include:

Lethargy and drowsiness and sometimes decreased level of consciousness and sometimes severe restlessness, reduced skin turgor (the skin returns to normal position very slowly after being pulled), sunken eyes and reduced tears, decreased specific gravity of urine and decreased amount of urine. Fontanel sagging in infants, pallor, dry and cold skin.

Severe dehydration:

Tachycardia, tachypnea, hypotension, poor pulse, impaired level of consciousness

Diagnosis

- History (history can be about possible causes such as eating new foods, infections,
- Urine tests and urine specific gravity
- Culture and stool smear tests
- Blood test

Treatment

The main goal in the treatment of gastroenteritis is to compensate for the lost fluid.

In case of no vomiting and oral intolerance, ORS can be used in addition to serum. Eat 50-100 ml (10 cc/kg) for each defecation. In a child with vomiting, ORS should be given at frequent intervals and in small amounts.

Nursing Care

- Necessary dehydration care (continuation of breastfeeding and powdered milk feeding in infants, continuation of normal diet for children, serum fluidization and ORS
- Necessary care related to eating disorders (daily weighing, controlling I&O, in case of oral intolerance use intravenous feeding)
- Skin care to prevent burns caused by watery stools (frequent perineal lavage, use of protective ointments such as calendula, fish oil
- Preventing transmission of infection to others (proper and frequent hand washing, food hygiene, isolation)

If the cause of the diarrhea is infectious, it is easily transmitted through fecal-oral route.

- Supporting and training the family about child care
Diet in patients with gastroenteritis

- Giving proper fluids and continuing normal baby food (avoid restricting the diet to rice, bananas, apples, etc.) with daily food
- Dough is also helpful
- In diarrhea, artificially refined liquids and carbohydrate drinks should not be given because these fluids are high in carbohydrates and low in electrolytes.
- Soft drinks and caffeinated liquids have diuretic effects and cause more water and sodium excretion.
- Avoid giving extract of meat or chicken soup due to the high volume of sodium.
- Bert diet (apples, rice, bananas, toast and tea) is not allowed in infants because it has little nutritional value.

Keep the sick child's personal items such as utensils, toothbrushes, pacifiers, and toys away from the dishwasher and out of the reach of other children.

Teach the family how to prepare an ORS and how to give it.

**Preparation method of ORS:**

Mix one packet of ORS in one liter of chilled boiled water (4 glasses) and store in a container with a lid in the refrigerator.

**How to give ORS to a child:**

50-100 cc (10 cc/kg) of ORS should be given to a child after each defecation.

If you have any questions or ambiguities, call the following number:

023-33460055, Pediatric ward of Amir-al-Momenin