

Intensified Diarrhoea Control Fortnight-2022

June 14, 2022

In news– The Union Minister of State for Health has launched the 'Intensified Diarrhoea Control Fortnight – 2022' (IDFC) awareness programme to put an end to child mortality due to diarrhoea.

About Intensified Diarrhoea Control Fortnight (IDFC)–

- It will be implemented from June 13 to 27 in all the states and union territories.
- IDCF consists of a set of activities to be implemented in an intensified manner for prevention and control of deaths due to dehydration from diarrhoea across all states and UTs.
- These activities mainly include intensification of advocacy and awareness generation activities for diarrhoea management, strengthening service provision for diarrhoea case management, establishment of ORS-Zinc corners, prepositioning of ORS by ASHA in households with under-five children and awareness generation activities for hygiene and sanitation.
- IDCF has been organised since 2014 .
- In view of the high prevalence of diarrhoea, this fortnight is organised especially during summer or monsoon to ensure that effective preventive measures are taken.

What is Diarrhoea?

- **Diarrhoea is the condition of having at least three loose, liquid, or watery bowel movements each day.**
- It often lasts for a few days and can result in dehydration due to fluid loss.
- **Signs of dehydration often begin with loss of the normal stretchiness of the skin** and irritable behaviour.

- This can progress to **decreased urination, loss of skin colour, a fast heart rate**, and a decrease in responsiveness as it becomes more severe.
- Loose but non-watery stools in babies who are exclusively breastfed, however, are normal.
- **The most common cause is an infection of the intestines due to either a virus, bacterium, or parasite**—a condition also known as gastroenteritis.
- These **infections are often acquired from food or water** that has been contaminated by feces, or directly from another person who is infected.
- **The three types of diarrhoea are:**
 - Short duration **watery diarrhoea**.
 - Short duration **bloody diarrhoea**, and
 - **Persistent diarrhoea** (lasting more than two weeks, which can be either watery or bloody).
- The short duration watery diarrhoea may be due to cholera, although this is rare in the developed world. If blood is present, it is also known as dysentery.
- A **number of non-infectious causes can result in diarrhoea**. These include **lactose intolerance, irritable bowel syndrome, non-celiac gluten sensitivity**, celiac disease, inflammatory bowel disease such as ulcerative colitis, hyperthyroidism, bile acid diarrhoea etc...
- **Diarrhoea can be prevented through safe drinking water, breastfeeding/appropriate nutrition**, hygiene and hygiene measures like hand-washing etc...
- Oral rehydration solution (ORS) clean water with modest amounts of salts and sugar is the treatment of choice.
- Zinc tablets are also recommended.