
Module 9B : Identifying treatment and giving treatment before referral

Session 5 : Treat the Child: Treatment with medicines at home ii) Treat diarrhoea with dehydration by using Oral Rehydration Salt (ORS) solution (Plan B)

Day : 2

Time Required : 1 hour

Objectives

At the end of the session ASHAs will be able to:

1. Explain how to mix ORS correctly
2. Treat the child with diarrhea and dehydration with the correct dose of ORS

Materials and Preparation

See Checklist of Instructional Materials at beginning of sick child module . These materials will be used for sick child module.

Training Activities :

Activity - 1 : Participants read 'Treat diarrhoea with dehydration with Oral Rehydration Salt (ORS) solution (Plan B)'

Activity - 2 : Determine amounts of ORS solution to be given during the first 4 hours for treatment of children with dehydration

Tell the participants that this drill will provide practice in determining the approximate amount of ORS solution to be given to a child who has diarrhoea and some dehydration.

Materials needed for this drill :

- Learner' guide/chart book - Consult the table which shows ORS solution amounts to be given according to age of the child.
- Pencil and paper.

To conduct the drill :

- a. Ask the participants to look at the instructions for giving ORS solution to children with dehydration. Review the fluid amounts. Tell the participants they can refer to the table during the drill. Discourage them from relying on memory since this can lead to mistakes.
- b. Tell the participants that you will state the ages of children with signs of dehydration. You will then call on individual participants to state how much ORS solution should be given. Tell the participants that this drill is a practice for them to quickly and correctly determine the approximate amounts of ORS to give to dehydrated children. To keep the drill lively, encourage the participants to wait to be called on and be prepared to answer as quickly as they can.
- c. Ask if there are any questions. Provide detailed answers to all questions .

- d. Start the drill by giving an example. Ask your Co-facilitator: “How much ORS is to be given to a 1-year old child with diarrhoea and dehydration?” **The answer is** 700-900 ml, i.e., 5-6 cups. Discuss with participants, and ask them what is the volume of fluid that is generally available in one cup. For this drill, consider that one cup provides 150 ml fluid.
- e. Begin the drill. State the age for the first child. Call on a participant to tell you the **range** or the calculated **amount** of ORS solution to give to that child during the first 4 hours. Encourage the participants to answer quickly. Then state the next age, and call on the next participant.
- f. Praise participants for correct answers. If a participant gives an incorrect answer, move on and ask the next participant to answer. If you feel that there are one or more participants who do not understand, pause to explain. Then resume the drill.
- g. Keep the drill moving at a quick pace. Repeat the list of questions or make up new ones if you believe participants need more practice. The drill ends when you are convinced that all participants have acquired adequate are skills and are comfortable determining amounts of fluid needed in 4 hours.

Age of a Sick Child	Number of Cups*
3 years old	7
4 months old	3
5 months old	3
10 months old	3
1-1/2 years old	5
4 years old	7
15 months old	5
1 year old	5
2 months old	2
7 months old	3
8 months old	3
18 months old	5
4½ years old	7
3 months old	2

* One cup provides 150 ml fluid. Adjust this volume according to the volume of ORS that local cups provide.

Tell the participants that the above amounts are only a guide. If a child wants more or less ORS solution, give him what he wants.

Activity - 3 : Demonstration - Preparation of ORS solution

Objectives:

1. To demonstrate steps of preparing ORS solution.
2. To discuss precautions to be observed while preparing ORS solution.

Supplies :

- Measuring jar (1 litre)
- ORS packets (1000 ml preparation)
- Spoon
- Bowl
- A big container to dissolve ORS
- Clean water

Steps :

- Gather all the participants around the table. Make sure that every participant can clearly see the demonstration.
- Wash your hands with soap and water.
- Pour all the ORS powder from one packet into a clean container.
- Measure 1000 ml of clean water.
- Pour water into the container. Mix well until the powder is completely dissolved.
- Taste the solution so that you know how it tastes. Ask all the participants to taste the solution.
- Illustrate the steps from the pictures in the learner's guide.
- Discuss the precautions to be observed while preparing ORS :
 - Cleanliness (hands, container, etc,).
 - Correct measurement of water (1000 ml).
 - Clean water
 - Mixing it well.
 - Taste the solution.
 - Keep it for not more than 24 hours after preparation and throw away the unused solution.
 - Dissolve a new ORS packet for giving to the child.
 - Give it only by a spoon, frequently (once every minute).
 - If one litre measure is not available, suggest a suitable alternative.
 - Make sure that the participants understand the importance of correct measurement.
- Ask one of the participants to repeat the steps.
- Request one participant to repeat the demonstration in case the participants need more practice.

Summary

- Ask a participant to explain how to mix ORS correctly.
- Ask another participant to state the precautions to be taken while preparing ORS

Evaluation of the session

Objectives	Assessment Method
Explain how to mix ORS correctly	Demonstration/Questions and answers
Treat the child with diarrhea and dehydration with the correct dose of ORS	Drill and role play