

SUMMARY AND CONCLUSION

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Hypernatremic dehydration is the most serious type of dehydration as it is a well recognized cause of permanent brain damage. (Clarke et al 1979). In our study the incidence of hypernatremic dehydration and the various factors that may contribute to its occurrence were studied among infants of the study who presented with acute diarrhea of less than 5 days duration. The incidence was (6.4%), which is considered low. The factors behind this low incidence were studied. According to the results of our study, we can recommend the following points aiming to reduce the incidence of hypernatremic dehydration:

- I. Encouragement of breast feeding which is considered a prophylactic measure against diarrhea and hypernatremic dehydration.
- II. Early use of ORS in its proper concentration and mode of administration as results of this study revealed that early proper use of ORS reduces severity and incidence of various types of dehydration.

 III. Minimizing extera fluid loss which may be associated

with fluid loss of diarrhea by:

- A. Early control of vomiting by proper use of ORS
- B. Prompt control of fever, chest infection or acidosis if they are present as they increase insensible water loss
- C. Minmizing insensible water loss due to high enviromental temperture, this can be aschived by nursing infants with acute diarrhea in a well aireated place during hot months of the year.

IV. Rising the level of television program prepared by the national project for control of dirrheal diseases by addition of simple clear informations about this serious type of dehydration, insisting on the fact that mothers has to visit the doctor or the nearest oral rehydration center as early as possible.