Priority Topic: **DIARRHEA**

**Key Features:**

1. In all patients with diarrhea,
   a) Determine **hydration status**,  
   b) Treat **dehydration** appropriately.

**What you should study:** see also **Priority Topic Dehydration**
- **✓ Oral Rehydration Therapy CPS 2016**
- **✓ Effective Hydration in the Elderly 2013**

2. In patients with **acute diarrhea**, use history to establish the **possible etiology** (e.g., infectious contacts, travel, recent antibiotic or other medication use, common eating place for multiple ill patients).

**What you should study:**
- **✓ “Acute Diarrhea” from the textbook “Symptoms to Diagnosis – An Evidence-Based Guide. 3rd edition (Stern and Cifu). It is FREE if you login through your McGill vpn account.**
- **✓ Acute Diarrhea AAFP 2014**
3. In patients with acute diarrhea who have had recent hospitalization or recent antibiotic use, look for clostridium difficile.

**What you should study:**

- C Difficile AAFP 2018
- Clostridium difficile in the clinic AIM 2010

4. In patients with acute diarrhea, counsel about the timing of return to work/school (re: the likelihood of infectivity).

**What you should study:**

- Ah! Ces infections en garderie MduQ 2016

5. Pursue investigation, in a timely manner, of elderly with unexplained diarrhea, as they are more likely to have pathology.

**What you should study:**

I had difficulty finding something that captured this better than the “symptoms and diagnosis book...”; but you should know about this diagnosis in the elderly:

- La Colite Microscopique MduQ 2015

6. In a young person with chronic or recurrent diarrhea, with no red flag symptoms or signs, use established clinical criteria to make a positive diagnosis of irritable bowel syndrome (do not over-investigate).

**What you should study:** see also Priority Topic Abdominal Pain

Know the ROME III Criteria for IBS

- Irritable Bowel Syndrome in the clinic AIM 2017
- Intestin irritable et patient irrité MduQ 2018
- Les contaminants des aliments MduQ 2010
7. In patients with chronic or recurrent diarrhea, look for both gastro-intestinal and non-gastro-intestinal symptoms and signs suggestive of specific diseases (e.g., inflammatory bowel disease, malabsorption syndromes, and compromised immune system).

*What you should study: see also* Priority Topic Abdominal Pain

- Evaluation of Chronic Diarrhea AAFP 2011
- Diarrhée chronique - pas de panique! MduQ 2008
- Maladies inflammatoires de l’intestin MduQ 2015
- Maladie coeliaque ou intolérance MduQ 2015
- Celiac disease PBSGL 2015  [www.members.fmpe.org](http://www.members.fmpe.org)
  
You all received login information at the beginning of residency for the McMaster PBSGL modules - a treasure trove of materials!

- Approach to patient with suspected immunodeficiency MERCK 2013