



# **GASTROINTESTINAL TRACT, DIARRHOEA, FOOD POISONING AND DIABETES**

*Indian Red Cross Society*



# SECTIONS

**G.2**

Diarrhoea

**G.3**

Food Poisoning

**G.4**

Diabetes

**G.5**

Hyperglycemia

# DIARRHEA



# INTRODUCTION

- Diarrhea is the passage of three or more loose or liquid stools per day.
- It is usually a symptom of gastrointestinal infection caused by bacterial, viral, or parasitic organisms.
- Infection can be acquired through various sources, such as contaminated water, food, or poor hygiene practices.

# **SIGNS AND SYMPTOMS**



# Signs and symptoms of Diarrhea:

- Frequent loose or liquid stools
- Urgent need to defecate and difficulty in controlling it
- Abdominal pain and cramps
- Bloating or tense abdomen
- Feeling unwell
- Fever, nausea, and/or vomiting
- Presence of blood and/or mucus in stool

# **PREVENTION OF DEHYDRATION**



**1**

Give plenty of fluids to the sick person to prevent dehydration.

Amount to drink depends on body weight and age

**2**

Children under two years: 50-100 ml per loose stool

Children 2-10 years: 100-200 ml per loose stool

Children above ten years and adults: at least 200 ml per loose stool





**3** Encourage more frequent breastfeeding for infants and continue regular bottle feeding. Avoid fruit juices and offer oral rehydration solution (ORS) if available

**4** Homemade sugar and salt solution can be prepared if ORS is not available. Wait 5-10 minutes after vomiting before giving another drink; offer it slowly or by spoon.



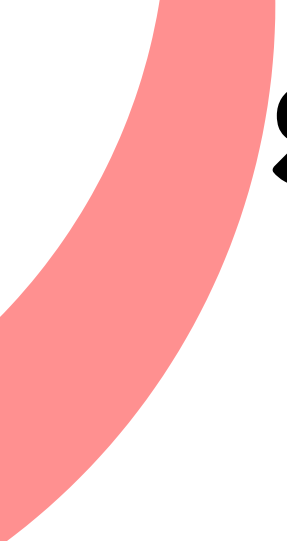
**5** Curd can be given if available.  
Light food can be consumed.

**6** Provide drinks during travel to  
ensure fluid intake.  
Regularly monitor the sick person  
and seek medical help if symptoms  
worsen or if diarrhea persists for  
more than two days.




# **WHEN TO REFER TO A HEALTHCARE FACILITY**





# **Seek medical help if the person experiences the following symptoms:**

- Blood in the stool
  - Fever
  - Severe sleepiness, confusion, or difficulty waking up
  - Decreased urination and dark-colored urine
  - Sunken eyes or crying without tears
  - Dry mouth or refusal to drink
  - Repeated vomiting or fits
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# FOOD POISONING



# INTRODUCTION

- Food poisoning refers to cases of gastroenteritis caused by contaminated food.
- Viruses, bacteria, and parasites are the most common infectious organisms causing food poisoning.
- Contamination can occur during production, processing, handling, storage, or cooking of food.
- Onset of illness can range from a few hours to several days after consuming contaminated food.
- Some cases of food poisoning are caused by direct toxin contamination, resulting in immediate symptoms like vomiting.

# **SIGNS AND SYMPTOMS**



# Signs and symptoms of Food Poisoning

- Nausea or vomiting
- Cramping and abdominal pain
- Diarrhea
- Headache
- Impaired consciousness
- Outbreaks can occur when several people share the same contaminated food, such as during a marriage event.



# **Safety Measures**

- Use gloves or a clean plastic bag to protect yourself from contact with vomit, stools, or fluids

## **First Aid**

- Advise the sick person to lie down and rest.
- Prevent dehydration if vomiting or diarrhea occurs (refer to the chapter on diarrhea for guidance).
- Observe the sick person and refer them to the nearest healthcare facility when their condition worsens.

# Managing Unconsciousness

- If the person is unconscious but still breathing:
  - a. Place the person in the recovery position.
  - b. Continuously monitor their condition and breathing.

