

Case: F/9 months old, Diarrhea

Doctor: Good morning, I'm Dr. Suh. How can I help you today?

Guardian: Good morning, doctor. I'm Mrs. White and I'm here because my daughter has diarrhea.

Doctor: Oh, poor baby. It must be very hard for you too.

Guardian: Yes, doctor.

Doctor: I'm sorry to hear that, Mrs. White. May I have her name, please?

Guardian: Her name is Mary.

Doctor: What a nice name. And how old is she?

Guardian: She's 9 months old.

Doctor: She's still very young.

Guardian: Yes, very young to suffer this illness.

Doctor: Right. Can you tell me more about her condition?

Guardian: Her stools were watery for 3 days now and defecates 3 to 4 times in a day. She very lethargic and does not eat well.

Doctor: I see. Can you describe the stool? What's the color?

Guardian: It's yellowish

Doctor: Is there blood on the stool? If so, is it fresh blood?

Guardian: The stool has blood but I don't know what a fresh blood looks like.

Doctor: Ok. Any mucus?

Guardian: No, doctor

Doctor: Have you taken her temperature?

Guardian: Yes, but her temperature is just 36.5. That's normal, right?

Doctor: Yes, her temperature is within the normal range. Was there a time that she was shaking?

Guardian: No

Doctor: Where is she now? Is she staying with you?

Guardian: Yes, she's with me.

Doctor: Have you tried giving her medications?

Guardian: No, I don't know what medication to give her.

Doctor: Ok. Have you noticed any food that makes her diarrhea worse?

Guardian: Few minutes after breastfeeding, she tends to defecate a lot.

Doctor: I see. Any other symptoms that you have noticed?

Guardian: No, doctor

Doctor: How often do you have to change her diapers?

Guardian: Around 10 in a day

Doctor: Has she ever had any similar episodes before?

Guardian: No, doctor

Doctor: Is she a full-term baby?

Guardian: Yes, doctor

Doctor: Was she delivered vaginally or CSEC?

Guardian: Vaginally

Doctor: Did you have routine check-ups during your pregnancy?

Guardian: Yes, doctor

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Doctor: Did you have medical problems during pregnancy or after birth?

Guardian: No complications at all

Doctor: Are here immunizations up to date?

Guardian: Yes

Doctor: Does she have regular check up with her pediatrician?

Guardian: Yes, doctor

Doctor: Who usually takes care of her?

Guardian: My mother and I

Doctor: Can you tell me about her diet recently?

Guardian: She's exclusively breastfed.

Doctor: Has she ever traveled?

Guardian: Not yet

Doctor: Mrs. White, I think your daughter has an infection in her bowels. For adults, it might not be a serious problem but a baby as young as her has to be closely monitored. A baby's immune system is not fully developed yet so they are prone to infection. We need to confine her to this hospital for close monitoring and for hydration. However, there may be other causes of the symptoms that she is manifesting right now. For us to rule out other possibilities and get the exact diagnosis, we need to do some tests.

TEST YOUR KNOWLEDGE

- What was the conversation all about?
- What do you think caused the baby's diarrhea?
- Using a similar case, pretend to be the doctor and interview a guardian using your own dialogues.