

DIARRHEA AND DEHYDRATION

- Knowledge Attitude Practice** After working through this lesson, participants will be able to:
1. Describe why it is important to give ORS when a child has diarrhea.
 2. Describe signs of dehydration.
 3. Know how to recognize signs of severe dehydration.
 4. Know when to go to a clinic or health care provider.
- Overview** Teach this lesson after the lesson on *Diarrhea*. This series of lessons is based on the *Health Education Program for Developing Communities*, 2018, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.
- Materials** *Collect these items before beginning the lesson:*
Poster-size paper, markers, and masking tape
Roleplay
Handouts:
 - *Signs of Dehydration*
 - *When to go to the Clinic*
 - *Diarrhea Case Studies**Diarrhea and Dehydration picture book*

LESSON

60-90 minutes

Role Play: (5 minutes)

Instructions: Two farmers are talking.

1st: I'm so worried about my crops. We haven't had rain in nearly a month.

2nd: Yes, and the hot sun has been fierce.

1st: The crops are really drying up! What should I do?

2nd: I hope you don't lose your harvest.

1st: It may not rain again for weeks.

2nd: I hope that it rains soon!

Ask SHO Questions:

*What did you **S**ee?*

*What was **H**appening?*

*Does this happen in **O**ur place?*

Diarrhea and Dehydration (15 minutes)

A. What does that skit about farming have to do with children with diarrhea? (You can show the diarrhea doll again.)

1. Like plants, children also need water.
2. When children have diarrhea and vomiting, they lose water from their bodies.
3. They are at risk of drying up, or dehydration.

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4. They need extra water to prevent dehydration.
- B.** What are some signs of dehydration? Divide into small groups and give each group a copy of *Signs of dehydration*. Report back Demonstrate a normal skin pinch
 1. Dry skin
 2. Dry lips and mouth
 3. In babies, a sunken “soft spot” or fontanel.
 4. Refusing to take breast milk or ORS can lead to dehydration.
 5. Sunken eyes
 6. Not urinating (peeing) much
 7. The urine may be dark in color.
 8. Few wet diapers
 9. When you pinch a fold of skin, it goes back slowly (tenting of the skin).
- C.** What can you do at home to prevent dehydration?
 1. Offer fluids and ORS often.
 2. Give ORS after each loose bowel movement.
 3. Give frequent sips from a cup.
 4. Gradually increase the amount.
 5. Give as much as they will take, as long as the child is not vomiting.
 6. If the child is vomiting, give smaller amounts frequently.
 7. Give young babies breast milk and ORS by spoon.
 8. Give supplemental zinc.

When to Go to the Clinic (10 minutes)

Instructions: Discuss in large group

- A.** What are some signs of severe dehydration? Show how to check the pulse. Use a baby or a doll to show where the soft spot is. Show how to do a skin pinch.
 1. Rapid heart rate.
 2. The child looks listless.
 3. The eyes are sunken.
 4. The fontanel (soft spot) is sunken.
 5. Tenting of the skin (skin goes back to normal slowly when it is pinched)
- B.** What should you do if a child has severe dehydration?
 1. Go to a clinic or health care provider RIGHT AWAY. Do not delay.
 2. Continue to give ORS.
- C.** When else should you go to the clinic or health care provider? Give out the illustration, When to go to the clinic.
 1. When there are signs of severe dehydration
 2. When the child does not get better after three days
 3. When there are many watery stools
 4. When she has a high fever
 5. When he looks very sick
 6. When he vomits repeatedly
 7. When there is a lot of blood in the stool (poop)
 8. When she is eating or drinking poorly

Case Studies (15 minutes)

Instructions: Here are some case studies of children with diarrhea. Divide into small groups, with each group studying one case. Give out the handout, Diarrhea case studies.