## CPR for Stopped Breathing

Perform CPR and continue resuscitation until:

- The victim wakes up, moves, opens their eyes, and breathes normally.
- Trained help arrives and takes over.
- You become too exhausted to continue

# **WHEN TO REFER TO A HEALTHCARE FACILITY**



# **Seek medical help if the person experiences the following symptoms:**

- Blood or mucus in diarrhea
- Fever
- Sleepiness, difficulty waking up, or confusion
- Decreased urine output and dark-colored urine
- Sunken eyes or crying without tears
- Dry mouth or refusal to drink
- Repeated vomiting or fits
- Fast breathing
- Diarrhea does not improve within two days
- Impaired consciousness or blurred vision

# DIABETES



# INTRODUCTION

- Diabetes is a condition in which blood sugar levels rise.
- Pre-diabetes is defined as blood sugar levels that are higher than usual but not high enough to be diagnosed with diabetes.
- Diabetes is classified into two types: type 1 and type 2.

# CONTENTS

**01** Type 1 Diabetes

**02** Type 2 Diabetes

**03** Gestational Diabetes

**04** Diagnosis



# TYPE 1 DIABETES

- The immune system attacks and destroys insulin-producing cells in type 1 diabetes.
- Glucose levels rise in the absence of insulin, causing organ damage.
- People with type 1 diabetes must take insulin shots for the rest of their lives.
- Diabetes type 1 is also known as insulin-dependent, juvenile, or early-onset diabetes.
- Diabetes type 1 is less prevalent than diabetes type 2.



# TYPE 2 DIABETES

- Insufficient insulin synthesis or insulin resistance causes type 2 diabetes.
- Diabetes type 2 is more common than type 1 diabetes.
- A nutritious diet, frequent exercise, and blood glucose monitoring are all lifestyle improvements that can help treat type 2 diabetes.
- As the illness worsens, medication may be required.
- Type 2 diabetes is frequently associated with obesity and is more common in older people.

