An approach to acute and chronic diarrhoea

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1. Which statement is incorrect?

- ☐ **A** Elderly people and those in long-term care have an increased risk of death as a consequence of diarrhoea
- ☐ **B** In resource-poor countries, diarrhoea causes an estimated 2.5 million annual deaths in children under the age of 5 years
- ☐ **C** In South Africa, diarrhoea accounts for 9% of deaths of children under five years of age

2. Which statement is correct? ORT:

- ☐ **A** Is sufficient to prevent complications due to dehydration in most patients
- ☐ **B** Shortens both the duration of diarrhoeal disease and the frequency of bowel motions
- ☐ **C** A and B

3. Which of the listed mechanisms by which diarrhoea can occur is/are associated with viral and bacterial pathogens and enterotoxins?

- ☐ **A** Osmotic
- ☐ **B** Secretory
- ☐ **C** Exudative
- ☐ **D** Motility disorders
- ☐ **E** A and B
- ☐ **F** B and C

4. Of the listed viral pathogens, which is the most severe enteric pathogen in children?

- ☐ **A** Norovirus
- ☐ **B** Rotavirus
- ☐ **C** Cytomegalovirus
- ☐ **D** Adenovirus
- ☐ **E** Astrovirus
- ☐ **F** Sapovirus

5. Which statement is correct?

- ☐ **A** There is a higher likelihood of parasitic pathogens being the cause of diarrhoea in HIV-infected individuals
- ☐ **B** Norovirus is the most common viral cause of diarrhoea in adults
- ☐ **C** Non-infectious aetiologies of diarrhoea include food allergy or intolerance, digestive disorders, and anatomical disorders
- ☐ **D** Infectious causes of diarrhoea can in some cases result in chronic diarrhoea
- ☐ **E** All of the above
- ☐ **F** A, B and C

6. In childhood, 'summer' diarrhoea is more likely to be due to rotavirus and 'winter' diarrhoea is more likely due to bacterial enteropathogens.

- ☐ **A** True
- ☐ **B** False

7. Which statement is incorrect?

- ☐ **A** Conventional diagnostic approaches to diarrhoeal disease are routinely required in patients with acute watery diarrhoea
- ☐ **B** Bloody stools, severe abdominal pain and fever ≥38.5°C are indications for microbiological stool testing
- ☐ **C** Public health concerns are an indication for microbiological stool testing

8. Which statement is correct? Chronic diarrhoea:

- ☐ **A** Has a vast differential diagnosis, requiring different diagnostic and therapeutic work-up than acute diarrhoea
- ☐ **B** Gas and bloating suggest an inflammatory cause
- ☐ **C** Significant abdominal pain, fever, or gastrointestinal bleeding suggests malignancy
- ☐ **D** All of the above
- ☐ **E** A and B
- ☐ **F** A and C

9. Important causes of chronic diarrhoea that can be suspected on the basis of history alone include diet, medications, and surgery or radiation therapy.

- ☐ **A** True
- ☐ **B** False

10. Which statement is incorrect? For treatment of acute diarrhoea, the WHO recommends:

- ☐ **A** ORT to prevent complications secondary to dehydration
- ☐ **B** Antibiotics and anti-parasitic drugs prescribed only in specific cases
- ☐ **C** The use of probiotics/prebiotics in adults

11. Which of the listed anti-diarrhoeal agents are not recommended for use in children?

- ☐ **A** Anti-motility drugs
- ☐ **B** Adsorbents
- ☐ **C** A and B

12. Which statement is correct? The anti-inflammatory action of diosmectite may potentially arise from:

- ☐ **A** Adsorption of luminal antigens produced during the inflammation process
- ☐ **B** Modulation of cytokine production by mucosal cells
- ☐ **C** A and B

13. Numerous studies have shown that diosmectite reduces the duration of diarrhoea and decreases the frequency of bowel motions after two days of treatment in children with mild-to-moderate acute diarrhoea.

- ☐ **A** True
- ☐ **B** False

14. Which statement is incorrect?

- ☐ **A** Gelatine tannate is commonly used as an intestinal faecal output regulator
- ☐ **B** Gelatine tannate has a good safety profile in adults and is significantly more effective than placebo
- ☐ **C** Gelatine tannate cannot be used in children younger than 12 years

15. Which statement is true? Loperamide:

- ☐ **A** Is predominantly metabolised by intestinal and hepatic CYP3A4 and CYP2C8
- ☐ **B** Is a phenylpiperidine opioid that slows intestinal transit time
- ☐ **C** Possesses antisecretory properties and also blocks intestinal calcium channels
- ☐ **D** Is contraindicated in patients with acute ulcerative colitis, bloody diarrhoea, and diarrhoea associated with bacterial infections
- ☐ **E** All of the above
- ☐ **F** B and C

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