

# DIARRHEA

Introduce yourself , take permission
Patient profile (name , age , occupation , marital status)
Chief complaint + duration
Analysis of the Chief Complaint (FCBCAO)
<p><b>Frequency</b> how many times a day?</p> <p><b>Character</b> (mucus (greasy) or watery)</p> <p><b>Blood</b> (fresh blood ( hematochezia) , melena )</p> <p><b>Color</b> (fatty . pale)</p> <p><b>Amount</b></p> <p><b>Odor</b> (foul smelling)</p> <p><b>Onset</b> (duration, sudden or gradual, progression, first time) = OPP</p> <p><b>Associated symptoms</b> (finish the CC analysis then ask about them ↓)</p> <p><b>Timing</b> (episodic (at night) or continuous)</p> <p><b>Exacerbating:</b> - Dietary factors, fatty foods (gallstones), (Gastric ulcer disease).</p> <p><b>Relieving:</b> Bowel motion (defecation)</p> <p>Drugs.</p> <p><b>Severity</b> → dehydration symptoms ( thirst . oliguria , dark urine, Dry mucous membranes )</p>
<b>Associated symptoms</b>
<ul style="list-style-type: none"> <li>• <b>GI symptoms</b> <ul style="list-style-type: none"> <li>a) Mouth ulcers → IBD, Celiac Disease</li> <li>b) Nausea &amp; Vomiting → GE, PUD (if bloody vomit)</li> <li>c) Abdominal pain → GE, IBD (Crohn's), Celiac disease, CA</li> <li>d) Abdominal distention + Alternating constipation → IBS</li> </ul> </li> <li>• <b>Constitutional</b> Fever , wt loss , night sweat , loss of appetite</li> <li>• <b>MSS</b> Skin rash , Joint Pain , Eye Symptoms.</li> </ul>
<b>Risk Factors (always ask about smoking and alcohol)</b>
I. GE → Eating anything spoiled II. Bacillary dysentery / ameba → Recent travel to endemic area III. IBD → Family hx IV. Colon CA → Low fiber diet, family hx V. Celiac → Family hx and hx of allergy
<b>Review of systems</b>
<b>Past medical and surgical</b>
<ul style="list-style-type: none"> <li>• Previous surgeries.</li> <li>• Previous attacks</li> <li>• Chronic illnesses (DM, HTN, Hyperlipidemia) ,contact with jaundiced patient.</li> </ul>
<b>Drug Hx:</b> → Antibiotics, NSAID, Laxatives
<b>Family Hx:</b> Ask about relevant conditions related to the history (Gastric cancer, PUD ... etc.), and any chronic diseases.
<b>Social Hx:</b> Smoking history (# of pack years), alcohol, travel history

**(DDX: Gastroenteritis, Bacillary dysentery or Ameba, IBD, Colon CA, PUD, IBS, Celiac disease) Investigations:**

1. Stool Culture → Infectious Colitis
2. Endoscope → Colon CA, IBD, Celiac disease.