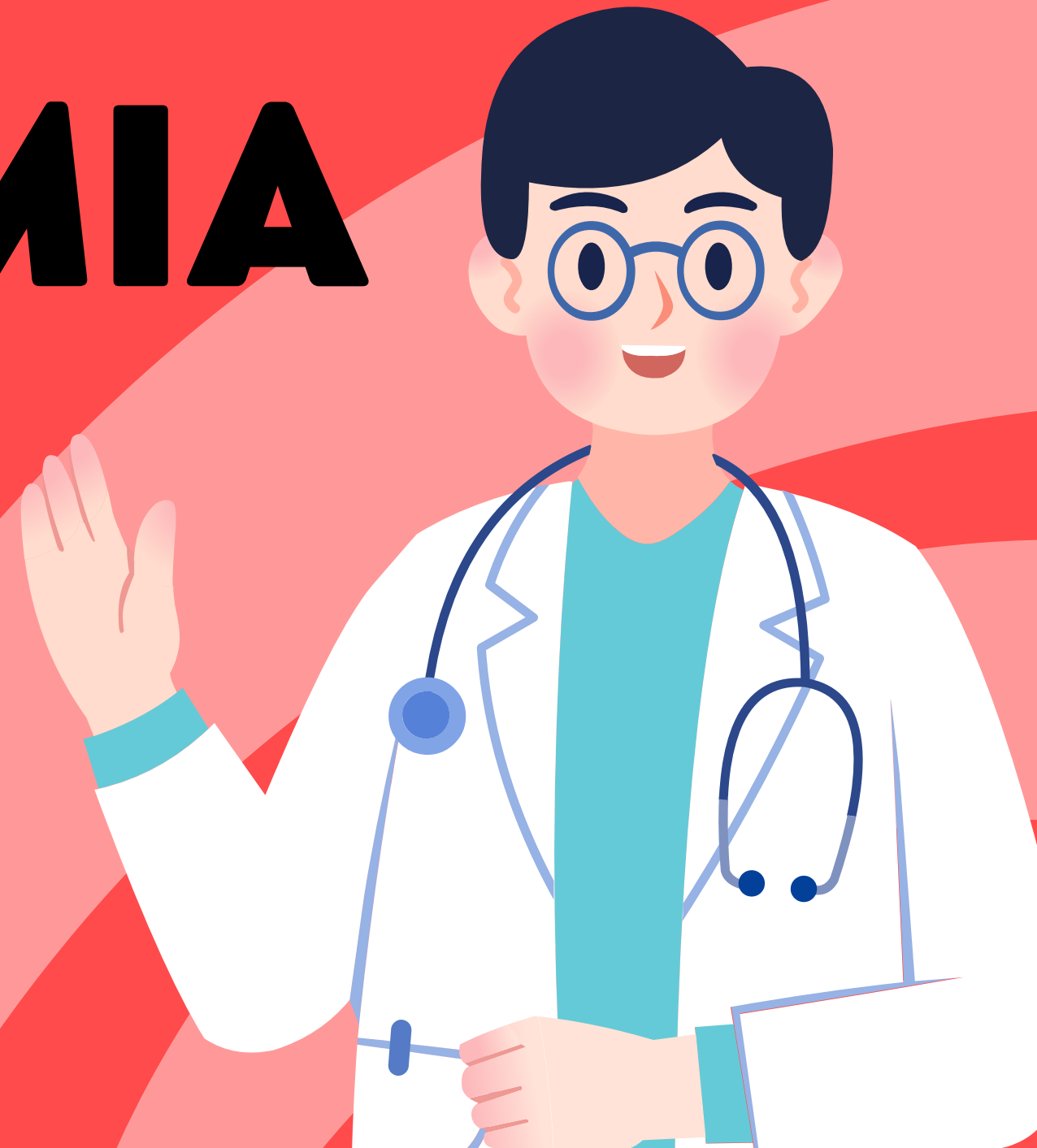
# GESTATIONAL DIABETES

- Gestational diabetes develops when elevated blood glucose levels are uncontrollable throughout pregnancy.
- Pregnancy may worsen pre-existing type 1 diabetes.
- Because gestational diabetes poses hazards to the unborn child, it is critical to keep blood glucose levels under control.
- It normally appears during the second pregnancy and goes away after the baby is born.
- Women who suffer from gestational diabetes are more likely to develop type 2 diabetes later in life.

# DIAGNOSIS

- Diabetes must be diagnosed early because the condition worsens if left untreated.
- Excessive thirst, hunger, frequent urination, weight loss, delayed wound healing, blurred eyesight, and persistent weariness are all symptoms of diabetes.
- If you are having these symptoms, you should seek medical help and contact a healthcare provider.

# **HYPERGLYCAEMIA**



# INTRODUCTION

- Hyperglycemia is characterised by elevated blood sugar levels.
- It is more common in diabetics due to insulin-related difficulties.
- Infections, stress, insulin doses, overeating, and illness can all cause elevated blood glucose levels in diabetics.

# SYMPTOMS

If a diabetic exhibits the following symptoms, seek immediate medical attention:

