

Spring 2018 PEM Update - April 12, 2018

Infectious diarrhea

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Viral gastroenteritis:

- 2-7 days of non-bloody watery diarrhea
- May have fever, abdominal pain, and vomiting
- Most common in kids under 2 years old
- Most likely fecal-oral spread

Etiology

- Astrovirus
- Rotavirus
- Sapovirus
- Norovirus
- Adenovirus

Treatment: Supportive, hydration

Bacterial gastroenteritis

- 2-7 days bloody, mucousy diarrhea
- May have fever, abdominal pain, and vomiting
- Most common in kids over 2 years old
- Mostly spread via food, animals (poultry, dairy)

Etiology

- E. coli spp.
- Salmonella spp.
- Shigella spp.
- Campylobacter jejuni
- Yersinia enterocolitica

Treatment:

- Supportive, hydration
- Antibiotics (typically azithromycin) if:
 - Campylobacter
 - Shigella
 - Salmonella
 - Under 3 months
 - Immunocompromised
 - Severe disease

Pathogenic E. coli

- Enterotoxigenic E. coli (ETEC)
- Shigella/Enteroinvasive E. coli (EIEC)
- Enteroaggregative E. coli (EAEC)
- Enteropathogenic E. coli (EPEC)
- Shiga-like toxin producing E. coli stx1/stx2 (Enterohemorrhagic E. coli - EHEC)
 - E. coli o157 and other serotypes
 - Associated with Hemolytic Uremic Syndrome (HUS)

Traveler's Diarrhea

- Virus, bacteria, or parasites
- Generally self-limited
- Empiric treatment with azithromycin or fluoroquinolone

GIP-PCR stool test

- Test only if symptomatic - liquid stool

Pathogenic E. coli: Enteroaggregative E. coli, Enteropathogenic E. coli, Enterotoxigenic E. coli, Shiga-like toxin producing E. coli stx1/stx2, E. coli o157, Shigella/ Enteroinvasive E. coli

Other Bacteria: Campylobacter, Plesiomonas shigelloides, Salmonella, Vibrio, Yersinia enterocolitica,

Parasites: Cryptosporidium, Cyclospora cayetanensis, Entamoeba histolytica, Giardia lamblia,

Viruses: Adenovirus F 40/41, Astrovirus, Norovirus GI/GII, Rotavirus A, and Sapovirus.

C. diff

- DO NOT test under 1 year old