PARENTERAL FLUID THERAPY for CHILDREN & YOUNG PERSONS
(AGED OVER 4 WEEKS & UNDER 16 YEARS)

Initial management guideline

DHSSPS Department of Health, Social Services and Public Safety www.dhsspsni.gov.uk

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Monitoring & observations essential

ALL CHILDREN

Admission Weight. U&E *(unless child is well & for elective surgery)*

12 Hourly –
Assess In / Output, plasma glucose

Daily – Clinical reassessment. U&E (more often if abnormal; 4-6 hourly if Na^+ < 130 mmol/L).

ILL CHILDREN
May need:
Hourly - HR, RR, BP, GCS. Fluid In/ Output (urine osmolarity if volume cannot be assessed)
2-4 hourly – glucose, U&E, +/- blood gas.

Daily – weight if possible

Each shift
Handover and review of fluid management plan.

If plasma Na^+ < 130 mmol/L or > 160 mmol/L or plasma Na^+ changes > 5 mmol/L in 24 hours ask for senior advice

Is shock present? YES

ADMINISTER RAPID FLUID BOLUS
Give 20 ml/kg sodium chloride 0.9% IV or Intraosseous
[10 ml/kg if history of haemorrhage or in diabetic ketoacidosis]
Reassess. Repeat bolus if needed. Call for senior help.
(Up to 60 ml/kg may be needed. Use blood after 40 ml/kg if patient has haemorrhaged)

NO

Can child be managed with oral fluids? YES

PRESCRIBE ORAL REHYDRATION SOLUTION

DKA / burns: initiate departmental protocol. Renal / cardiac / hepatic - get senior advice.

Is there a fluid deficit? YES

ESTIMATE DEFICIT
FLUID DEFICIT = (% dehydration x kg x 10) as mls of:
sodium chloride 0.9%
The volume of fluid to be prescribed is: fluid deficit MINUS volume of any fluid bolus received
Prescribe this residual volume of deficit separately from the maintenance prescription.
Give over 24 hours (but over 48 hours if Na^+ < 135 or > 145 mmol/L)
ONGOING LOSSES: calculate at least 4 hourly. Replace with an equal volume of:
sodium chloride 0.9% (with or without pre-added potassium)
Be prepared to change fluid type and volume according to clinical reassessment, electrolyte losses and test results

NO

Prescribe Maintenance fluids

PRESCRIBE INITIAL IV MAINTENANCE FLUID AND TIME FOR REASSESSMENT

Patients particularly at risk of hyponatraemic complications:
peri-operative patients; patients with head injuries; gastric losses; CNS infection; severe sepsis; hypotension; intravascular volume depletion; bronchiolitis; gastroenteritis with dehydration; abnormal plasma sodium, particularly if less than 138 mmol/L but also when greater than 160 mmol/L; salt wasting syndromes.

Fluid choices: glucose containing fluid normally required if under 1 year old and may also be required by older children

sodium chloride 0.9% (with/ without pre-added glucose 5%)
or
Hartmann's Solution
or
Solution Corporately Approved at Trust Level

Other Patients:
sodium chloride 0.45% with pre-added glucose 2.5% or 5%
All Patients:
Alter fluid rate according to clinical assessment. Change electrolyte and glucose content of infusion fluid according to test results.
COMMENCE ORAL FLUIDS & DISCONTINUE IV FLUIDS AS SOON AS POSSIBLE

CALCULATION OF 100% MAINTENANCE RATE

(a) for first 10 kg:	100 ml/kg/ day	≡ 4ml/kg/hr
(b) for second 10 kg:	50 ml/kg/ day	≡ 2ml/kg/hr
(c) for each kg over 20 kg:	20 ml/kg/ day	≡ 1ml/kg/hr

[for 100% daily maintenance add together (a) + (b) + (c)]

MAXIMUM: in females 80 mls per hour; in males 100mls per hour.
If the risk of Hyponatraemia is high consider initially reducing maintenance volume to two thirds of maintenance.

Hypokalaemia (< 3.5 mmol/L): Check for initial deficit. Maintenance up to 40 mmol/L IV potassium usually needed after 24 hrs using pre-prepared potassium infusions as far as possible. Consult Trust Policy on IV strong potassium.
Oral intake and Medications: volumes of intake, medications & drug infusions must be considered in the fluid prescription.
Hypoglycaemia (< 3 mmol/L). **Medical Emergency: give 5 ml/kg bolus of glucose 10%.** Review maintenance fluid, consult with senior and recheck level after 15-30 mins. **INTRA-OPERATIVE PATIENTS:** consider monitoring plasma glucose.
Symptomatic Hyponatraemia: check U&E if patient develops nausea, vomiting, headache, irritability, altered level of consciousness, seizures or apnoea. **This is a Medical Emergency and must be corrected.**
Commence infusion of sodium chloride 2.7% at 2 ml/kg/hour initially and get senior advice immediately.