



## The Study of Co-Troublesome Conditions Associated with Acute Diarrhoeal Cases while Treating in a Tertiary Care Hospital.

### KEYWORDS

co-troublesome conditions, acute diarrhoea.

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**ABSTRACT** In Kurnool Government General Hospital during the period from October 2014 to November 2015, (14 months study) acute diarrheal out patients were 1482 cases, and in patients 443 in number got admitted. Incidentally it is required to face the co-problems. It is alarming that in addition to anti-diarrhoeal therapy there is a necessity of thorough physical examination of the patient and investigations to be done for better outcome of the patients. | We find acute diarrhoea with other co-troublesome conditions like alcohol withdrawal symptoms, anaemias, acute appendicitis, pulmonary tuberculosis, COPD with exacerbations, ruptured ectopic pregnancy with local haematoma, conditions identified.

### MATERIALS & METHODS :

Most cases in this study are in patients and few outpatients. They studied for co-associated problems /conditions.

### RESULTS :

The following conditions with number of patients observed are :

1. Acute alcohol intake in 4 cases
2. COPD with exacerbations in 3 cases
3. Acute Appendicitis in 4 cases
4. Anaemia of moderate to severe cases 20.
5. Ruptured ectopic pregnancy with local haematoma in 25 year woman 1 case.
6. Pulmonary tuberculosis 2
7. Lower GIT bleeding 4
8. Hypokalaemia 1
9. Intestinal thickening at hepatic flexor region on ultrasound probably inflammatory origin -1 case
10. Suspected ileocaecal tuberculosis on ultrasound - 1 case
11. Tape worm infestation in a beef consumer who was spontaneously expelled 2 tape worms per mouth - 1 case.

Conditions presented as complications of diarrhoea itself : associated conditions & number of patients. Paralytic ileus 2, Aki 6, Ac on ckd 3 cases.

### DISCUSSION :

Patients with alcohol intake there a need to monitor hypoglycaemia, withdrawal symptoms, multi vitamin supplementation including thiamine vitamin.

Make thorough examination like auscultation of lungs, accessory muscles respiration, watch for the cyanosis of COPD inpatients with diarrhoea.

Four cases of acute appendicitis is suspected on basis of pain, vomiting, fever as consequence, initially diffuse abdominal pain followed by localised right iliac fossa pain with very small quantity and fre-

quency of diarrhoea, there is a need for ultra-sound examination. probably because of ac. Inflammatory process leading to some watery to mucus or serous discharge gets confused as diarrhoea. the same is applied for the case of paralytic ileus there is findings are progressive abdominal-distension with decreased to absent bowel sounds made the patient to ultra sound examination find that to rule out - intestinal obstruction / and /or / paralytic ileus the patient is directed to general surgeon, presented initially as diarrhoea. Finally concluded as paralytic ileus.

One young female 25 years came to Infectious diseases. Outpatients came with c/o diarrhoea and find that severe pallor clinically moderate to severe anaemia present, on repeated questioning there is only few quantity and few frequency of diarrhoea present, o/e there was tenderness at right iliac fossa present. She was subjected to ultra sound examination find that ruptured ectopic pregnancy with local haematoma formation that is the cause for pallor (and here is also probably local inflammatory discharge mimicked as diarrhoea.) Immediately she was directed to the obstetrician. In this case pallor and pain in right iliac fossa are alarming features unless through physical examination we could have missed the main problem.

One young lady about 22 years admitted for diarrhoea with 2 months prior history of hypokalaemia needed treatment for this problem in addition to the diarrhoea.

Among the 20 cases of moderate to severe anaemia

1) 4 cases found B12 deficient,

2) 2 cases of dysentery with small quantity of mucus stools-, responded well with tablets Ethamsylate in 1 case.

3) 2 cases of haemorrhoids . among one female case found post haemorrhoidectomy state .

4) 1 patient with ruptured ectopic pregnancy with local hematoma formation .

Rest of the 11 cases directed to general medicine department for further evaluation & management .

#### CONCLUSION :

Thorough physical examination and history elicitation is required in addition to anti diarrhoeal therapy there is a necessity to find out co-troublesome or co morbid problems that facilitates better patient outcome .

In our study we focused on the troublesome physical findings & history elicitation like , especially pallor suggests shock or internal haemorrhage , lungs auscultation excludes COPD / asthma , CCF , fluid over load . per abdomen examination reveals localisation of tenderness with or without non - responding pain or distension of abdomen , with absent bowel sounds in paralytic ileus , noting lost menstrual cycle dates in childbearing age group women, and acute appendicitis .

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