



ABSTRACT

Nutrition management for children with diarrhea

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Nutrition Battling on Pandemic COVID-19: How to Survive

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Diarrhea is the second leading cause of death in children in the world. In Indonesia, the prevalence of diarrhea in children under five in 2018 is still high, namely 12.3%. The highest prevalence is in under two years of age (20%). Diarrhea is a multifactorial disease associated with socio-demographic, environmental and behavioral child care and feeding practices. The most common cause of diarrhea is infection, most of which are viral infections (60–70%).

Diarrhea in children, especially if it recurs or persistent, can have an impact on the nutritional status of the child and lead to stunting. Apart from that, diarrhea also has an impact on children's cognitive in the future, regardless of their nutritional status.

According to WHO, the management of diarrhea aims to prevent dehydration by increasing fluid intake in the form of oral rehydration solutions; zinc supplementation, continuing breastfeeding or feeding, and immediately referred to a health facility if there is blood in the stool or if there are signs of dehydration to receive rehydration with intravenous fluids. The objectives of nutrition management are to minimize the adverse effects on nutritional status and to promote intestinal mucosal epithelium regeneration for normal absorptive and digestive functions. The benefits of nutrition management in children with diarrhea were varied with the nutritional quality of the foods, which can be increased by temporary fortification.

It is necessary to maintain fluid balance, as proper rehydration is the main goal in diarrhea therapy. It is recommended to give oral rehydration solutions with low osmolarity which has been shown to help reduced the duration of diarrhea. If the child is severely dehydrated or the child shows lactose intolerance, or if the diarrhea gets worse when given milk, lactose-free milk can be given for up to one week. Lactose intolerance usually improves after the intestinal mucosal epithelium has regenerated. Nucleotides are proven to help accelerate the regeneration process of the intestinal mucosal epithelium. The addition of probiotic, i.e. *L.reuteri DSM 17938* has also been shown to effectively reduce the duration of diarrhea.

Keywords: diarrhea, children, nutrition, rehydration, lactose intolerance

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