

Priority Topic: ABDOMINAL PAIN

Key Features:

1. Given a patient with abdominal pain, paying particular **attention to its location and chronicity**:
 - a) Distinguish between **acute and chronic pain**
 - b) Generate a **complete differential diagnosis**
 - c) **Investigate** in an appropriate and timely fashion

What you should study:

- ✓ **I really like the chapter “Abdominal Pain” from the textbook “Symptoms to Diagnosis – An Evidence-Based Guide. 3rd edition (Stern and Cifu). It is FREE on AccessMedicine if you login through your McGill vpn account.**
- ✓ **Abdominal Pain Ddx Tintinalli's**
- ✓ **Diagnostic imaging of acute abdominal pain in adults AAFP 2015**

2. In a patient with **diagnosed abdominal pain** (e.g., gastro-esophageal reflux disease, peptic ulcer disease, ulcerative colitis, Crohn’s disease), **manage specific pathology appropriately** (e.g., with medication, lifestyle modifications).

What you should study:

- ✓ **Gastroesophageal reflux disease AIM 2015**
- ✓ **Peptic ulcer disease & H pylori AAFP 2015**
- ✓ **Irritable bowel syndrome AIM 2016**
- ✓ **Crohn’s disease AAFP 2011**
- ✓ **Ulcerative colitis AAFP 2013**
- ✓ **Le suivi des maladies inflammatoires d’intestin au cabinet MduQ 2015**

3. In a **woman** with abdominal pain:
- Always **rule out pregnancy** if she is of reproductive age.
 - Suspect **gynecologic etiology** for abdominal pain.
 - Do a pelvic examination**, if appropriate.

What you should study:

- ✓ Ectopic pregnancy AAFP 2014
- ✓ Pelvic inflammatory disease AAFP 2012
- ✓ Evaluation of acute pelvic pain in women AAFP 2016

4. In a patient with **acute** abdominal pain, **differentiate between a surgical and a non-surgical abdomen**.

What you should study:

- ✓ Demonstration of an abdominal exam: <https://www.youtube.com/watch?v=XOefpxm38bc>

5. In specific patient groups (e.g., **children**, **pregnant women**, the **elderly**), include **group-specific surgical causes** of acute abdominal pain in the ddx.

What you should study:

- ✓ Acute abdominal pain in children AAFP 2016
- ✓ PBSGL - Chronic abdominal pain in children (**you were given the password to access all the PBSGs when you started residency**)
<https://members.fmpe.org/>
- ✓ Acute Abdomen in Pregnancy BMJ 2017
- ✓ Abdominal Emergencies in Elderly IJEM 2014
- ✓ Acute Abdominal Pain in Older Patients AAFP 2006

6. Given a patient with a **life-threatening cause** of acute abdominal pain (e.g., a **ruptured abdominal aortic aneurysm** or a **ruptured ectopic pregnancy**):
- Recognize** the life-threatening situation.
 - Make the **diagnosis**.
 - Stabilize** the patient.
 - Promptly refer** the patient for definitive treatment.

What you should study:

- ✓ **Abdominal Aortic Aneurysm AAFP 2015**
- ✓ **Abdominal aortic aneurysm AIM 2009**
- ✓ **EM Cases Best Case Ever 43: Ruptured AAA**
- ✓ **Ectopic Pregnancy AAFP 2014**
- ✓ **EM Cases Best Case Ever 68: Ectopic Pregnancy**
- ✓ **EM Cases Episode 23: Vaginal bleeding in early pregnancy**

7. In a patient with **chronic or recurrent abdominal pain**:
- Ensure **adequate follow-up** to monitor new or changing symptoms or signs.
 - Manage symptomatically** with medication and lifestyle modification (e.g., for **irritable bowel syndrome**).
 - Always **consider cancer** in a patient **at risk**.

What you should study:

- ✓ **Irritable Bowel Syndrome AAFP 2012**
- ✓ **GI Society IBS video Part 2**
- ✓ **Intestin irritable et patient irrité MduQ 2018**
- ✓ **IBS Management BMJ interactive infographic**
- ✓ **Colorectal Cancer Screening and Surveillance for High Risk AAFP 2018**
- ✓ **Esophageal Cancer AAFP 2017**
- ✓ **Ovarian Cancer AAFP 2016**
- ✓ **Gastric Cancer AAFP 2004**

8. Given a patient with a diagnosis of inflammatory bowel disease (IBD) recognize an extra intestinal manifestation.

What you should study:

- ✓ Crohn's disease LANCET 2012 **Figure 3B**
- ✓ IBD Extraintestinal Review 2015