

# Acute Gastroenteritis (AGE) Clinical Practice Guideline

## Emergency Department Management

FINAL  
5.3.18

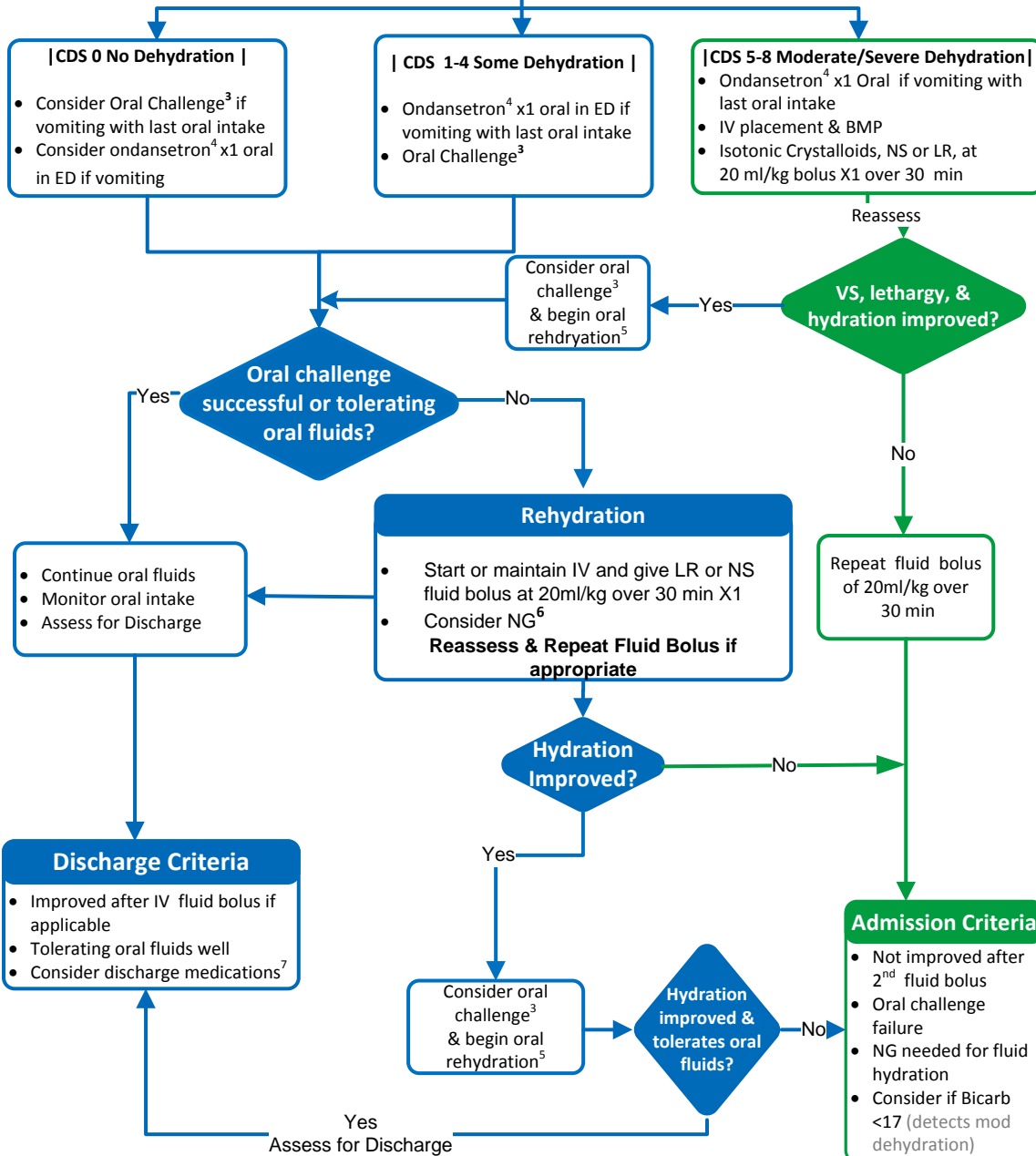


**Patient Presents with  $\geq 3$  loose stools in 24 hrs.<sup>1,2</sup>**  
+/- vomiting; +/- fever

**Score the Clinical Dehydration Scale (CDS)**  
*Score each element as 0, 1, or 2 for a total score from 0-8*

[Characteristics]	[0]	[1]	[2]
General appearance	Normal	Thirsty, Restless or Lethargic, but irritable when touched	Drowsy, limp, cold or sweaty, +/- comatose
Eyes	Normal	Slightly sunken	Extremely sunken
Mucous membrane (tongue)	Moist	Sticky	Dry
Tears	Tears	Decreased tears	Absent tears

JPGN. Volume 59, number 1, July 2014, validated for patients < 3yrs, in older patients clinical judgement may supersede the CDS score



### 1 Inclusion Criteria

- Patients > 90 days of age
- $\geq 3$  loose stools in 24 hrs. Or any loose stools with vomiting
- Acute AGE is < 7 days of loose stools

### 2 Exclusion Criteria

- History of Chronic/Complex diagnoses (see Feudtner Exclusion List)
- Patients < 90 days
- Hypo/HyperNatremia or Hypo/HyperKalemia (once confirmed remove from guideline)

### 3 Oral Challenge

- If vomiting give Ondansetron⁴ and wait 15 min
- Give 5-10ml oral rehydration⁵ every 5 min X 15 min
- If emesis – wait 15 min and try again.
- If patient < 2yrs and REFUSES oral fluids, and no vomiting, try oral syringe
- If patient continues with emesis stop oral challenge and start IV

### 4 Ondansetron Dosing

- Pt. wt. 8kg to  $\leq 15$ kg      2mg ODT
- Pt. wt. > 15 kg                4mg ODT

### 5 Oral Rehydration

- Avoid high carbohydrate liquids and optimize with low osmols and higher Na**
- Preferred > 1yr Pedialyte then try sports drink
  - Infants < 1yr: Enfalyte oral, syringe or NG
- ORAL REHYDRATION GOAL:**  
Maintains oral hydration with a minimum of < 10 kg: 60ml or >10 kg: 120ml over 30 min

### 6 NG Rehydration

- NG may be placed if pt. < 2years, **NO** emesis **AND** refusing PO
- **And** unable to obtain IV or Parents refuse IV
- Strongly consider admission Hydrate with: Enfalyte 10-20 ml/kg over 30 min

### 7 Discharge Medications

- **\*Ondansetron:** Evidence supports giving one dose of Zofran in ED/UC, be aware that multi doses may prolong diarrhea
- **\*Probiotic:** Limited evidence suggest some improvement but not clear to support use in every patient

### GI PCR and Stool Culture

- GI PCR Panel is NOT necessary for all patients with diarrhea**
- May consider Sending PCR for:
- Severe illness (severe abd. pain, tenderness  $\pm$  fever)
  - Prolonged symptoms >7 Days
  - Travel related diarrhea if persistent or with fever
  - Persistent Fever
  - Bloody diarrhea esp. if mucoid
  - Do not order a stool culture if PCR is ordered
- PCR PANEL DOES NOT INCLUDE C-DIFF**

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