ORS [Oral Rehydration Salt]

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→

O R S → salt

Oral Rehydration

→ It comes under the Oral Rehydration therapy.

→ As the name indicates " the salt/sol" given orally for rehydration of body.

⇒ Need for ORS

→ It is mainly needed as fluid replacement when there is loses of electrolyte & water from body due to some clinical conditions such as Diarrhoea, Dehydration, vomitting, sweating.

→ But major water & Electrolyte loses are seen after dehydration & Diarrhoea.

→ Important electrolyte like Na^+, Cl^- besides H_2O are actively secreted from gut mucosa and lost in stool.

→ So as a ~~therapeutic~~ preventive measure the electrolyte can be given orally in form of a solution which have electrolytes.

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Composition of ORS

As per the WHO and UNICEF the (United Nations children's fund) composition of ORS is →

1) Sodium chloride → 2.6 g/L
2) KCl → 1.5 gm/L
3) Trisodium citrate → 2.9 gm/L
4) Glucose → 13.5 g/L

} 20.5 g

one sachet ~~was~~ contain 20.5 gm of electrolyte which must be dissolve in 1 litre of water. to form solution.

Role of ions

H_2O : The base of solution used to replace lost fluid from the body.

Glucose : A simple sugar that acts as a carrier molecule, enabling the small intestine to absorb Na & H_2O more efficiently.

Na^+, Cl^- : A crucial and major electrolyte is necessary for proper absorption of H_2O in intestine. & maintain electrolytic balance.

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K^+ : Another important electrolyte that help to maintain proper nerve & muscle.

Preparation

⇒ Equipment needed

→ A clean glass for 200 mL

→ A clean vessel to mix

→ A clean spoon to mix solution & feed children/patient.

→ 1 litre warm water.

Procedure :

for sachet Preparation

(i) Wash hand ε soap & clean H_2O

(ii) Pour all powder from 1 sachet into a clean container (1 litre)

(iii) Pour 1 litre warm water into container

(iv) Administer to patient.

Risk and side effect of ORT

Due to hypernatremia

(i) Nausea

(ii) vomiting

(iii) weakness.