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- A.** Your two-year-old boy has had diarrhea for two days. The diarrhea seems to be improving, but he does not like to take the ORS. He turns away whenever you try to give it to him. He is eating some foods and his mouth is moist. What should you do?
1. He does not appear to be dehydrated.
 2. Try giving him a small amount of ORS by spoon so that he can get used to the taste.
 3. You can add a few drops of lemon juice or other juice so that it tastes better.
 4. If the diarrhea is mild, and he is eating and drinking other fluids, ORS may not be necessary.
 5. Give small frequent feedings.
 6. Give supplemental zinc.
- B.** A neighbor comes to your house early in the morning. Her four-month-old son has had diarrhea frequently all night. At first, he cried vigorously, but now he does not respond much. He is not interested in breast feeding. You think that his soft spot looks sunken. What should your neighbor do?
1. He has diarrhea and dehydration.
 2. He is seriously dehydrated.
 3. He seems lethargic.
 4. His fontanel (soft spot) is sunken.
 5. He needs to go to the clinic IMMEDIATELY.
- C.** Another neighbor is concerned about her six-month-old baby. Her daughter started with mild vomiting but now has had diarrhea three times. She is breastfeeding and is feeding well. What should she do?
1. Give extra fluids.
 2. Continue breastfeeding.
 3. You can give ORS with a spoon.
 4. Give supplemental zinc.
 5. Watch for signs of dehydration or of more serious illness.
- D.** Your seven-year-old daughter often drinks water from the tap at school. Now she feels bloated, and has been passing foul-smelling bowel movements (poop) with blood and mucous. You weren't too concerned at first, but now there seems to be a lot of blood in the bowel movements. What should you do?
1. She has been getting sick gradually.
 2. The tap water at school may be contaminated.
 3. Now she has a lot of blood in her bowel movements (poop).
 4. She needs to go to the clinic or health care provider.
 5. She may need to take medicine to fight her infection.
 6. Give her lots of fluids and ORS.

Teaching Booklets (15 minutes)

- A.** Divide into pairs. Practice teaching each other the teaching booklet *Diarrhea and Dehydration*.
- B.** During the week, visit your friends and neighbors to teach about diarrhea and dehydration using the teaching booklet.

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>
 Health Topics. World Health Organization. Available from: <https://www.who.int/health-topics/>

DIARRHEA AND DEHYDRATION - STARTER

Role Play:

Instructions: Two farmers are talking.

1st: I'm so worried about my crops. We haven't had rain in nearly a month.

2nd: Yes, and the hot sun has been fierce.

1st: The crops are really drying up! What should I do?

2nd: I hope you don't lose your harvest.

1st: It may not rain again for weeks.

2nd: I hope that it rains soon!

