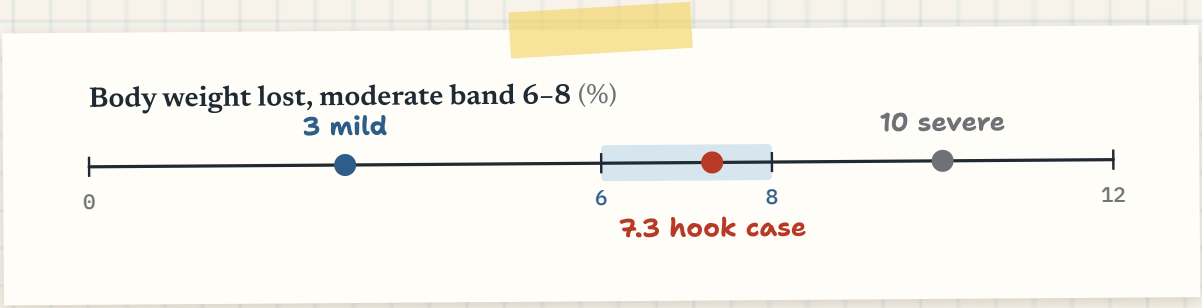
Childhood dehydration: grade, then route

Oral or intravenous fluid?



Step by step

1. Grade by examination, not one sign
2. Mild or moderate: oral rehydration solution
3. Severe or shock: isotonic bolus, repeated
4. Replace losses: 10 mL/kg per stool, 2 mL/kg per vomit

Severity	Weight lost	Treatment
Mild	about 3–5%	ORS 50 mL/kg over 4 h
Moderate	about 6–8%	ORS 100 mL/kg over 4 h
Severe	10% or more	20 mL/kg isotonic bolus, repeated

Severity ladder and first treatment (US teaching)

MODERATE DEHYDRATION, ORS VOLUME

ORS = 100 mL/kg × weight, over 4 h

9-month-old at 8.9 kg: 100 × 8.9 = 890, about 900 mL; mild is 50 mL/kg; severe is a 20 mL/kg isotonic bolus

Rule of thumb

Heart rate rises early; blood pressure falls late

Mild or moderate means by mouth; severe means a drip

Hook case: 9.6 − 8.9 = 0.7 kg, about 7 percent

Exam traps

- Juice and soda are not rehydration fluids: almost no sodium.
- Cut-offs differ between sources; lean on the signs.
- Only isotonic fluid is used for a bolus.

Childhood dehydration: severity, oral vs IV fluids

Video, written lesson, practice question and sources: medservatory.com/usmle-step-2-ck/paediatrics/childhood-dehydration-severity-oral-vs-iv-rehydration

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