

Diarrhoea and/or Vomiting (Gastroenteritis) Pathway

Clinical Assessment / Management for Children with suspected Gastroenteritis



Management - Primary Care and Community Settings

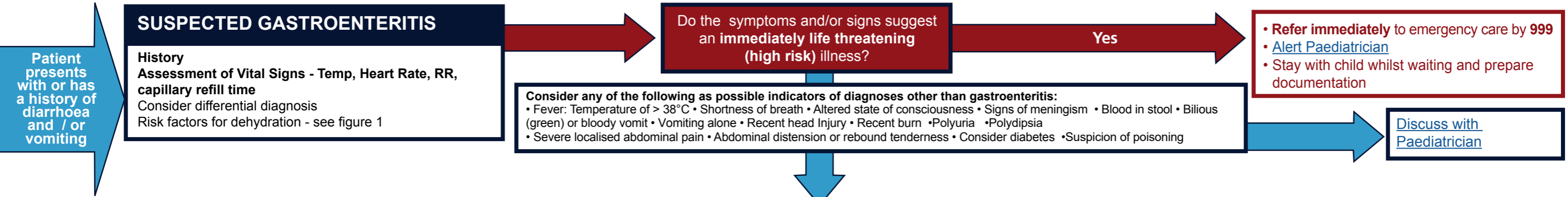


Table 1

| Clinical Findings | Green - low risk | Amber - intermediate risk | Red - high risk |
|---------------------|--|---|--|
| Age | Over 3 months old | Under 3 months old | |
| Behaviour | <ul style="list-style-type: none"> Responds normally to social cues Content / smiles Stays awake / awakens quickly Strong normal crying / not crying Appears well | <ul style="list-style-type: none"> Altered response to social cues No smile Decreased activity Irritable Lethargic Appears unwell | <ul style="list-style-type: none"> No response to social cues Unable to rouse or if roused does not stay awake Weak, high pitched or continuous cry Appears ill to a healthcare professional |
| Skin | <ul style="list-style-type: none"> Normal skin colour Warm extremities Normal turgor | <ul style="list-style-type: none"> Normal skin colour Warm extremities Reduced skin turgor | <ul style="list-style-type: none"> Pale / mottled / ashen blue Cold extremities |
| Hydration | <ul style="list-style-type: none"> CRT < 2 secs Moist mucous membranes (except after a drink) Fontanelle normal | <ul style="list-style-type: none"> CRT 2-3 secs Dry mucous membranes (except for mouth breather) Sunken fontanelle | <ul style="list-style-type: none"> CRT > 3 secs |
| Urine output | Normal urine output | Reduced urine output / no urine output for 12 hours | No urine output for >24 hours |
| Respiratory | Normal breathing pattern and rate* | Normal breathing pattern and rate* | Abnormal breathing / tachypnoea* |
| Heart Rate | <ul style="list-style-type: none"> Heart rate normal Peripheral pulses normal | <ul style="list-style-type: none"> Mild tachycardia* Peripheral pulses normal | <ul style="list-style-type: none"> Severe tachycardia** Peripheral pulses weak |
| Eyes | Not sunken | Sunken Eyes | |
| Other | | Additional parent/carer support required | |

Fig 1 Children at increased risk of dehydration are those:

- Aged <1 year old (and especially the < 6 month age group)
- Have not taken or have not been able to tolerate fluids before presentation
- Have vomited three times or more in the last 24 hours
- Has had six or more episodes of diarrhoea in the past 24 hours
- History of faltering growth
- Infants who have stopped breastfeeding during the illness

Fig 2 Management of Clinical Dehydration

- Trial of oral rehydration fluid (ORS; can taste better with dilute squash added) or apple juice. 2mls/kg every 10 mins OR 5mls every 5minutes.
- Consider checking blood glucose, esp in <6 month age group
- If child fails to improve within 4 hours, refer to paediatrics
- Reintroduce breast/bottle feeding as tolerated
- Continue ORS if ongoing losses

***Normal paediatric values:**

| (APLS†) | Respiratory Rate at rest: [b/min] | Heart Rate [bpm] |
|-------------|-----------------------------------|------------------|
| < 1 year | 30 - 40 | 110 - 160 |
| 1-2 years | 25 - 35 | 100 - 150 |
| > 2-5 years | 25 - 30 | 95 - 140 |
| 5-12 years | 20-25 | 80-120 |
| >12 years | 15-20 | 60-100 |

† Advanced Paediatric Life Support The Practical Approach Fifth Edition Advanced Life Support Group Edited by Martin Samuels; Susan Wieteska Wiley-Blackwell / 2011 BMJ Books.

