

Diarrhoea in children

Jernej Dolinsek

UEG Week Vienna 2024

Presentation

Hepatobiliary

Paediatrics

Primary Care

October 13, 2024

Acute diarrhoea remains a significant cause of childhood mortality globally, with dehydration as the primary lethal factor, yet oral rehydration therapy—the evidence-based first-line treatment—is underutilized in favor of intravenous hydration despite guideline recommendations.

KEY POINTS

- The speaker reported up to 2 billion episodes of acute childhood diarrhoea occur globally per year, and children in Europe can still die from acute infectious diarrhoea.
- Dehydration, not the infection itself, is what kills children with acute diarrhoea, making rehydration the mainstay of treatment.
- European guidelines recommend oral rehydration solution or nasogastric tube rehydration as first-line therapy, reserving intravenous hydration only for severely dehydrated, shocked, or unable-to-drink patients.
- The speaker stated that in an Italian study from 2012–2019, only approximately 15% of patients received oral rehydration despite guidelines, with most receiving intravenous fluids due to clinician habits, hierarchical resistance, and parental pressure.
- Probiotics such as *Lactobacillus rhamnosus* GG and *Saccharomyces boulardii* may help as adjuncts, but the speaker noted the evidence is low and weak, and two American studies showed no benefit in their settings.
- The speaker recommended lactose-free or low-lactose formulas for hospitalized non-breastfed children, with breast milk being the best option.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/8dfc2462-9130-11ef-907f-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.