

CHILD PATIENT

Female – 8 years old

CASE SUMMARY

Around spring 2023 patient had a bout of gastroenteritis. Saw GP, cleared in a few days. Mother believed it was gastroenteritis as she had identical symptoms.

Over summer she complained of soft stools. Mother put this down to different foods she was having. She was going to the loo regularly.

Beginning of September bad tummy cramps, diarrhoea and vomiting.

End of October similar - severe tummy aches. Saw GP, diagnosed gastroenteritis

After 3 weeks no better - waking her at 4am with cramps. Attended A&E.

Diagnosed chronic constipation, prescribed laxido to break down the impacted stool and complete the regime until she was passing nothing but rusty water.

Mother surprised by diagnosis as child went to the loo every day when she got home from school, but has since discovered that she was asking to go at school, being told no and to wait until break and she then got into the habit of holding until she got home. So her bowel stretched and slowed down and what she was passing day they called overflow poo that got around the faecal mass.

Rx 12 sachets of laxido (max daily amount) for 3 weeks. Led to passing nothing but water but she was still in pain. She was bloated, windy, burpy and tired. These symptoms persist, but are no longer constant.

Eventually saw paediatrician at Watford Hospital - outpatient report attached. Reduced her laxido to 6 sachets/day.

She still has very loose stools and by the end of the day is bloated, cramping and burping. Tummy ache still occurs.

Stool sample from November shows borderline inflammatory bowel disease - level is 125. [*Presumably calprotectin level – Normal = <50µg/g, Moderate (borderline elevated) – 50 – 120 µg/g*]. Retaking stool sample this week.

Follow up call with paediatrician scheduled for 13th Feb

She is under stress due to father's alcoholism - when he relapses, he is absent from her life. She has been more aware of it over the last 18 months due to her age and understanding.

Mother mentioned alternative treatment to the GP; she said NHS referral to Gt Ormond St is the route to take. Referral has to come from the hospital once all avenues exhausted.

Mother's cousin's son also had bowel issues, resolved after 5 sessions of Indian Head Massage.