GMC Best Practice recommends: Record your findings (See "Good Medical Practice" <http://bit.ly/1DPX12b>)



Green Action

Provide Written and Verbal advice (see [patient advice sheet](#))
Continue with breast and / or bottle feeding
Encourage fluid intake, little and often eg. 5mls every 5 mins
Children at increased risk of dehydration [see Fig 1]
Confirm they are comfortable with the decisions / advice given and then think safeguarding before sending home.

Amber Action

Begin management of clinical dehydration algorithm [see Fig 2]
Refer to [ondansetron pathway](#)
Agree a management plan with parents +/- seek advice from [paediatrician](#).

Urgent Action

Refer immediately to emergency care - consider 999
[Alert Paediatrician](#)
Consider initiating Management of Clinical Dehydration [Fig 2] awaiting transfer
Consider commencing high flow oxygen support.

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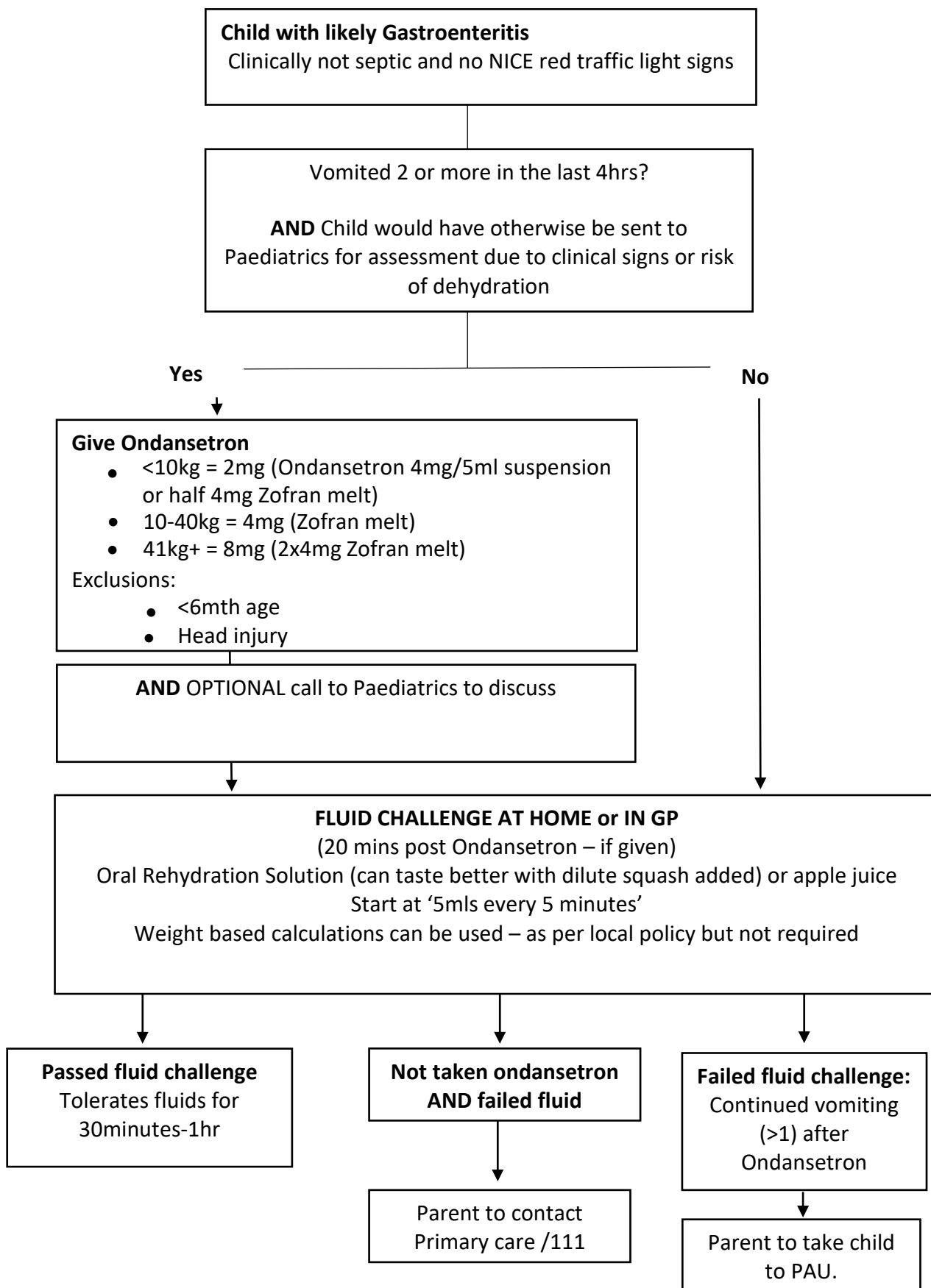


