



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)
(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

Ref.No:-IMCHRC/Paedia/2023/E9

Date:-26/7/2023

CIRCULAR

Department of Paediatrics ,Index Medical College Hospital & Research Centre is Celebrating ORS on 28/7/2023. All Interns, Nursing students ,post graduates from department of paediatrics are requested to be present in Ward no 14 on 28/7/2023 at 10am for the programme.

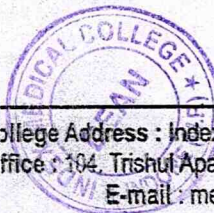
H.O.D

Dept. of paediatrics
Index Medical College
Hospital & Research Centre
Khudel-Indore(M.P)

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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
DEPARTMENT OF PAEDIATRICS
ORS WEEK REPORT

Ref.No:- IMCHRC/Paedia/23/69


DATE:- 28/7/23

REPORT

On occasion of world ORS week 25th July to 31st July 2023. The Department of Paediatrics of Index Medical College Hospital & Research Centre under Malwanchal University, in collaboration with Indian Academy of Paediatrics, Indore Branch observed the ORS day on 28/7/23 at 10am in Paediatrics ward for creating various awareness sessions on "Prevention of diarrhoea and management of dehydration" This year ORS day theme is O-only R-rational S-Solution for diarrhea. ORS week slogan for 2023:- "ORAL rehydration no more Dehydration" Dr. Swati Prashant [Head of Department] Dr. Sharad Thora [Professor & head of Department of Paediatrics, Amaltas Medical College, Dewas] all faculty of department of Paediatrics, post graduates, nursing students, staff and patients and relatives present on the day. Dr. Nikita Singh [Assistant Professor] started the occasion with warm welcome and delivered a speech about ORS week. Dr. Sharad Thora delivered a lecture about the importance and advantages of ORS in management of dehydration. He also stressed upon use of Zine in all cases of diarrhea. Medical interns presented a street play on the importance of ORS how lives can be saved by timely intervention. Interns demonstrated how ORS is made and home alternatives for making home ORS. Interns presented posters on ORS and beautifully explained it to everyone. Dr. Saurabh Piparsania [Associate Professor] thanked the interns and took questions from the audience and cleared their doubt regarding ORS and diarrhea management. Dr. Shubhangi Mahashabde [Professor] concluded the programme and thanked all interns for their enthusiastic performance.



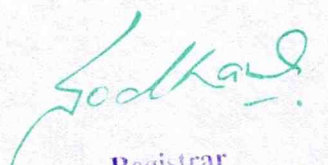

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Department of Paediatrics
Index Medical College
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Oral rehydration therapy (ORT) is a type of fluid replacement used to prevent and treat dehydration, especially due to diarrhea. It involves drinking water with modest amounts of sugar and salts, specifically sodium and potassium. Oral rehydration therapy can also be given by a nasogastric tube. Therapy should routinely include the use of zinc supplements. Use of oral rehydration therapy has been estimated to decrease the risk of death from diarrhea by up to 93%.

Side effects may include vomiting, high blood sodium, or high blood potassium. If vomiting occurs, it is recommended that use be paused for 10 minutes and then gradually restarted. The recommended formulation includes sodium chloride, sodium citrate, potassium chloride, and glucose. Glucose may be replaced by sucrose and sodium citrate may be replaced by sodium bicarbonate, if not available, although the resulting mixture is not shelf stable in high-humidity environments. It works as glucose increases the uptake of sodium and thus water by the intestines, and the potassium chloride and sodium citrate help prevent hypokalemia and acidosis, respectively, which are both common side effects of diarrhea. A number of other formulations are also available including versions that can be made at home. However, the use of homemade solutions has not been well studied.

Oral therapy was developed in the 1940s using electrolyte solutions with or without glucose on an empirical basis chiefly for mild or convalescent patients, but did not come into common use for rehydration and maintenance therapy until after the discovery that glucose promoted sodium and water absorption during cholera in the 1960s. It is on the World Health Organization's List of Essential Medicines. Globally, as of 2015, oral rehydration therapy is used by 41% of children with diarrhea. This use has played an important role in reducing the number of deaths in children under the age of five.


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Bhugaon, Indore, M.P.

List of participants


- 1)Dr Swati Prashant
- 2)Dr Anuradha Jain
- 3)Dr Saurabh Piparsania
- 4)Dr Naikey Minarey
- 5)Dr Shubhangi Mahashabde
- 6)Dr Stuti Gagrani
- 7)Dr Nikita Singh

PGs

- 1)Dr Suyash Singh Mahdele
- 2)Dr Greeshma Malviya
- 3)Dr Sakshi Singh
- 4)Dr Ankit Tiwari
- 5)Dr Vipin Patel
- 6)Dr Alok Chaturvedi


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