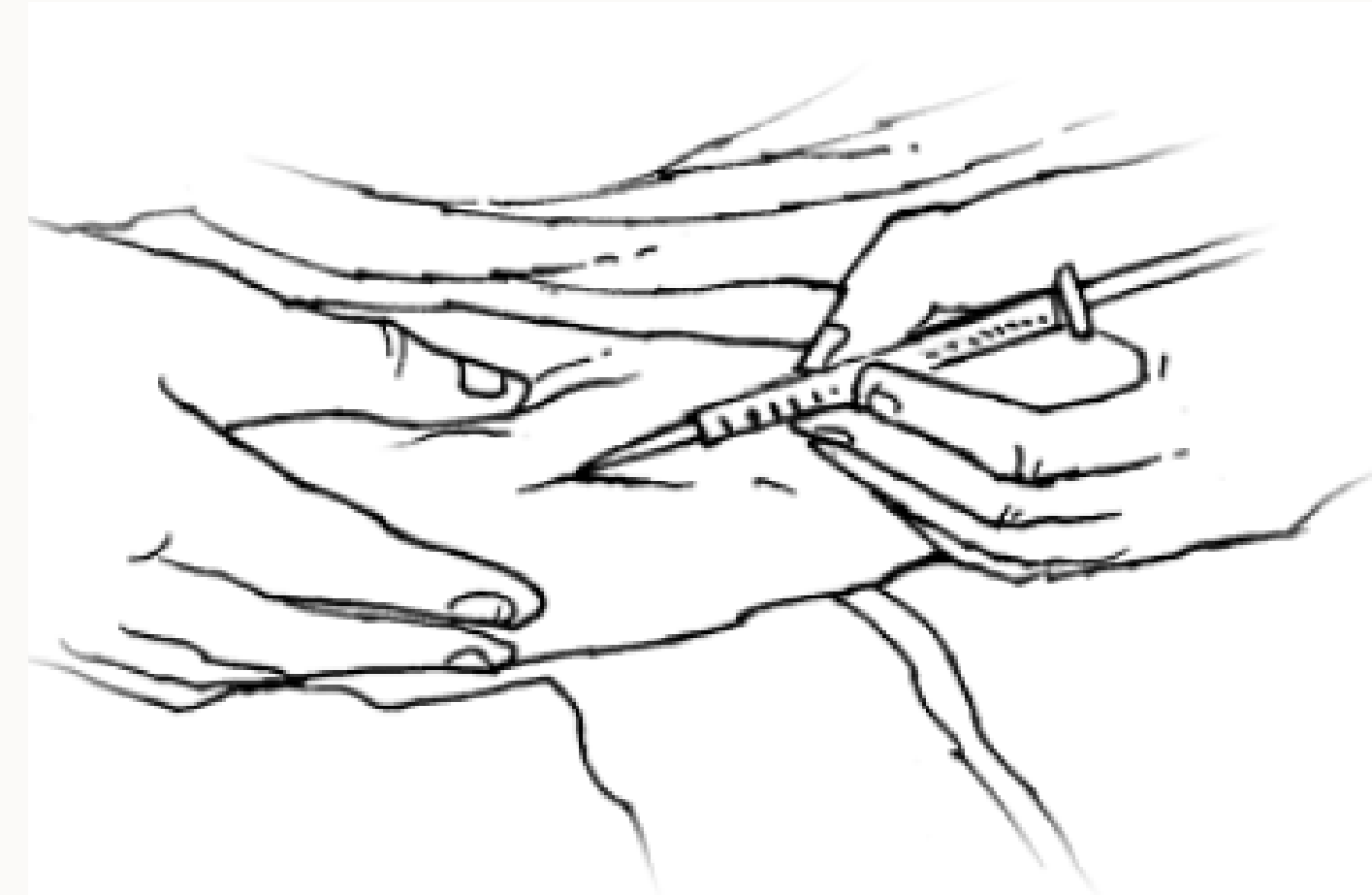
- Nauseousness or vomiting
- Stomach ache
- Fruity Flavour (similar to pear drops or nail polish)
- Drowsiness or perplexity
- Hyperventilation (rapid breathing)
- Dehydration symptoms (headache, dry skin, weak and fast heartbeat)
- Consciousness loss
- These symptoms may indicate diabetic ketoacidosis, a serious and potentially fatal consequence of hyperglycemia.

**WHAT TO  
DO NOW?**





# Providing First Aid

- The individual requires emergency assistance.
- If you are alone, yell or scream for aid without leaving the person alone.
- Request that a bystander get assistance or arrange for urgent transportation to the nearest healthcare facility or hospital, and ensure that they return to confirm that assistance has been obtained.






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- Allow the individual to lie down in a comfortable position.
  - Inquire whether the person takes diabetes medicine and, if so, allow them to take their prescription medication.
  - Make arrangements for immediate transportation to a nearby healthcare centre.
  - In the event of a collapse, keep an eye on the person at all times.
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# **WHAT TO DO WHEN THE PERSON BECOMES UNCONSCIOUS BUT IS STILL BREATHING**



- Place the individual in the recovery position.
  - Maintain constant monitoring of the patient's condition and breathing.
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# WHAT TO DO WHEN THE BREATHING STOPS?

- Perform CPR.
- Do not stop the resuscitation until the sufferer begins to wake up, moves, opens his eyes, and breathes properly; assistance (trained in CPR) arrives and takes over; you become too weary to continue; or the scene becomes unsafe for you to continue

# HYGIENE



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- Wash your hands before and after taking care of patient
  - Maintain hygiene by washing hands with soap and water or an alcohol based sanitizer
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# REFERRING TO THE DOCTOR



- Always arrange urgent transport to the nearest healthcare facility as a diabetic coma is a serious and potentially life-threatening condition.