

DIARRHEA

Diarrhea is a condition that involves the frequent passing of loose or watery stools. It is your body's way of getting rid of toxins, it's best to let it run its course. It comes from the Greek word diarrhoia. Dia means flow and rhoia means through, the term flowing through.

INTERVENTIONS

Non-pharmacological

- **Drink plenty of fluids**

Volume per volume replacement must always be considered since the person is at risk for dehydration. It may affect the balance of salts and electrolytes in the body. Special dehydration drinks can be bought in a pharmacy to restore their balance.

- **Provide restful environment and adequate rest period**

Diarrhea can drain your energy, providing rest periods will recover the energy loss

- **Ease Into Eating**

For an infant or child, feed the BRAT diet (bananas, rice, applesauce, and toast) as soon as they can tolerate it. For an adult, add semisolid and low-fiber foods gradually as diarrhea stops.

- **Avoid foods which are considered irritant like coffee, tea, spicy, greasy, fatty foods, alcohol etc.**

- **Instruct the patient to complete the full course of prescribed antibiotics or any medications**

Client education is will enable him/her to adhere with treatment plan.

- **Provide with skin care products (baby wipes, squirt bottle, cleansing foam, and barrier cream) and educated on how to use the products.**

The patient is at risk for drying of skin, moisturizing it will help ease this problem.

Pharmacological

Probiotics -- Lactobacillus GG, acidophilus, *or* bifidobacteria, taken as powder or in capsules -- help maintain the "good" bacteria in your intestines. They may help alleviate diarrhea, although scientific evidence is mixed. Active culture yogurt containing these probiotics may help prevent diarrhea.

Glutamine (3,000 mg 3 times per day) may help treat diarrhea caused by irritation of the intestinal lining.

Zinc (10 - 20 mg per day) may help improve immune and mucosal barrier functions.

Loperamide

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CONVERSATION

Doctor: Are you feeling bad? How?

Patient: I've been sick, and I have to fly to Portland this weekend.

Doctor: What sort of symptoms?

Patient: I have loose stools. I've got this pain on my stomach every time I move out.

Doctor: Are you feeling tired?

Patient: Yes. This condition is really energy draining. I ran to the bathroom often. Sometimes it makes me want to stay there all day.

Doctor: Your eyes are a bit sunken, your skin is dry, and your lips are cracked too.

Patient: Well, that's fine. But I can't go around like some kind of fish you know.

Doctor: It's not actually fine. It means you are dehydrated. The water loss must be replaced.

Patient: I see. What else?

Doctor: Your stool must be checked as well to see the causative agent. But For now, I have to prescribe some medications for you for the pain, and for your frequent bowel movement and ORS solution.

Patient: Well, where could I possibly get all that?

Doctor: There's a pharmacy at the corner.

Patient: Thanks doctor.

Doctor: It's my pleasure.