

Babylon University – College Of Medicine
Department of Community Medicine

Lectures in Community Medicine
For 4th Stage Students
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Lecture 18

Oral Rehydration Therapy

Half million of < 5 years children in the developing countries including Iraq are the victims of diarrheal diseases every year, each child may have 1-12 episodes of per child per year.

The malnourished child suffers more frequent and more severe diarrheal attacks, and this will predispose to malnutrition.

Death from dehydration can be cheaply prevented by Oral Rehydration Therapy (ORT).

95% of all patients with acute diarrhea can be treated with oral rehydration solution (ORS).

ORS depend on the observation that glucose given orally enhances the intestinal absorption of salt and water and is capable of correcting the electrolyte and water defect.

The ORS recommended by WHO for each 1 liter of clean water:

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|----------------------|-------|
| ■ NaCl | 3.5 g |
| ■ NaHCO ₃ | 2.5 g |
| ■ Pottasium Chloride | 1.5 g |
| ■ Glucose | 20 g |

Home remedy:

Household food solution

rice water

salt and sugar solution

Starche based ORS