

## Gastroenteritis in Children – Advice for Professionals How to manage at home, and when to escalate care...

### Most Children can be managed at home with simple advice;

- Continue breastfeeding and other milk feeds
- Encourage fluid intake
- Discourage drinking fruit juice and fizzy drinks
- Give 5mls/Kg oral rehydration solution (ORS) after each loose stool

### Children are at more risk of dehydration if.....

- They have greater than 6 loose stools and/or greater than 3 vomits in 24 hours
- They are less than 1 year old, especially those under 6 months

### Escalate from Phone advice to Face to Face if...

- At more risk of dehydration
- If any red flag symptoms
- If uncertain diagnosis
- If social circumstances make assessment unreliable

### At initial face to face....

- If not dehydrated give simple advice
- If signs or symptoms of dehydration or red flag symptoms then
  1. trial **50mls/Kg of ORS over 4 hours** and
  2. plan a review – either by parents, over the phone, or repeat appointment
- If uncertain diagnosis then either plan, or refer to secondary care
- If symptoms suggesting shock refer to secondary care

### In secondary care

- Follow NICE Guideline prioritising **50mls/Kg of ORS** and only IV fluids and investigations is shocked at presentation



### Red Flag Symptoms

- Altered responsiveness
- Sunken eyes
- Breathing fast
- Fast heart rate
- Not passed urine in 12 hours



### Uncertain Diagnosis

- Temperature higher than 38°C if under 3/12 old
- Temperature higher than 39°C if over 3/12 old
- Green vomit
- Blood or mucous in stool
- Severe abdominal pain
- Neck stiffness or non-blanching rash