Priority Topic: ABDOMINAL PAIN

Key Features:

1. Given a patient with abdominal pain, paying particular attention to its location and chronicity:
   a) Distinguish between acute and chronic pain
   b) Generate a complete differential diagnosis
   c) Investigate in an appropriate and timely fashion

What you should study:

✓ I really like the chapter “Abdominal Pain” from the textbook “Symptoms to Diagnosis – An Evidence-Based Guide. 3rd edition (Stern and Cifu). It is FREE on AccessMedicine if you login through your McGill vpn account.

✓ Abdominal Pain Ddx Tintinalli's
✓ Diagnostic imaging of acute abdominal pain in adults AAFP 2015

2. In a patient with diagnosed abdominal pain (e.g., gastro-esophageal reflux disease, peptic ulcer disease, ulcerative colitis, Crohn’s disease), manage specific pathology appropriately (e.g., with medication, lifestyle modifications).

What you should study:

✓ Gastroesophageal reflux disease AIM 2015
✓ Peptic ulcer disease & H pylori AAFP 2015
✓ Irritable bowel syndrome AIM 2016
✓ Crohn’s disease AAFP 2011
✓ Ulcerative colitis AAFP 2013
✓ Le suivi des maladies inflammatoires d’intestin au cabinet MduQ 2015
3. In a **woman** with abdominal pain:
   a) **Always rule out pregnancy** if she is of reproductive age.
   b) **Suspect gynecologic etiology** for abdominal pain.
   c) **Do a pelvic examination**, if appropriate.

**What you should study:**

- Ectopic pregnancy AAFP 2014
- Pelvic inflammatory disease AAFP 2012
- Evaluation of acute pelvic pain in women AAFP 2016

4. In a **patient** with **acute** abdominal pain, differentiate between a surgical and a non-surgical abdomen.

**What you should study:**

- Demonstration of an abdominal exam: [https://www.youtube.com/watch?v=XOefpxm38bc](https://www.youtube.com/watch?v=XOefpxm38bc)

5. In specific patient groups (e.g., **children**, pregnant **women**, the **elderly**), include **group-specific surgical causes** of acute abdominal pain in the ddx.

**What you should study:**

- Acute abdominal pain in children AAFP 2016
- PBSGL - Chronic abdominal pain in children (you were given the password to access all the PBSGs when you started residency) [https://members.fmpe.org/](https://members.fmpe.org/)
- Acute Abdomen in Pregnancy BMJ 2017
- Abdominal Emergencies in Elderly IJEM 2014
- Acute Abdominal Pain in Older Patients AAFP 2006
6. Given a patient with a life-threatening cause of acute abdominal pain (e.g., a ruptured abdominal aortic aneurysm or a ruptured ectopic pregnancy):
   a) Recognize the life-threatening situation.
   b) Make the diagnosis.
   c) Stabilize the patient.
   d) Promptly refer the patient for definitive treatment.

   **What you should study:**
   ✓ Abdominal Aortic Aneurysm AAFP 2015
   ✓ Abdominal aortic aneurysm AIM 2009
   ✓ EM Cases Best Case Ever 43: Ruptured AAA
   ✓ Ectopic Pregnancy AAFP 2014
   ✓ EM Cases Best Case Ever 68: Ectopic Pregnancy
   ✓ EM Cases Episode 23: Vaginal bleeding in early pregnancy

7. In a patient with chronic or recurrent abdominal pain:
   a) Ensure adequate follow-up to monitor new or changing symptoms or signs.
   b) Manage symptomatically with medication and lifestyle modification (e.g., for irritable bowel syndrome).
   c) Always consider cancer in a patient at risk.

   **What you should study:**
   ✓ Irritable Bowel Syndrome AAFP 2012
   ✓ GI Society IBS video Part 2
   ✓ Intestin irritable et patient irrité MduQ 2018
   ✓ IBS Management BMJ interactive infographic
   ✓ Colorectal Cancer Screening and Surveillance for High Risk AAFP 2018
   ✓ Esophageal Cancer AAFP 2017
   ✓ Ovarian Cancer AAFP 2016
   ✓ Gastric Cancer AAFP 2004
8. Given a patient with a diagnosis of inflammatory bowel disease (IBD) recognize an extra intestinal manifestation.

What you should study:

✓ Crohn’s disease LANCET 2012  Figure 3B
✓ IBD Extraintestinal Reivew 2015