

# Degree of Dehydration

Infant		Adol		Clinical Data
EWL*	ml/kg	EWL*	ml/kg	
<b>Mild</b>		<b>Mild</b>		<ul style="list-style-type: none"> <li>• Dry mucous membranes</li> <li>• Oliguria</li> </ul>
5%	50	3%	30	
<b>Moderate</b>		<b>Moderate</b>		<ul style="list-style-type: none"> <li>• Marked oliguria</li> <li>• Poor skin turgor</li> <li>• Sunken fontanel</li> <li>• Tachycardia</li> </ul>
10%	100	5%	50	
<b>Severe</b>		<b>Severe</b>		<ul style="list-style-type: none"> <li>• Hypotension</li> <li>• Poor Perfusion</li> </ul>
15%	150	7%	70	



# Oral Rehydration

## Mild Dehydration:

- 50 cc/kg over 4 hours

## Moderate Dehydration:

- 100 cc/kg over 4 hours

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Degree of Dehydration	Oral rehydration	Holiday Seeger	6 days PTA	Fluid Mgmt Summary
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# Oral Rehydration Solutions

Fluid	CHO g/dl	Na <sup>+</sup> meq/L	K <sup>+</sup> meq/L	HCO <sub>3</sub> Meq/L	mOSM per Kg
AJ	11.9	0.4	26	--	700
Gingerale	9	3.5	0.1	3.6	565
Milk	4.9	22	36	30	260
Gatorade	5.9	21	2.5	--	377
Pedialyte	2.5	45	20	30	250
WHO	2	90	20	30	310



# Improve flavor of Pedialyte



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6 days PTA

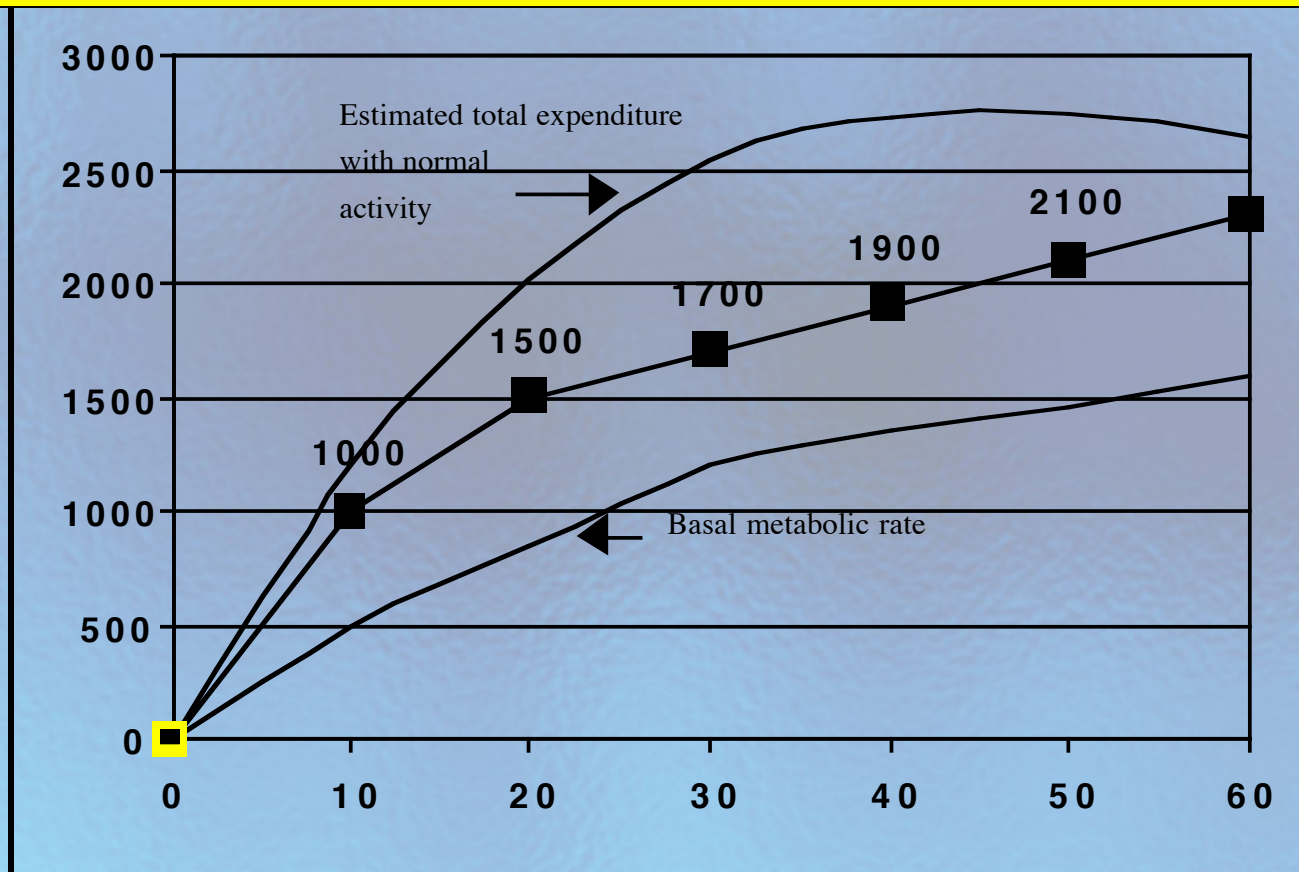
Fluid Mgmt Summary





# Holiday-Segar

■ COMPUTED need for “average hospitalized patient”



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Fluid Mgmt Summary

# Sources of Water Loss

Sources of water loss		Usual Losses (ml/100 kcal metabolized)
Insensible	Lung	15
	Skin	30
	Stool	5
	Urine	50
<b>Total</b>		<b>100</b>



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Fluid Mgmt Summary

# Fluid calculation for dehydration

- **Maintenance**
- **Deficit (minus bolus)**
- **Ongoing loss**



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# Fluid Management Concepts

- **Bolus till stable**
- **Calculate:**
  - **Maintenance**
    - H<sub>2</sub>O, Na, K
  - **Deficit**
    - H<sub>2</sub>O, Na, K
  - **Ongoing losses**
- **Potassium pearls**



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