

Case 1: diarrhea ,student handout.

Part 1

Mrs. Naifea is a 28 years old female arrived to the local gastroenterologist clinic complaining of watery diarrhea up to 8 times per day and is associated with Left lower abdominal pain for 7 months. The abdominal pain is on and off, relieved partially with defecation, the diarrhea is many times associated with blood. 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, MCV 65. Wbc 4 m/mcl. Platelet count 700,000 /mcl

U&E was normal

Liver enzymes are normal

Serum albumin is low at 22 g/l

Anti-TTG IgA: normal

Serum IgA: Normal

TSH: Normal

Stool culture: negative

Stool for parasites: Negative

Clostridium difficile: negative

Colonoscopy showed evidence of active inflammation in the rectum, sigmoid and descending colon (There is erythema, erosions, friability and loss of vascular pattern)

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 of bloody diarrhea.
3. Discuss the important associated symptoms of such case.
4. Justify the abnormal physical findings.
5. Elicit the abnormalities in her investigations.
6. Interpret the red flag indicators that need further actions.
7. Understand the pathway of investigating patients with diarrhea.
8. Name further special investigations if needed
9. Discuss the management outline for IBD.
10. 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.

