

# MANAGEMENT OF DIARRHOEA AND ARI

## DIARRHOEA:

Diarrhoea is one of the major causes of mortality among under five population, it contributes to 11% deaths in age group beyond neonatal period. Diarrhoea is defined as passage to three or more loose stools per day with or without blood. An average child suffers from 1.7 episodes of diarrhoea per year. In order to control Diarrheal diseases Government of India has adopted the WHO guidelines on Diarrhea management.

- India introduced the low osmolarity Oral Rehydration Solution (ORS), as recommended by WHO for the management of diarrhea.
- Zinc has been approved as an adjunct to ORS for the management of diarrhea. Addition of Zinc would result in reduction of the number and severity of episodes and the duration of diarrhea.

## Management:

1. Give plenty of home based fluids to the child during episode of diarrhoea
  - Rice water
  - Lassi
  - Soup
  - Daal water
  - Nimbu pani
  - Tea
  - Water
  - ORS
  - Curd
2. ORS preparation steps:
  - Wash your hands with soap.
  - Take a litre of clean drinking water in a clean container.
  - Take a packet of ORS and add all its contents in the water.
  - Stir thoroughly so that the powder is completely mixed.
  - Cover the vessel.
3. ORS is to be given to the infants every one or two minutes. The amount of ORS to be given to the infant is based on the infant's age, as given here:
  - Up to 2 months – 5 spoons of ORS.
  - From 2 months up to 2 years – One-fourth to half a cup.
  - More than 2 years – half a cup to one full cup.
  - Give enough ORS for the patient pass pale, yellow urine, four or five times a day.
4. In case of vomiting continue giving fluids slowly one to two spoons every few minutes.
5. If the child still needs ORS after 24 hours, make a fresh solution.

6. Consult nearest health centre in case :
  - Increase frequency of diarrhoea and vomiting
  - Child not taking anything orally
  - Child is not active
  - Child is having features of dehydration (irritable, lethargic, dry tongue, delayed skin turgor)
  
7. During diarrhoea do not stop giving food to the child
  - Give banana, curd, khichri
  - Continue with breast feeding
  - Give oral zinc solution or tablets along with ORS to child with diarrhoea for minimum 14 days.

### **ACUTE RESPIRATORY INFECTION (ARI) MANAGEMENT:**

ARI is one of the major causes of mortality among under five population, it contributes to 19% deaths in age group beyond neonatal period. Every child suffers 4 to 6 episodes of acute respiratory infections in one year. This includes common cold cough and pneumonia.

India leads the world in the number of pneumonia cases with nearly 44Lac cases yearly. Early diagnosis and appropriate case management by rational use of antibiotics remains one of the most effective interventions to prevent deaths due to pneumonia. The ARI guidelines are being revised with the inclusion of the latest available global evidence.

#### **Management:**

- If child is having cold cough and fever but respiratory rate is normal and there is no evidence of chest recession then child can be managed at home with paracetamol for fever. Give plenty of fluids, keep child warm, and give him normal diet. Home remedies like honey, ginger and tulsi kada can be given.
- If child is having cold cough, fever and respiratory rate is increased but there is no evidence of chest recession then child is suffering from pneumonia. Take the child to the nearest health centre and give him medicine for five days as advised by the health worker. Give plenty of fluids, keep child warm, and give him normal diet. Keep a watch on his respiratory rate and chest recession.
- If child is having cold cough, fever, respiratory rate is increased as well as there is evidence of chest recession along with colour change on tongue and lips to blue then child is suffering from severe pneumonia. Take the child to the nearest hospital because child needs admission and injections for antibiotics.