

Pediatric Diarrhea Nursing Instruction Sheet

(小兒腹瀉護理指導)

■ Introduction to the Disease

Diarrhea refers to a noticeable increase in the frequency of bowel movements, with stools becoming watery or mushy. Common causes include viral infections (such as rotavirus or norovirus), bacterial infections, food intolerance, medication side effects, or gastrointestinal allergies. If not managed promptly, diarrhea in infants and young children may lead to dehydration and electrolyte imbalance.

■ Common Symptoms

- Watery stools with increased frequency (more than 3 times per day)
- Abdominal discomfort, gurgling sounds, or cramping
- Vomiting and decreased appetite
- Fever (especially in infectious diarrhea)
- Reduced energy, irritability, or drowsiness
- Decreased urination and dry lips (signs of dehydration)



Abdominal pain,
watery stool, vomiting, fever

For reference only. Please follow your doctor's instructions.



以病家為尊、以同仁為重、以北醫為榮

■ Tests and Examinations

- Stool test: To check for the presence of blood, mucus, bacteria, or parasites
- Dehydration assessment: The doctor will assess the level of dehydration based on the baby's weight, skin elasticity, and urine output
- Blood test: In more severe cases, blood tests may be used to evaluate electrolyte levels and kidney function
- Rapid viral testing: Performed when viral diarrhea (e.g., rotavirus) is suspected



Bloody or black stools



Drowsiness and low energy

■ Treatment and Care

- Rehydration is the top priority; maintain proper food and water hygiene
- After medical evaluation, breastfeeding may continue and formula feeding may be adjusted as needed
- Avoid fried foods, dairy products, and foods high in sugar
- Choose light and easily digestible foods
- Gently clean with warm water after each bowel movement and keep the area dry



- Keep a record of bowel movement frequency, consistency, and presence of blood or mucus
- Monitor changes in weight and urine output
- Rotavirus is resistant to alcohol; proper handwashing with soap and water is effective in preventing transmission
- Oral rotavirus vaccination in infants can help prevent rotavirus gastroenteritis

■ Emergency Return Warning

- Noticeable drowsiness or low activity level
- A dry diaper for more than 6 hours (no urination)
- Severe vomiting and inability to eat or drink
- Bloody stools or black tarry stools
- High fever over 38.5 °C that persists
- Sunken eyes or dry, cracked lips (signs of dehydration)



■ Quick Review

Question 1: () Breastfeeding should be stopped during a child's diarrhea to avoid worsening gastrointestinal discomfort.

Question 2: () Children with diarrhea should avoid drinking fruit juice, as it may worsen the condition.

Question 3: () Blood in the stool or persistent drowsiness may be a sign of severe gastroenteritis and requires immediate medical attention.

Correct Answers:

Q1:○ Q2: X Q3:○

References

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