

# **Toddler's Diarrhea**

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- کودکی سه ساله را با سابقه اسهال از حدود یک سال قبل به درمانگاه آورده اند.
- مادر کودک اظهار می کند فرزندش در طی این مدت 4 تا 5 بار دفع در شبانه روز دارد.
- قوام مدفوع شل و گاهی اوقات ابکی است.
- طی این مدت کودک سر حال بوده و سابقه ایی از بیحالی تب و یا کاهش اشتها نمی دهد.
- وزن کودک 14 کیلوگرم و قد 95 سانتی متر است.

# ***Approach***

- ***Complaint of mother***
- ***Correct diagnosis***

# ***Diarrhea***

- **Non pathologic diarrhea**
  - Normal pattern of defecation
  - Overfeeding
  - Toddler diarrhea
- **Pathologic diarrhea**

# ***Red Flags***

- **Lethargy**
- **Poor weight gain**
- **Poor appetite**
- **Fever**
- **Family history**
- **GI bleeding**
- **....**
- **Work up**

# ***Functional diarrhea***

- ***Chronic diarrhea of infancy***
- ***In older children as IBS***
- ***The commonest cause of chronic diarrhea without FTT in preschool children***
- ***In developing countries: malnutrition, GI infections and infestations***

# ***Functional diarrhea***

## **Rome IV criteria**

- **Between 6 and 60 months of age**
- **Recurrent passage of four or more stools per day**
- **Painless defecation**
- **Large, unformed stools**
- **Symptoms last more than four weeks**
- **No predisposition to dehydration or weight loss**
- **No FTT (if caloric intake is adequate)**

# ***Functional diarrhea***

- **Previous guidelines :only during waking hours**
- **No longer diagnostic criterion**
- **25 percent pass stools while they are asleep**



# ***Functional diarrhea***

- ***Undigested food in the bowel movement***
- ***Progressing in consistency from semisolid in the morning to loose as the day progresses***
- ***Intercurrent illness and stressors (excitement) may be triggers***
- **Most are better by 4 years of age**

# ***Functional diarrhea***

- **Normal weight, height, without falling off**
- **No evidence of infection**
- **Stools are hematest negative**

# ***Functional diarrhea***

- **Excessive intake of osmotically active carbohydrates**
- **Restriction of fat from the diet**
- **Trial of restricting juices and liberalizing dietary fat to 35 to 50 percent of total calories**

# ***Functional diarrhea***

- **Severity of the diarrhea is dose-dependent.**
- **Sometimes continue regardless of dietary restriction.**
- **Growing well and healthy : no diagnostic testing**
- **Reassurance of parent**

# ***Functional diarrhea***

- ***Response to this dietary intervention supports the diagnosis of functional diarrhea, and no further intervention is necessary.***



A photograph of a long, straight path in a park or garden during autumn. The path is covered in a thick layer of fallen orange and yellow leaves. On either side of the path, there are rows of trees with vibrant autumn foliage in shades of orange, yellow, and some green. The trees form a natural archway over the path. In the distance, a few people can be seen walking on the path. The overall atmosphere is peaceful and scenic.

***With Thanks***