

DEHYDRATION IN CHILDREN

Increased Risk for Dehydration

Higher body water content
Higher body surface area
Higher metabolic rate

Possible Causes

Fever
↓ Fluid intake
Vomiting and diarrhea
Burn injuries
Diabetes/DKA

Stages of Dehydration

MILD

3-6% weight loss

- Thirst
- Decreased urine frequency
- Darker yellow urine
- Dry, cool skin

MODERATE

7-10% weight loss

Above, plus:

- Decreased urine output
- Dry or sticky mouth
- Headache
- Muscle Cramps

SEVERE

>10% weight loss

Above, plus:

- No urine output
- Sleepy or lethargic
- Not responding to pain
- Irritability or confusion
- Delayed capillary refill

LATE signs:

- Hypotension
- Tachycardia
- Tachypnea
- Cyanosis

Interventions

- Identify and treat cause
- Monitor weight (1 kg = 1 L)
- Oral fluid replacement for mild to moderate
 - Electrolyte drink (i.e. Pedialyte)
- IV fluid replacement
 - Weight-based
 - Holliday Segar formula (see separate cheatsheet - Recommended Fluid Resuscitation in Children)