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Child Health NURSING Record Book

for GNM Students

Name of the Candidate: _____

Name of the Institution: _____

_____

Charan Singh
Kuljeet Kaur
Neelam Nain

JAYPEE

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CHAPTER 4

Assessment of Dehydration

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DEFINITION

Dehydration in children refers to the excessive loss of body fluids, mainly water and electrolytes, leading to an imbalance that can affect normal bodily functions. It often occurs due to diarrhea, vomiting, fever, or inadequate fluid intake.

PURPOSE OF DEHYDRATION ASSESSMENT SCALES

- To **evaluate the severity** of dehydration.
- To guide **clinical management** decisions (e.g., need for oral rehydration or intravenous fluids).
- To **monitor progress** and recovery.

COMMON DEHYDRATION ASSESSMENT SCALES FOR CHILDREN

World Health Organization (WHO) Dehydration Scale

- **No dehydration:** Normal general condition, moist mucous membranes, normal skin turgor.
- **Some dehydration:** Restless, irritable, sunken eyes, decreased skin turgor, dry mucous membranes.
- **Severe dehydration:** Lethargic or unconscious, very sunken eyes, skin pinch goes back very slowly, signs of shock (weak pulse, rapid breathing, cold extremities).

Clinical Dehydration Scale (CDS)

Assesses four signs, each scored 0 to 2:

1. General appearance (normal to lethargic/unconscious).
2. Eyes (normal to very sunken).
3. Mucous membranes (moist to very dry).
4. Tears (present to absent).



Fig. 4.1: Clinical dehydration symptoms.

Total score indicates severity:

- 0–1: No dehydration.
- 2–4: Some dehydration.
- 5–8: Severe dehydration.

Signs to Assess in Children

Table 4.1: Clinical signs for assessment of dehydration severity in children.

Sign	***No dehydration***	***Some dehydration***	***Severe dehydration***
General appearance	Alert, playful	Restless, irritable	Lethargic, unconscious
Eyes	Normal	Slightly sunken	Very sunken
Mucous membranes	Moist	Dry	Very dry
Tears	Present	Decreased	Absent
Skin pinch (turgor)	Immediate recoil	Slow recoil	Very slow recoil
Pulse	Normal	Fast	Weak or absent
Breathing	Normal	Fast	Deep or irregular

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Salient Features

- Covers practical aspects of GNM as per the INC syllabus
- Well planned and written in easy and simple language to make the student understand properly. Fulfills the student professionals' expectation
- Contents are systematically arranged for learning purpose
- Contains current and updated information of pediatric nursing
- Enriches both the theory and practical knowledge of the student
- User-friendly for teachers, i.e., easy to evaluate the student's practical knowledge and skills
- Contains annexure that will help to understand the nursing diagnosis, medication, drug calculation, and laboratory findings.

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