

CHAPTER 21. CONSTIPATION, DIARRHEA, & IRRITABLE BOWEL, SELF-ASSESSMENT

QUESTIONS AND ANSWERS

1. Which one of the following conditions is associated with constipation?

A. Hypotension

B. Diabetes mellitus

HypertensionD. Chronic obstructive pulmonary disease

E. Hyperuricemia

2. Which one of the following characteristics should prompt a patient to seek medical attention for constipation?

A. Sudden change in bowel habits after age 50

B. Presence of 4 or more bowel movements per week

C. Presence of flatulence

D. Change in dietary habits

E. Age of 7 to 12 years

3. All of the following medications are associated with causing constipation except:

A. Ibuprofen

B. Clonidine

C. Ondansetron

D. Ferrous sulfate

E. Clindamycin

4. Alarm factors associated with constipation include all of the following except:

- A. New onset or worsening of constipation
- B. Family history of colon cancer
- C. Weight gain
- D. Anemia
- E. Blood in the stool

5. Which one of the following oral laxatives is best to relieve constipation during pregnancy?

- A. Mineral oil
- B. Senna
- C. Bisacodyl
- D. Docusate sodium
- E. Castor oil

6. Which one of the following types of diarrhea resolves during a period of fasting?

- A. Inflammatory
- B. Secretory
- C. Osmotic
- D. Altered motility
- E. None of the above

7. The diarrhea associated with lactase deficiency may be reduced or avoided by implementing which one of the following measures?

- A. Using lactose tablets with precipitating foods
- B. Regular ingestion of yogurt
- C. Substituting acidophilus milk for regular milk
- D. Avoiding any precipitating foods
- E. All of the above are correct

8. Which one of the following treatments is preferred as fluid replacement in a 6-year-old child who is experiencing diarrhea without vomiting for the past 12 hours?

- A. Gatorade
- B. Mountain Dew
- C. Pedialyte
- D. Mineral water
- E. Milk

9. All of the conditions listed below may present with chronic diarrhea except:

- A. Crohn's disease
- B. Malabsorption syndromes
- C. Irritable bowel syndrome
- D. Hyperthyroidism
- E. All of the above conditions may present with associated chronic diarrhea

10. In some cases of chronic diarrhea, an effective treatment may include use of which of the following?

- A. Soluble fiber
- B. Insoluble fiber
- C. Wheat bran
- D. Cheerios
- E. b and c only are correct

11. Which one of the following statements regarding irritable bowel syndrome (IBS) is false?

- A. There is a significant impact on health-related quality of life
- B. Work productivity is rarely affected in IBS sufferers
- C. Costs to society associated with IBS are high
- D. Abdominal pain and bloating affect quality of life in IBS
- E. IBS affects twice as many women as men

12. Which one of the following statements about IBS *is true*?

- A. Bloating is identified as one of the most bothersome symptoms in patients with IBS
- B. Dysregulation of the autonomic nervous system is more common in patients with mild rather than more severe left-sided cramping
- C. Primary care physicians treat very few IBS patients
- D. The principal outcome sought in IBS treatment is normalizing the intestine
- E. Rome II and Rome III diagnostic criteria for IBS are identical

13. Abnormal concentration and/or response to which of the following substances is thought to be an important part of the development of IBS?

- A. Serotonin

- B. Acetylcholine
- C. Substance P
- D. Secretin
- E. Somatostatin

14. Rifaximin use in IBS is best characterized by which of the following statements?

- A. It is not appreciably absorbed by the gastrointestinal tract
- B. It is useful for treating traveler's diarrhea
- C. It is associated with few adverse effects
- D. It treats bacterial proliferation in the gut, which may be responsible for GI symptoms
- E. It does not lead to bacterial resistance

15. Which one of the following therapies is *unlikely* to have an effect on gut motility?

- A. Cognitive behavioral therapy
- B. Peppermint oil
- C. Loperamide
- D. Amitriptyline
- E. All of the above can affect gut motility

ANSWERS

- 1. B
- 2. A
- 3. E

4. C

5. D

6. C

7. E

8. C

9. E

10. E

11. B

12. A

13. A

14. D

15. E