

How is vomiting controlled if accompanied by Diarrhea?

- Vomiting often complicates Diarrhea and this makes it even more difficult for the parents to prevent dehydration.
- To control vomiting consult the doctor and give the medicine as recommended.
- **Small feeds:** This is crucial. When the stomach is irritated, it will not retain large feed even if the child has taken it willingly. Small frequent feeds are more likely to be retained.
- **Frequent feeds:** Offering liquids frequently every few minutes is useful. Offer liquids every minute or two initially in small quantities. Once these are retained, you can increase the amount.
- **Liquid Feeds:** Liquids are better tolerated than solids. Start with clear liquids. Try Electrolyte solutions or ORS.
- **Soft Diet:** Once liquids are tolerated start with soft foods.

How to prevent rashes on the bottom of a child?

- Diaper / Nappy rash from Diarrhea is common. The skin near the baby's anus can become irritated by Diarrhea.

To prevent diaper / nappy rash:

- Wash the area near the anus after each bowel movement, dry it and then protect it with a thick layer of nappy rash ointment.
- Changing the diaper quickly after the child has passed stools also helps.
- Exposure of the area to air is also helpful in prevention.

How to prevent infection and contamination of water

- Exclusive breast feeding for 6 months.
- Never use Bottle for feeding because dirt gets collected on the nipple of the bottle. If it is not washed and sterilized properly, chances of contamination are increased.
- Maintain sanitary hygiene. Wash hands with soap at five critical times- after defecation before eating, before cooking, before feeding child and after washing the child.
- Avoid open defecation, especially around wells and hand-pumps.
- Use clean drinking water, store water in clean utensils, do not dip hands while taking out water, use a ladle to take out water from the utensil, keep the ladle in a clean place.
- Infants must be offered only boiled water at least up to first year. Water should be allowed to cool before use.
- Cook food in clean utensils, keep the cooked food covered (protect it from flies and dust etc.). Wash hands before cooking.



CHILD HEALTH

DIARRHEA: PREVENTION AND CURE

SWASTH BHARAT – A NATIONAL INITIATIVE



National Health Mission



Department of Health & Family Welfare
Government of Nagaland



TECHNICAL DETAILS

What is Diarrhea?

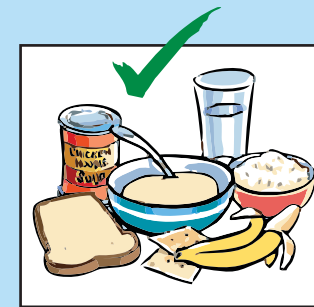
- A child has diarrhea when his / her stools become watery and as frequent as more than three times a day. In some cases, the diarrhea could last more than 14 days, and some children could have acutely watery stools. When there is blood in the child's stools, the condition is called Dysentery.
- Diarrhea leads to fluid loss, and may be life-threatening, particularly in young children and people who are malnourished or have impaired immunity.

What causes Diarrhea?

- The child does not get better within 5 days or see a doctor immediately if the child has any of the following symptoms.
- Frequent watery stools
- Repeated vomiting
- Marked thirst
- The child is eating or drinking poorly
- Fever
- Blood in stool
- A child is severely dehydrated when he / she is lethargic or unconscious, has sunken eyes, or the child's skin doesn't return to normal on pinching.

What diet should the children get during Diarrhea?

- Continue Breast feeding
- Lemonade (nimbupani), rice kanji, lassi, coconut water, weak tea etc may also be given in an infant above six months of age.
- Semisolid foods like Watery Moong Dal with rice, Khichdi, Idlis, Yoghurt, ripe banana, stewed apple / apple juice, araroot kanji, curd rice can be given in Diarrhea.
- Oily food, Green vegetables, chilies and spices should be avoided in Diarrhea.



Diarrhea is one of the most significant causes of deaths in children under five, though it is easily preventable and treatable. World over and in developing nations Diarrhea is for more than 25% of under-five mortality.

RESEARCH FINDINGS

- In India, common illnesses in children under 3 years of age include fever (27%), acute respiratory infections (17%), diarrhea (13%) and malnutrition (43%) – and often in combination (NFHS).
- As per NFHS 3, in 17 out of 29 states, less than one third with Diarrhea received (ORS) Oral Rehydration Solution.
- Behavioural studies show that in India, some mothers offer less than usual amount of food to infants during Diarrhea and often receive endorsement from physicians to do so. Children who need care for Diarrhea are usually the children in a community whose feeding behaviour is likely to have been faulty.

What is ORS?

- Oral Rehydration Salts Solution (ORS) refers to the complete oral rehydration salt mixture recommended by the WHO.
- ORS packets can be obtained free of cost from all government including PHCs, CHCs, district hospitals etc. ORS packets are also given FREE by ASHA, Anganwadi worker and ANM.
- Carefully follow instructions on the packets to make the ORS solution. Properly clean hands with soap and water. Use clean utensils and clean water to make ORS.
- Mix the ORS packets in 1 litre of water ideally, water should be boiled and allowed to cool. The prepared solution should be consumed in 24 hours.
- Carefully follow instructions of your local Doctor/ANM/ASHA on quantity of ORS solution to be given.
- Ask health worker / doctor for Zinc tablets.

