

# ED OBSERVATION UNIT: VOMITING AND DEHYDRATION PROTOCOL

## NYC H+H KINGS COUNTY HOSPITAL CENTER

*General Observation Guidelines apply for all ED observation patients.*

<b>INCLUSION CRITERIA</b>	<b>EXCLUSION CRITERIA</b>
<ul style="list-style-type: none"> <li>• Mild to moderate dehydration</li> <li>• Inability to tolerate PO</li> <li>• Refractory to ED treatment</li> <li>• Self-limiting or treatable cause</li> <li>• Evidence of dehydration - vomiting/diarrhea, high BUN/Cr ratio (&gt;20), orthostatic changes, poor skin turgor, high urine specific gravity, hemoconcentration, etc</li> </ul>	<ul style="list-style-type: none"> <li>• Hemodynamic instability</li> <li>• Significantly abnormal electrolytes including Na &lt; 125 mEq or &gt; 150 mEq</li> <li>• Associated causes not amenable to short term treatment: e.g. bowel obstruction, appendicitis, bowel ischemia, DTs, DKA, sepsis, post-operative, etc.</li> <li>• Pregnancy</li> </ul>

<b>INTERVENTIONS</b>
<ul style="list-style-type: none"> <li>• IV hydration</li> <li>• Serial exams, monitor intake and output, vital signs</li> <li>• Anti-emetics PRN</li> <li>• Analgesia PRN</li> <li>• Electrolyte supplementation and repeat labs if abnormal</li> <li>• Advance diet as tolerated</li> </ul>

<b>DISPOSITION</b>
<div> <div> <b>Home:</b> <ul style="list-style-type: none"> <li>• Acceptable VS</li> <li>• Resolution of symptoms</li> <li>• Tolerating PO fluids or medications</li> <li>• Acceptable electrolytes (if repleted)</li> </ul> </div> <div> <b>Admission:</b> <ul style="list-style-type: none"> <li>• Unstable VS</li> <li>• Associated cause found requiring hospitalization</li> <li>• Inability to tolerate PO fluids or medications</li> </ul> </div> </div>

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