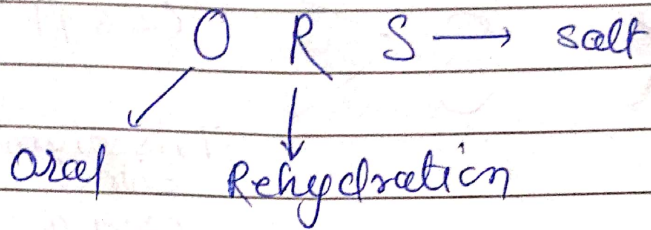


# ORS [Oral Rehydration Salt]

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- 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 loss of electrolyte & water from body due to some clinical conditions such as Diarrhoea, Dehydration, vomiting, sweating.
- But major water & electrolyte losses are seen after dehydration & Diarrhoea.
- Important electrolyte like  $\text{Na}^+$ ,  $\text{Cl}^-$  besides  $\text{H}_2\text{O}$  are actively secreted from gut mucosa and lost in stool.
- So as a <sup>therapeutic</sup> ~~preventive~~ measure the electrolyte can be given orally in form of a solution which have electrolytes.

## Composition of ORS

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

- |                      |                        |  |
|----------------------|------------------------|--|
| 1) Sodium chloride   | $\rightarrow$ 2.6 g/L  | } <span style="border: 1px solid black; padding: 2px;">20.5 g</span> |
| 2) KCl               | $\rightarrow$ 1.5 gm/L |  |
| 3) Trisodium citrate | $\rightarrow$ 2.9 gm/L |  |
| 4) Glucose           | $\rightarrow$ 13.5 g/L |  |

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

### Role of ions

H<sub>2</sub>O : 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<sub>2</sub>O more efficiently.

Na<sup>+</sup>, Cl<sup>-</sup> : A crucial and major electrolyte is necessary for proper absorption of H<sub>2</sub>O in intestine. & maintain electrolytic balance.

K<sup>+</sup> : Another important electrolyte that help to maintain proper nerve & muscle.

## Preparation

⇒ Equipment needed

- A clean glass<sup>pot</sup> of 200 ml
- A clean vessel to mix
- A clean spoon to mix solution & feed children/patient.
- # → 1 litre warm water.

## Procedure :

① for sachet Preparation

- (i) Wash hand w soap & clean H<sub>2</sub>O
- (ii) Powe all powder from 1 sachet into a clean container (1 litre)
- (iii) Powe 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.