

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
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