

highly probable that she has acute infectious diarrhea because her mother noted that she has had a “cold” for several days, she is vomiting and having diarrhea, and she has an elevated temperature. The priority for nursing care at this time is to provide rehydration via ORT. ORT is an effective, safe, and cost-effective way to treat mild dehydration. The nurse practitioner should provide the mother with instructions to give Mary oral rehydration solution at frequent intervals and in small amounts. The mother should also be instructed to continue with breastfeeding and normal feedings. Early reintroduction of normal nutrients is desirable in cases of mild dehydration; delayed introduction of food may be harmful and can prolong the illness. Mary's mother should also be told to avoid the use of antidiarrheal medications.

4. Yes, the evidence supports this initial plan of management.

## Constipation

1. Evidence: Yes, there are sufficient data to arrive at some conclusions for an initial plan of management.

2. Assumptions:

- a. Constipation in infancy can be caused by structural disorders (such as, Hirschsprung disease) or strictures, or systemic disorders (such as, hypothyroidism), or it can be simple functional constipation.
- b. In infancy, transient illness, withholding and avoidance secondary to painful or negative experiences with stooling, and dietary changes (such as, a change from human milk to formula) may precipitate functional constipation.
- c. Functional constipation is usually treated by dietary