

Gastroenteritis



**ASSIGN
BUSTER**

Gastroenteritis Gastroenteritis (Gastro) is a very common illness in our community, most people think that people get this illness is because of the meal they ate and gave them food poisoning. It also can cause by viruses, bacteria, parasites, chemicals, drugs and food allergy that infect stomach and bowel system. (NHMRC 2005, p. 58) Symptoms * Diarrhea * Abdominal cramps * Vomiting * Nausea * Fever * Headache Signs Because of the symptoms of vomiting and diarrhea, people who have gastroenteritis can become dehydrated very quickly.

It is very important to watch for signs of dehydration, which include: * Extreme thirst * Urine that is darker in color * Dry skin * Dry mouth * Sunken cheeks or eyes * In infants, dry diapers (for more than 4-6 hours) (Cleveland Clinic 2006) Infectious stage People are infectious for as long as the organisms are present in their faeces, whether or not they have symptoms. (NHMRC 2005, p. 58) Treatment * Plenty of fluids * Oral rehydration drinks, available from chemist Admission to hospital and intravenous fluid replacement, in severe cases * Antibiotics, if bacteria are the cause * Drugs to kill the parasites, if parasites are the cause * Avoiding anti-vomiting or anti-diarrhoea drugs unless prescribed or recommended by doctor, because these medications will keep the infection inside the body. We do the treatment depends on what caused the gastro. Normally, our body can fight off the disease on its own, but if children with diarrhea or vomiting may have dehydration and they need extra fluid to replace what they lose.

Plenty of fluids are most popular treatment that we offer. In addition, some of fluids got too much sugar and it can lead to more dehydration and illness if we provide the wrong kind of fluid. (Department of Health 2011) Exclusion

conditions Children should not attend to centre while they got gastroenteritis, until there has not been a loose bowel motion or vomiting for 24 hours. (NHMRC 2005, p. 58) Also they should not go to swimming pools for 2 weeks after last diarrhea. (Search Medica 2011) How it is spread

Gastroenteritis occurs when germs are taken in by mouth. * Easily from person to person. It can be close personal contact or contact with the faeces of infected children, * Or indirectly by touching contaminated surfaces (toilet flush, children's toys etc) * Airborne through vomiting, coughing and sneezing (mainly viruses) * Eating contaminated food, drinking contaminated water (Department of Health 2011) We can reduce the risk of spread infection by washing hands frequently, and follow the exclusion condition.

Immunisation Children can get an immunisation to prevent gastro that infected by a virus called rotavirus. (CYH Home 2011) Procedure for informing parents * Contact parents pick up the infected child's * Ask the parents bring the infected child to see doctor * Send other parents a letter to inform them we have a children got gastroenteritis * Notice on notice board using sharp format to present Also we must inform the centre director and if there have two or more children got gastro, we should inform our public health unit.

Extra Information The table as below is the ratio of safe drink that we give to the infected child

Kind of drink	How much drink	How much water
Cordial (undiluted)	10 ml	160 ml
Fruit juice (undiluted)	20 ml	80 ml
Flat soft drink	20 ml	80 ml
Glucose (eg Glucodin)	2 level teaspoons	240 ml
Sugar		

2 level teaspoons| 240 ml| (CYH Home 2011) Bibliography CYH Home 2011,
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