

## DIGESTIVE SYSTEM

### BOWEL CHANGES

PRESENTATION	POSSIBLE PATHOLOGY
<b>MELENA (BLACK, TARRY)</b>	Upper GI bleed (loss of > 150-200 mL of blood)
<b>BLACK, NON-STICKY</b>	Iron, bismuth salts (Pepto-Bismol), black licorice
<b>BLOOD-RED</b>	Colon-rectal tumor, colon diverticulitis, hemorrhoids
<b>PALE</b>	↓Fat absorption from small bowel, pancreatic disease
<b>SILVERY</b>	Pancreatic cancer
<b>PENCIL-THIN, RIBBON STOOLS</b>	Distal colon/anal cancer

### BOWEL PATHOLOGY

INFLAMMATORY BOWEL (Crohn's or Ulcerative Colitis)	IRRITABLE BOWEL	COLON/RECTAL CANCER
<ul style="list-style-type: none"> <li>● Joint arthralgia</li> <li>● Skin lesions (ankles, shins)</li> <li>● Light sensitivity</li> <li>● ↓Pain with gas/BM (Bowel Movement)</li> <li>● Anemia due to blood loss</li> <li>● Wt loss</li> <li>● Clubbing of fingers</li> <li>● Fever</li> <li>● Rectal bleeding</li> <li>● (+) Psoas test</li> </ul>	<ul style="list-style-type: none"> <li>● Effects females in early adulthood</li> <li>● Stress related</li> <li>● Variable/intermittent S&amp;S</li> <li>● Abdominal cramps</li> <li>● Nausea &amp; vomiting</li> <li>● Flatulence</li> <li>● Change in bowel patterns</li> <li>● Foul breath</li> </ul>	<ul style="list-style-type: none"> <li>● Hemorrhoids</li> <li>● Rectal bleeding</li> <li>● Back pain referred to LEs</li> <li>● Change in bowel patterns</li> <li>● Nausea &amp; vomiting</li> <li>● Weight loss</li> <li>● Fatigue &amp; dyspnea due to iron def.</li> <li>● Red/mahogany stools</li> </ul>

### APPENDICITIS

SIGNS & SYMPTOMS	DIFFERENTIAL DIAGNOSIS
<ul style="list-style-type: none"> <li>● ® LQ pain, (+) McBurney's point</li> <li>● pain into ® thigh/testicle</li> <li>● Nausea, vomiting, night sweats</li> <li>● Guarding of rectus abdominis</li> <li>● (+) Psoas sign</li> <li>● (+) Obturator sign</li> <li>● Low-grade fever</li> <li>● (+) Rebound tenderness</li> <li>● Position of relief: tense abdomen with FB or lie down with both knees to chest</li> </ul>	<ul style="list-style-type: none"> <li>● ↓Hemoglobin</li> <li>● ↓Hematocrit</li> <li>● Change in fingernail beds</li> <li>● Pale skin color</li> <li>● Fatigue</li> <li>● ↓DBP</li> </ul>

### ULCERS

<ul style="list-style-type: none"> <li>● Hx of NSAID use or presence of H. pylori infection</li> <li>● Dull gnawing/burning into midline T6-12 &amp; radiating suprascapula</li> <li>● Antacids provide temporary relief</li> <li>● Nausea, coffee-grounds vomitus</li> <li>● Bloody or black-tarry stools (melena)</li> <li>● May have weeks of remission</li> </ul>		
GASTRIC	DUODENAL	DUODENAL
30-60 min after a meal	Epigastric cramping	2-3 hrs after a meal
Ⓛ UQ	Localized tenderness	® of midline

### HEPATITIS

GENERALIZED SIGNS & SYMPTOMS			
<ul style="list-style-type: none"> <li>● Nausea</li> <li>● Vomiting</li> <li>● Low-grade fever/chills</li> <li>● Loss of appetite</li> <li>● Lethargy</li> </ul>		<ul style="list-style-type: none"> <li>● Jaundice-skin &amp; eyes</li> <li>● Liver pain</li> <li>● Dark urine</li> <li>● Light-colored stools</li> </ul>	
TYPE	INCUBATION	TRANSMISSION	CAUSE
A	15-50 days	Fecal-oral (does not develop into chronic hepatitis)	Contaminated milk, water, shellfish, unsanitary conditions
B	50-180 days	Blood or body fluids infants = carriers (can become chronic)	Contaminated needles, transfusion
C	20-90 days	Blood or body fluids (can become chronic)	Transfusion
D	25-75 days	Blood or body fluids	Occurs in presence of Hep B, IV drug use
E	15-60 days	Fecal-oral	Contaminated milk, water, shellfish
G	Unknown	Blood or body fluids	Transfusion, IV drug use