

3. TREATMENT OF DIARRHOEA

Diarrhoea is when people defecate very often with watery faeces. Diarrhoea can be easy to cure at home or it can be a symptom of other serious diseases such as Typhoid, Cholera, Malaria, Measles, and HIV/AIDS. Therefore, if diarrhoea in adults continues for more than a week it is vital to seek medical treatment. It is also important to note how the faeces look (with blood or mucous), how often diarrhoea occurs, and it is accompanied by vomiting or fever.

RECOGNISING DIFFERENT TYPES OF DIARRHOEA

Gastroenteritis:	Frequent very loose or fluid stools, vomiting, spasmodic abdominal pain
Bloody Diarrhoea:	Blood in faeces.
Typhoid:	In the 3 rd week profuse diarrhoea with foul green-yellow stools, high fever.
HIV/AIDS:	Diarrhoea for more than 1 month, weight loss, weakness, and prolonged fever.
Giardia:	Diarrhoea watery initially, often nausea, abdominal discomfort.
Amoebic Dysentery:	Diarrhoea bloody and mucoid as severity increases, abdominal discomfort.

Diarrhoea may also occur because babies are teething. The main problem is that mothers may believe they should not feed a baby with diarrhoea. If the water that is lost through diarrhoea and vomiting is not replaced the body becomes very dehydrated. Babies are very vulnerable and can die from lack of water and nutrition this way. A solution of salt and sugar (SSS) can be made at home which is a First Aid treatment and can combat dehydration.

Dehydration can be easily seen as the mouth becomes dry and cracked, the fontanel sinks into the skull of young babies, and the skin loses elasticity so the skin stays heaped when it is pinched. If despite SSS, the diarrhoea continues more than 24 hours with a baby or child, you must go to a health centre for medical assistance. A baby with diarrhea must continue to breastfeed. Continue to give children light food (rice, soup, eggs, banana) and plenty of fluid. Coke is good for rehydration.

ACTIVITY 3: MAKING SALT SUGAR SOLUTION TIME: 1 Hour

<p>1. Boil water. 2. Leave it to cool.</p> 	<p>3. Find an empty 1 litre bottle. 4. Wash bottle well</p> 	<p>5. Pour the water into the bottle to measure exactly one litre.</p> 	<p>6. Pour the 1 litre of water into a clean jug.</p> 	<p>7. Measure ½ teaspoon of salt into the water.</p> 		
<p>8. Measure 8 level teaspoons of sugar.</p> 	<p>9. Add sugar to the water.</p> 	<p>10. Stir well until sugar and salt have dissolved.</p> 	<p>11. Taste the 'Sugar Salt Solution (SSS) to make sure it is no more salty than tears.</p> 	<p>Feed the baby with a teaspoon of SSS every 5 minutes.</p> 	<p>Always wash your hands before feeding baby.</p> 	<p>Keep breast feeding the baby.</p> 

N.B. Try to finish 1 litre of SSS within one day. If diarrhoea does not stop within 24 hours take baby to Clinic.

HOMEWORK: Teach your neighbour how to make SSS