

37 – GI DISTRESS, TREKKING

MEXICO



THE STORY:

A group of international studies students stopped at a street vendor for a meal in a remote town in Mexico. Within a couple of days the whole group suffered from intestinal complaints including persistent diarrhea and vomiting. In most cases the symptoms of illness had passed within 12 hrs. One female student complained of continuing symptoms over a three day period.

Day 1: The Pt, a 20 y/o female complained of severe abdominal and intestinal cramps a couple hours

after her last meal. Later that same day, she started to experience diarrhea and vomiting. The Pt stated she was allergic to shellfish (there was none in the suspect meal), took no regular medications, hadn't been able to keep food or fluids down since lunch 8hrs. previously. Her vitals were: Pulse: 76, Resp.: 16, B/P: UTA, Skin: warm, moist, Temp.: 97°F(36°C), Pt was alert and uncomfortable.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note.

Develop an Assessment for Day 1 with Anticipated Problems and an appropriate Treatment Plan.

Day 2: The diarrhea and vomiting continued despite the Pt's attempts to keep down simple foods and fluids. The Pt c/o a headache, cramps, chills, NVD, and stated she felt feverish. Her vitals on day 2: Pulse: 92,

Resp.: 24, Skin: pale, cool, moist, Temp.: 103°F (39.5°C), Pt was awake, sluggish, and uncomfortable.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note.

Develop an Assessment for Day 2 with Anticipated Problems and an appropriate Treatment Plan.

QUESTIONS

1. What is your primary management problem for this patient?
2. How might this patient be managed if evacuation is significantly delayed?

ASSESSMENT AND TREATMENT PLAN

A = Assessment (Problem List)	A' = Anticipated Problems	P = Treatment Plan
Day 1		
GI infection	NVD / volume shock	replace electrolytes as tolerated bismuth subsalicylate / monitor
Day 2		
systemic infection	vascular shock	antibiotics / antipyretic
comp. volume shock	decomp. volume shock	replace PO fluids as tolerated
		/ EVAC

NOTES

What Actually Happened Next ...

The whole group of students suffered from this GI bug though all except this Pt recovered in a day or so. An antidiarrheal was not used by any members of the party though bismuth subsalicylate helped with symptoms. woman was evacuated and treated with antibiotics which were ultimately successful in treating the infection.

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