**Case 7: Approach to diarrhea ,student handout.**

**Part 1**

Mrs. Naifea A 28 years old female brought to the hospital complaining of diarrhea associated with Rt lower abdominal pain for 7 months. Abdominal pain is colicky in nature relieved partially with defecation, diarrhea watery up to 8 times per day ,no blood nor mucus .she was seen by primary care physician given tablets (metronidazole) with no relief. She noticed weight loss for 8 kgs for the last 4 months.

Her past medical history is not significant

Her past surgical history revealed history of appendectomy 5 years ago

She is not known to have any allergy and currently on no medications

**Part 2**

General examination showed :

Weight 48 kg

Height 160 cm

BMI: 19.7

Temperature 37.6

Abdominal examination: mild tenderness over lower abdomen on deep palpation

Rest of examination was normal

**Part 3 : investigations**

**CBC** :

HB 90 g/l

Wbc 4 m/mcl

Platelet count 700,000 /mcl

**U&E** was normal

**LFT** was normal apart from low albumin 22 g/l

Celiac serology normal

Stool culture no parasite or organism

**Learning Objectives:**

By the end of the session the students should be able to:

1. Know the definition of chronic diarrhea.
2. Recognize the causes and types of diarrhea.
3. Discuss the important associated symptoms of such case.
4. Elicit the differential diagnosis of abdominal pain and diarrhea.
5. Justify the abnormal physical findings.
6. Elicit the abnormalities in her investigations.
7. Understand the pathway of investigating patients with diarrhea.
8. Interpret the red flag indicators that need further actions.
9. Name further investigations that are required
10. List the management outline for chronic diarrhea.
11. Discuss the prognosis of the patient.

**Instruction for the students:**

* The students must read the case and the related questions before they come to CBL session.
* Prepare the case well by reading the following related topics (IBD, chronic Pancreatitis ,Celiac disease , TB of the Abdomen )
* Read the learning objectives and try to fulfill these objectives.
* The tutor in CBL will ask you to go through the case and answer some of stimulating questions.

**Recommended Books:**

1. Davidson’s Principles and Practice of Medicine last edition
2. Kumar and Clark’s Clinical Medicine,last edition.