

Medicine Hx - Gastrointestinal System

History of “Abdominal Distension and Bloating”

A. Overview:

Abdominal distension may be generalized or may be localized to a discrete mass or enlargement of an organ. The main causes of generalized abdominal distension are easily remembered by the five **F**s:

- **F**at (obesity)
- **F**aeces (constipation)
- **F**etus (pregnancy)
- **F**latus (gastrointestinal)
- **F**luid (ascites)

A feeling of swelling (bloating) may be a result of excess gas or a hypersensitive intestinal tract (as occurs in the irritable bowel syndrome). Persistent swelling can be due to ascitic fluid accumulation .

B. Differential diagnosis:

DDx	What support this diagnosis?
“gastrointestinal”	
Malabsorption	Risk Factors: Excessive Alcohol Consumption, Family History Of Cystic Fibrosis Or Malabsorption , Intestinal Surgery, Use Of Medication (Laxatives) Typical Symptoms: Bloating, Cramping ,Gas ,Fatty Stool, Muscle Wasting, Weight Loss Complication: Anemia , Gall Stone, Kidney Stones , Malnutrition
“Hepatic ”	
Cirrhosis	Risk Factors: : Excessive Alcohol Consumption , Chronic Infection With Hepatitis B, C, Or D , Cystic Fibrosis Typical Symptoms: Jaundice , Fatigue , Ascites , Swelling In Your Leg , Bleeding And Bruising Easily Complication: edema , Splenomegaly , Bleeding ,
“Cardiac”	
Congestive Heart failure	Risk Factors: Hypertension, Physical Activity, Diabetes, Smoking, Family History. Typical Symptoms: Angina , Shortness Of Breath ,Fluid Retention And Swelling , Exercise Intolerance Complication: Kidney Damage , Heart Valve Problem, Liver Damage , Stroke

“Renal”	
Nephrotic Syndrome	Risk factors: Diabetes , Lupus , HIV , Hepatitis B And C, Some medications (NSAID) Typical Symptoms: Swelling , Foamy Urine , Weight Gain Complication: Blood Clots , Poor Nutrition , Acute Kidney Failure

C. Questions to Ask the Patient with this presentation

Questions	What you think about ... !
Onset	
Is it Sudden?	Acute decompensation of liver cirrhosis, malignancy and portal or splenic vein thrombosis).
Is it Graduated	usually in most if cases)
Association with	
Peripheral edema	Heart failure , cirrhosis , nephrotic syndrome
Pain and its frequently	To differentiate between small and large bowel abstraction
Gas and bloating	
Association with dyspepsia	Irritable bowel syndrome (IBS).
Recent surgery:	postoperative ileus

D. Review of symptoms related to the system of interest.

Gastrointestinal history	
Major symptoms	
Abdominal pain	Fever
Appetite and/or weight change	Lethargy
Postprandial fullness or early satiation, or both	Pruritus
Nausea and/or vomiting	Dark urine, pale stools
Heartburn and/or acid regurgitation	Jaundice
Waterbrash	Bleeding (haematemesis, melaena, rectal bleeding)
Dysphagia	Bloating or visible distension, or both
Disturbed defecation (diarrhoea, constipation, faecal incontinence)	

E. Systematic Review. Go to Medicine – Hx – “General” topic!

432 OSCE TEAM

DONE BY: shahad alqreen

OSCE TEAM LEADERS: Shaimaa AlRefaie & Roqaiih AlDueb