



Chapter II

Gastro-Intestinal System

History:

Abdominal Pain (douleur abdominale)

- 1) **Site:** Central - generalised abdominal pain –
 - **Localisation :** Centrale – Douleur Abdominale généralisée

- 2) **Radiation :** The pain move to: The back/ to the groin/ to the back passage
 - **Irradiations :** la douleur irradie : vers le dos/ vers l'aîne/vers l'anus.

- 3) **Associated factors:** At the same time of the pain, do you : feel sick/ get sick/sweat/ Get fainting/ have a temperature (fever)/ get a short breath.
 - **Facteurs associés :** Avez-vous en même temps que la douleur : des nausées/ des vomissements / Des sueurs/ un malaise/ de la température/ fièvre/ des difficultés pour respirer.

- 4) **Relieving factors:** to ease the pain by/ rest, position, sitting, bending forward, lying still, Defecation (passing a bowel motion), medication.
 - **Facteurs calmants :** Calmer la douleur/ le repos, la position, assise, penchée en avant, coucher sans bouger, la défécation, médicaments.

A. Aggravating factors (facteurs aggravants)

- what brings the pain? / Qu'est- ce qui déclenche la douleur ?
- Defecation/ Passing a bowel motion/ stress/ eating/ movements/ change in position/ breathing. /
Défécation / les émotions/ manger/ les mouvements/ les changements de positions/ la respiration

- 1) **Cause.** What in your opinion is causing the pain? An ulcer, gallstones, appendicitis, other.

Cause. Qu'est-ce qui cause cette douleur selon vous ? Ulcère, des calculs de la vésicule, l'appendicite ou autre.

2) Crise de foie

Do you have an upset stomach? Avez-vous une crise de foie ?

(A typical French disease corresponding either to the English « stomach upset » or to a migraine)

(La crise de foie est une maladie typiquement française correspondant à « l'estomac dérangé » des Anglais, ou à une migraine.)

B. Diet/ Appetite /Weight:

Diet: What type of food do you eat? (Meat, fish, dairy products, vegetables, cereals, sweets, everything.

Are your teeth good? Do you have denture? (False teeth)/ Can you chew your food?

C.1. Habitudes alimentaires

- Que mangez-vous habituellement (la viande, du poisson, des produits laitiers, des légumes, des céréales, des sucreries, de tout.)
- Avez-vous de bonnes dents ?
- Portez-vous un appareil dentaire ?
- Pouvez-vous mâcher vos aliments ?

C.2. Appetite: Have you a good appetite? Has your appetite (increased/ decreased)? If decreased, is this due to (lack of desire to eat or because eating always causes pain?

C.3. Weight: how much do you weight? Has your weight remained constant? Have you gained/lost weight? Weight loss was through slimming diet or unintentional.

C.4. Poids Combien pesez-vous ? Votre poids est-il stable ? Avez-vous grossi/maigri ? Cette perte de poids était par régime amaigrissant ou involontaire ?

D. Early satiation and postprandial fullness

- Can you manage to finish a normal sized meal?

Est-ce que vous arrivez à finir un repas d'une quantité normale ?

- Do you feel full later eating a small amount?

Vous- sentez-vous rassasié après avoir mangé un petit peu ?

- Do you feel uncomfortable after eating?

Digérez-vous mal ?

D.1. Nausea and vomiting

- Do you have nausea? Avez-vous des nausées ?
- Do you feel sick? Avez-vous mal au Cœur ?
- Do you wretch? Avez-vous des haut-le-cœur ?
- Do you vomit only after eating? Vos vomissements ne surviennent-ils qu'après avoir mangé ?
- What is the nature of the vomiting? (Recognizable food) Digested food? Bile stained fluid.
- Clear acid fluid? Quelle est la nature de vos vomissements ?
- Do you vomit large quantities? Vomissez-vous en grande quantité ?
- Is the vomiting preceded by another symptom such as (nausea, pain, headache dizziness)? Sont-ils précédés d'autres signes tels que (Nausée, douleur, maux de tête, sensation de vertige).

D.2. Haematemesis

- Was there ever any blood in your vomit?
- Did the blood appear from the start?
- Did you only notice blood after having vomited several times?

Gastro-oesophageal reflux disease:

- The pain
- Swallowing
- Bowel habit
- Abdominal distention

A. The Pain

- Do you get acid regurgitation? (Sour or bitter taste in your mouth).
- Do you belch frequently?

The pain: heartburn

Burning pain behind the chest wall. (Pyrosis)

Has it ever radiated to your arms or jaw?

- Do you also have (a chronic cough? A shortness of breath? A bad breath (halitosis)? Frequent hiccups? Do you think that its linked with: (lying down? Stooping forward? Being pregnant?
- Is it worse if you take? (fatty food, chocolate, hot drinks, coffee, alcohol, spicy food).
- What have you tried so far to relieve the symptoms? (antacids, Proton pump inhibitor(PPI), raising losing wait.

B. Swallowing

- Do you have difficulty: (in swallowing? Initiating swallowing.
- What type of food causes difficulty: (solids, liquids)
- At which level does the food stick?
- Is swallowing painful?
- Does fluid regurgitate into your nose?
- Do you choke when trying to swallow?

C. Bowel habit

1- Diarrhoea: Are you passing stools more often? How many times a day? Is there a change in consistency of your stool? What your stools look like (colour: pale, brown, black and tarry.

Smell: Offensive- **Consistency:** – Hard, soft, watery, and Frothy- **Quantity:** bulky, moderate.

Have you noticed any: Blood, mucus, pus?

2- Constipation: Do you have difficulty in emptying your bowels? Have recently: (hanged your diet) Started new medications? Which ones?) Are passing wind (Fart)?

D. Abdominal distension

1. Do have difficulty in swallowing? Initiating in swallowing.
2. What type of food causes difficulty: (solids, liquids?)
3. At which level does the food stick? (Show me with your hand)
4. For how long have you been complaining of this?
5. Is it getting any worse?
6. Is swallowing painful?
7. Does fluid regurgitate into your nose?
8. Do you choke when trying to swallow?