

Do you know oral
rehydration therapy (ORT)?

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What is oral rehydration therapy(ORT)?

Oral rehydration therapy(ORT) outlined by CDC includes **rehydration** and **maintenance** fluids with oral rehydration solutions(ORS),combined with **continued age-appropriate nutrition**.

Now, ORT is accepted as standard of care for the clinically efficacious and cost-effective management of acute gastroenteritis.

Children and infants become dehydrated easily

Because

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They have a higher body surface –to- volume ratio, higher metabolic rate, relatively smaller fluid reserves.

They depend on others for fluids.

We have to assess the degree of dehydration, to supply fluid, and to take proper measures.

We can use oral rehydration therapy (ORT) at home from the moment diarrhea and vomiting starts.

Seven principles of appropriate treatment for children with diarrhea and dehydration.

1. Oral rehydration solution (ORS) should be used for rehydration.
2. Oral rehydration should be performed rapidly.
3. For rapid realimentation, age-appropriate, unrestricted as soon as dehydration is corrected.
4. For breastfed infants, nursing should be continued.
5. If formula-fed, diluted formula is not recommended, and special formula usually is not necessary.
6. Additional ORS should be administered for ongoing losses through diarrhea.
7. No unnecessary laboratory test or medications should be administered.

How to treat minimal or mild dehydration by ORT?

- Initially, parents give children or infants a spoon of ORS (about 5ml) every 5 minutes and gradually increase the amount of ORS.

solution	Carbohydrate (gm/L)	Sodium (mmol/L)	Potassium (mmol/L)	Osmolarity (mOsm/L)
ORS ¹	13.5	75	20	245
Sportsdrink ²	60.7	21	5	323
Juice 3	120	0.4	44	730

1 per WHO in 2002

2 sports drink (e.g. POCARI SWEAT)

3 e.g. apple juice



When not to use ORT?

1. Severe dehydration (>9% body weight loss) exists
2. Among children in hemodynamic shock
3. Abdominal ileus, intus susception
4. Bloody diarrhea etc.....

Conclusion

If the principles of therapy are accepted by all levels of the medical community and if education of parents includes teaching them to begin ORT at home, it is sure that numerous cases of early dehydration can be treated at home and unnecessary clinic visits and hospitalizations can be avoided.

Fin.