

Appendix 7: Assessment of Degree of Dehydration in Children

<i>Parameter</i> ²⁵	No Dehydration	Mild Dehydration (>1 sign)	Severe Dehydration (>1 sign)
Alertness	Normal	Irritable or drowsy	Lethargic/poorly responsive
Eyes	Not sunken	Sunken	Sunken
Drinking	Normal	Drinks eagerly	Poor/weak drinking
Skin Pinch	Immediate return	Slow return (< 2 seconds)	Very slow return (> 2 seconds)

Assessment of Shock²⁶

The following suggest the onset of clinical shock in a child and are very sinister signs warranting immediate admission/intravenous fluid replacement:

- Decreased level of consciousness
- Pale or mottled skin
- Cold extremities
- Marked tachycardia and tachypnoea
- Weak peripheral pulses
- Prolonged capillary refill time and
- Hypotension

25. World Gastroenterology Organisation practice guideline: Acute diarrhea. Available at http://www.worldgastroenterology.org/assets/downloads/en/pdf/guidelines/01_acute_diarrhea.pdf

26. National Collaborating Centre for Women's and Children's Health. Diarrhoea and vomiting caused by gastroenteritis diagnosis, assessment and management in children younger than 5 years. RCOG, London: 2009.