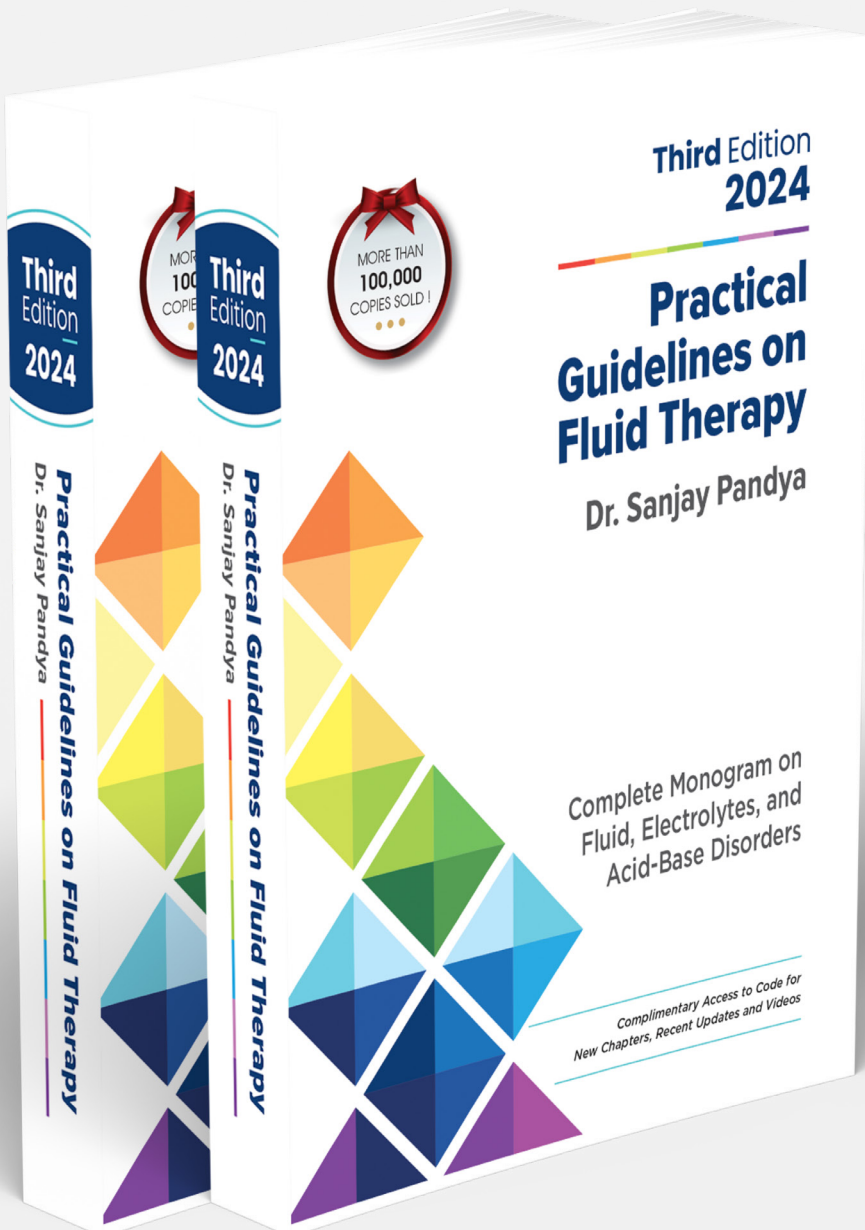




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Chapter 50: Oral Rehydration Therapy



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Oral rehydration therapy (ORT) is a remarkable innovation that changed the outcome of millions of children suffering from diarrhea globally [1, 2]. ORT is a wonderful discovery that has saved more lives than any other treatment modality over the past century [3]. ORT is a cost-effective, noninvasive alternative to intravenous fluids, offering the benefits of being less expensive and having a lower complication rate.

ORT eliminates the need for IV fluid infusion, which requires a skilled professional to establish a venous line, especially in infants, and also avoids the risks of pulmonary edema or electro-

lyte imbalance associated with IV fluid therapy. The efficacy of ORT is often underestimated due to its low cost, leading to a lack of trust and subsequent underuse [4].

ORAL REHYDRATION SOLUTIONS VS. ORAL REHYDRATION THERAPY

The terms “oral rehydration therapy” and “oral rehydration solutions” are often used interchangeably. Oral rehydration therapy refers to the broader practice of using a variety of solutions, including

oral rehydration solution (ORS), for rehydration, typically containing a mixture of salt, sugar, and water. On the other hand, ORS represents specific formulations, such as the WHO-recommended mixture of glucose and electrolytes, which are

scientifically designed to treat dehydration effectively. Thus, ORS stands out as the most scientifically advanced and effective method for treating dehydration among all ORT options.

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