

Patient case 1: Constipation – middle aged woman

- **Middle aged woman (32 years), accountant, is complaining on difficult constipation (2 weeks). On discussion with her you establish that she has recently been experiencing back pain, GP gave her some dihydrokodeine (Paramol tbl®) 3 weeks ago and pain started to improve. She is accountant, majority of her work hours she is sitting.**

Questions:

1. What could be the cause of her problems?
2. Which questions would you ask her?
3. Which medicines or regime measures could you recommend?

Patient case 2: Constipation – old woman

- **Older lady (78 years) is complaining about long-lasting constipation (3 months). Yesterday she saw some medicine in the advertisement on TV and she is asking you for it (Laxylgal gtt® – natrii picosulfas).**

Questions:

1. Which medicines can cause constipation?
2. What is the most suitable medicine for older patients?
3. What are the regime measures?
4. How would you deal with the request for advertisement?

Patient case 3: Constipation – pregnant woman

- **A pregnant woman needs something for constipation.**

Questions:

1. Which questions would you ask her?
2. What is the most suitable medicine for pregnant patients?
3. What are the regime measures?

Patient case 4: Diarrhoea – racecadotril

- **Prepare all necessary information for parents, when dispensing racecadotril (HIDRASEC CHILDREN 30mg®) for your patient, 5years old child, for indication of acute diarrhoea.**
- See information: www.drugs.com

Questions:

1. What Hidrasec is and what it is used for
2. How to take Hidrasec
3. Possible side effects
4. How to store Hidrasec
5. Informations for adult patient (limitations, drug interactions, ...) – HIDRASEC 100mg®

Patient case 5: Diarrhoea – probiotic

- **Prepare all necessary information about probiotics**
- See article:

Matthew A Ciorba: A Gastroenterologist's Guide to Probiotics, Clin Gastroenterol Hepatol. 2012, September; 10(9): 960–968.

Questions:

1. What types of probiotic (species) do exist?
2. How long does patient have to take probiotic?
3. What are gastrointestinal indications for probiotics?
4. Are there any side effects or limitations for using probiotics?

Patient case 6: Diarrhoea – man, belly pain

- **A man, 25 years, is complaining on diarrhoea and belly pain. It started 2 days ago.**

Questions:

1. What could be the cause?
2. What will you ask him?
3. What would you recommend him?

Patient case 7: Diarrhoea – child

- **A young mother is asking for advice and medicine for her 3 year daughter who is suffering from diarrhoea since yesterday night. She could not sleep.**

Questions:

1. What else do you need to know about the daughter?
2. In which case you send her to doctor?
3. What would you recommend her?
4. How would you explain her principle of rehydration?