Management - Primary Care and Community Settings

| Glossary of Terms | |
|-------------------|-------------------------------------|
| ABC | Airways, Breathing, Circulation |
| APLS | Advanced Paediatric Life Support |
| AVPU | Alert Voice Pain Unresponsive |
| B/P | Blood Pressure |
| CPD | Continuous Professional Development |
| CRT | Capillary Refill Time |
| ED | Hospital Emergency Department |
| GCS | Glasgow Coma Scale |
| HR | Heart Rate |
| MOI | Mechanism of Injury |
| PEWS | Paediatric Early Warning Score |
| RR | Respiratory Rate |
| WBC | White Blood Cell Count |

Table 1: Paediatric Normal Values

| (Adapted from APLS) | Respiratory Rate at rest: | Heart Rate | Systolic BP mmHg |
|---------------------|---------------------------|------------|------------------|
| Neonate <4 weeks | 40 - 60 | 120 - 160 | >60 |
| Infant <1 year | 30 - 40 | 110 - 160 | 70 - 90 |
| Toddler 1 - 2 years | 25 - 35 | 100 - 150 | 75 - 95 |
| 2 - 5 years | 25 - 30 | 95 - 140 | 85 - 100 |



GIVE ALL:

- Gastro advice sheet below or linked via Smartphone/accrux
- <https://frimley-healthiertogether.nhs.uk/professionals/safety-netting-documents-parents/diarrhoea-and-or-vomiting-advice-sheet>
- Note: Passing of urine within 4-6hrs post fluid challenge can occur at home

Dispensing Participating Chemists

| | | | | |
|-------------------------------|--|-----------------|----------|--|
| R F Blackburn | 58 High Street | Sunninghill | SL5 9NF | M-F 9-18.00, Sat 9-17.00, Sun Closed |
| Boots | 70 Yorktown Road | Sandhurst | GU47 9BT | M-F 8.30-18.30, Sat 9-17.00, Sun Closed |
| Boots | Unit 731 Bath Road Retail Park Bath Road | Slough | SL1 4DX | M-F 9-20.00, Sat 9-20.00, Sun 11-17.00 |
| Willow Pharmacy (KLSD Ltd) | 7 Willow Parade | Langley, Slough | SL3 8HD | M-F 7-22.30, Sat 9.30-20.00, Sun 10-22.00 |
| Boots | 54 High Street | Maidenhead | SL6 1PY | M-F 8.30-19.00, Sat 9.30-20.00, Sun 11-17.00 |
| Boots | 5 The Square | Bracknell | RG12 9LP | M-F 8.30-18.00, Sat 9-17.00, Sun Closed |
| Boots | 83 Dedworth Rd | Windsor | SL4 5BB | M-F 9-17.30, Sat 9-17.30, Sun Closed |
| Boots | 26/30 Obelisk Way | Camberley | GU15 3SD | M-F 8.30-18.00, Sat 8.30-18.00, Sun 10.30-16.30 |
| Boots | 261 Frimley Green Road | Frimley Green | GU16 6LD | M-F 8.45-18.00, Sat 8.45-17.30, Sun Closed |
| Boots | 43/45 Guildford Road | Lightwater | GU18 5SA | M-F 9-18.00, Sat 9-17.30, Sun Closed |
| Boots the Chemist | 39-40 The Wellington Centre, | Aldershot | GU11 1DB | M-F 8.30-17.30, Sat 8.30-17.30, Sun 10-16.00 |
| Chapel Lane Pharmacy | 102 Chapel Lane, | Farnborough | GU14 9BL | M-F 9-18.00, Sat 9-16.00, Sun Closed |
| Morrisons Pharmacy | Links Way, Summit Avenue, Southwood Village Centre, | Farnborough | GU14 0NA | M-F 8.30-20.00, Sat 8.00-19.00, Sun 11-17.00 |
| Rowlands Pharmacy | 5 Linkway Parade, Courtmoor | Fleet | GU52 7UL | M-F 9-17.30, Sat 9-12.00, Sun 10-16.00 |
| Boots the Chemist | Unit 1 Tresham Crescent, Monteagle Lane | Yateley | GU46 6FR | M-F 9-19.00, Sat 9-17.30, Sun 10-16.00 |
| Blackwater Pharmacy | 40 London Road, Blackwater | Camberley | GU17 9AA | M-F 9-18.30, Sat 9-15.00, Sun Closed |
| Rowlands Pharmacy | Farnham Centre for Health Hale Road, Farnham | Surrey | GU9 9QL | M- Th 08:00 – 19:00, F 08:00 – 18:00, Sat & sun closed |