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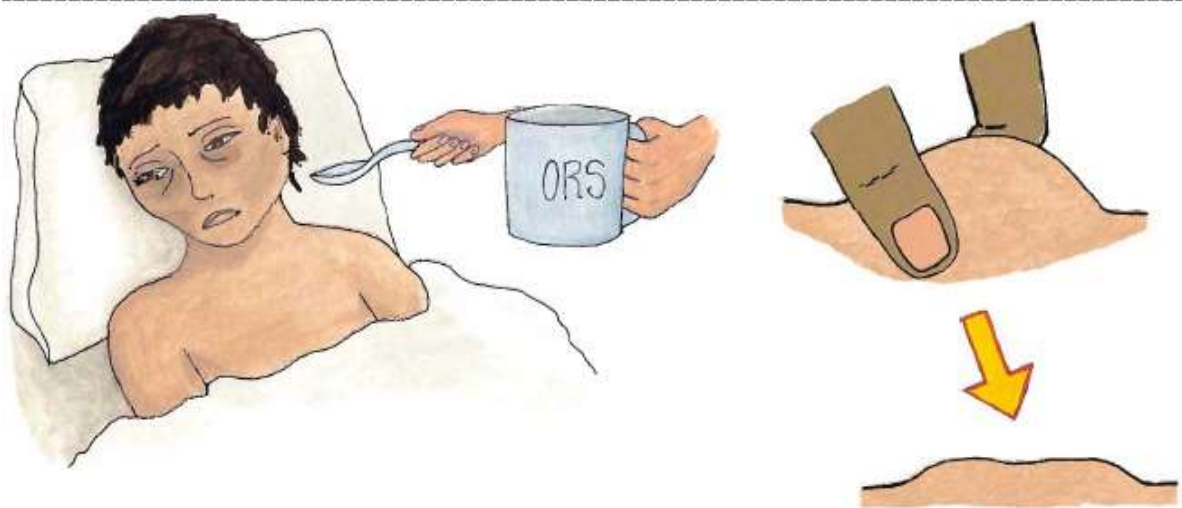
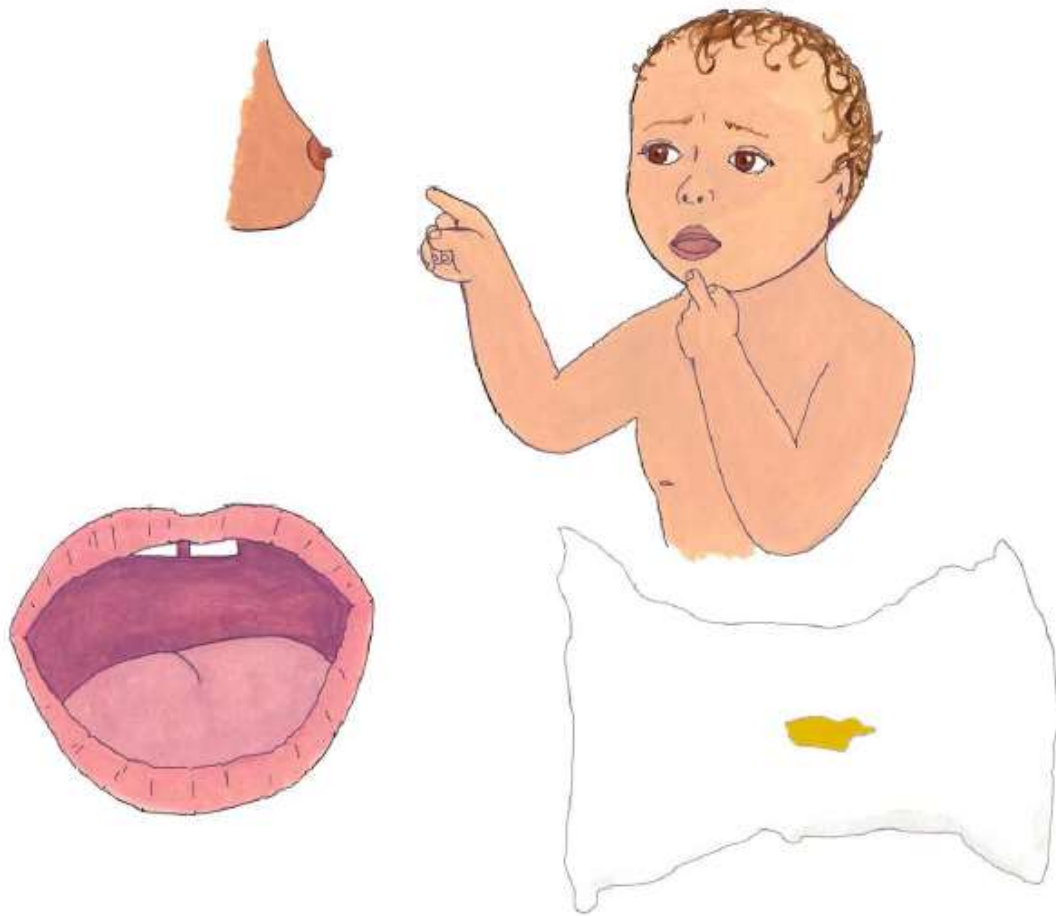
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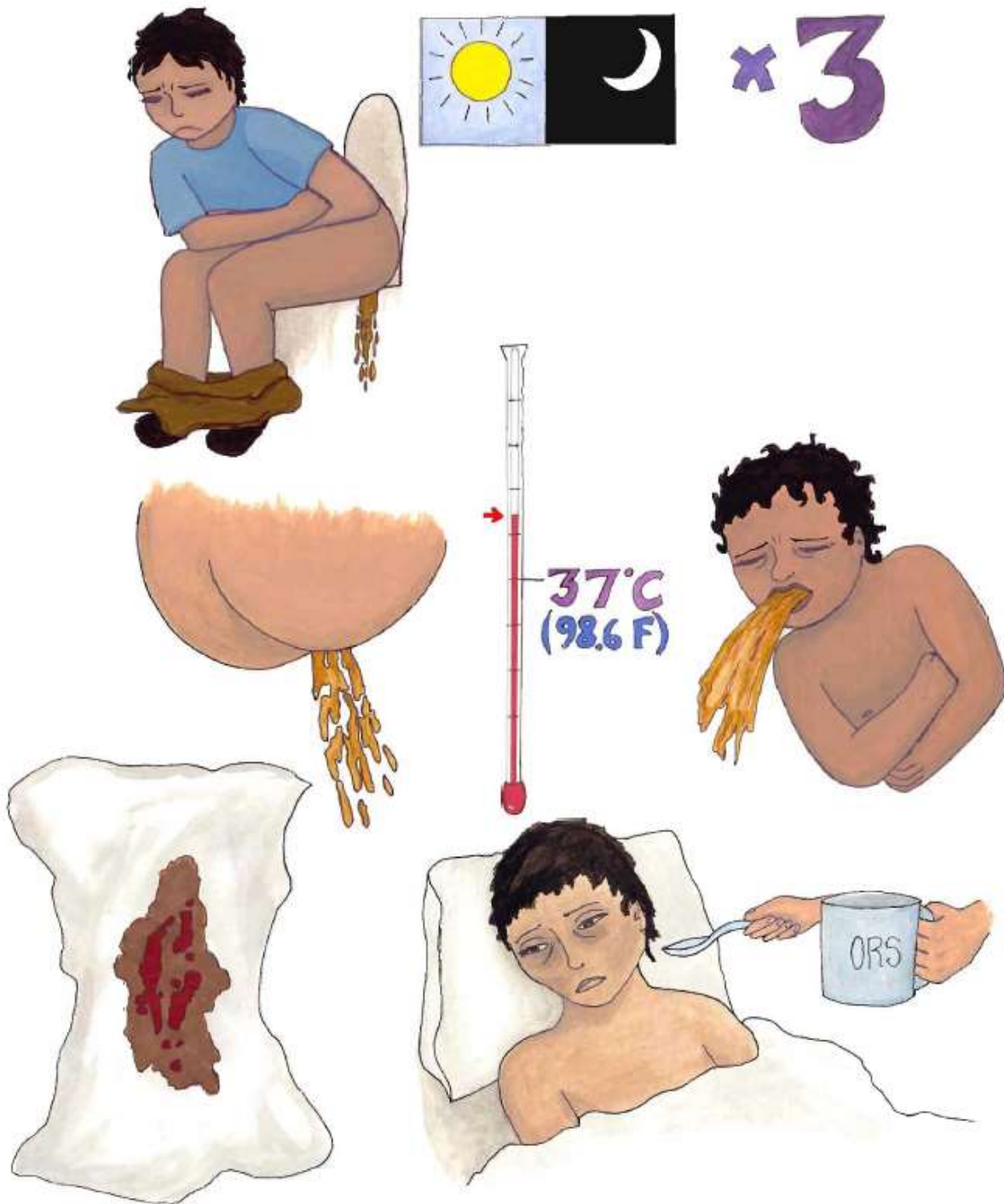
SIGNS OF DEHYDRATION



Source: *Illustrations*, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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WHEN TO GO TO THE CLINIC



Source: *Illustrations*, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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DIARRHEA CASE STUDIES

1. Your two-year-old boy has had diarrhea for two days. The diarrhea seems to be improving, but he does not like to take the ORS. He turns away whenever you try to give it to him. He is eating some foods and does not seem to be very dehydrated. What should you do?
2. A neighbor comes to your house early in the morning. Her four-month-old son has had diarrhea frequently all night. At first he cried vigorously, but now he does not respond much. He is not interested in breast feeding. You think that his soft spot looks sunken. What should your neighbor do?
3. Another neighbor is concerned about her six-month-old baby. Her daughter started with mild vomiting but now has had diarrhea three times. She is breastfeeding and is feeding well. What should she do?
4. Your seven-year-old daughter often drinks water from the tap at school. Now she feels bloated and has been passing foul-smelling bowel movements (poop) with blood and mucous. You weren't too concerned at first, but now there seems to be a lot of blood in the bowel movements. What should you do?