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## DIAGNOSIS AND TREATMENT OF DIARRHEA SYNDROME IN PATIENTS WITH COVID -19

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**O.E.Umirzakov**

*Department of Propaedeutics of Internal Diseases*

*Fergana Medical Institute of Public Health*

*Fergana, Uzbekistan.*

### ABSTRAKT

Diarrhea is a syndrome in which the patient has an increase in the frequency of bowel movements, the stool becomes liquid and frequent, sometimes accompanied by bloody discharge. In healthy people, the frequency of stool is 1-2 times a day or once every two days.

#### Key words

dysentery, salmonellosis, enterovirus, Crohn's disease, rotavirus, gastrointestinal tract, pancreatitis.

Purpose and objectives of the study: To study the frequency and characteristics of diarrhea in patients with COVID -19. The etiological factors of diarrhea are varied. The main causes of diarrhea can be ulcerative colitis, irritable bowel syndrome, intestinal cancer, Crohn's disease, disruption of digestive processes in pancreatitis, acute intestinal infections, dysentery, salmonellosis, acute viral diseases rotavirus infection, enterovirus, adenoviral infection and COVID -19. Of course, the main thing

The symptom that unites all these diseases is diarrhea. But each disease has its own characteristic developmental features and additional symptoms [1, 5, 6, 8,]. Loose stools can reach 10-15 bowel movements per day. At the same time, the patient cramping pain appears in the abdomen. Signs of intoxication of the body develop. Body temperature rises to febrile levels (39-40 degrees), general weakness increases. The American Clinical Journal of Gastroenterology has published a clinical observation among 206 patients with COVID-19. All of them had a mild form of the disease, while 48 people had symptoms only from the digestive system. Another 68 also had respiratory symptoms. In the entire sample, as many as 117 people experienced diarrhea as a primary early sign of the disease. Moreover, it lasted much longer than headaches, fever, pain and other respiratory disorders. [2, 3, 5, 7]. Study, conducted by Beijing scientists showed that vomiting as a symptom of COVID-19 was more often observed in children than in adults.



The researchers analyzed all clinical reports on coronavirus infection, which mention digestive problems, published from December 2019 to February 2020 of the year. As a result, about 15.9% of adults and about 66.7% of children suffered from vomiting. 61 The authors of the work also noted that the number of patients with gastrointestinal disorders increased significantly at the end of the epidemic. This may be due to a decrease virulence of the virus, scientists have suggested. Along with obvious gastroenterological symptoms, many patients complained of a complete absence or loss of appetite. This was reported by approximately 50% of people. The Beijing study already mentioned reports some other symptoms of digestive upset: From 1 to 29.4% of people complained of nausea; 2.2-6% suffered from abdominal pain; 4-13.7% developed gastrointestinal intestinal bleeding. [2, 5, 7, 8].

Research materials: 1836 patients were treated in the pharmacist department, organized during the pandemic at the Federal Research Center for Emergency Medicine from September 18, 2020 to January 16, 2021. Of these, 96 (5.2%) patients were diagnosed with diarrhea syndrome.

Basic clinical manifestations in patients depended on the frequency and severity of intestinal dysfunction. Loose stools can reach 10-15 bowel movements per day. At the same time, the patient cramping pain appears in the abdomen. Signs of intoxication of the body develop. Body temperature rises to febrile levels (39-40 degrees), general weakness increases. After bowel movement, a false urge to defecate occurs, accompanied by pain in the rectal area - tenesmus. As stool frequency increases, it develops dehydration of the body. This manifests itself in dry skin integument and oral mucosa, increased heart rate (tachycardia), decreased blood pressure. Severe general weakness appears. Coronavirus can occur without fever, but with diarrhea.

Some patients actually experiencing no flu-like symptoms, and the only thing that bothered them was diarrhea, which became the first and only symptom of COVID19. In some cases fever could appear after diarrhea. On what day does diarrhea occur with coronavirus? It depends on 62 individual characteristics of a person. Average.

The incubation period of COVID-19 takes from 3 to 5 days, and diarrhea may appear a day after the increase temperature, or even be the primary sign of the disease. Also, damage to the gastrointestinal tract develops like acute gastroenteritis - there may be vomiting, nausea, abdominal pain, loose stools. The patient's symptoms of gastroenteritis go away on their own and the symptoms of damage to the upper respiratory tract come first. In 27 patients (27.1%), the disease began with cramping abdominal pain, which was the reason for contacting a surgeon. Diarrhea began on the 2-3rd day of illness. In such cases, it is difficult to



exclude the presence of acute surgical pathology.

12 (11.5%) patients had a history of chronic intestinal diseases, nonspecific ulcerative colitis, dysbacteriosis, and spastic colitis. Intestinal disorders can also vary. Some patients complained that they literally could not leave the restroom, others were slightly unwell. Does coronavirus start with diarrhea? Indeed, in some patients the first the manifestation of the disease was precisely intestinal upset with severe diarrhea. However, this is not at all a necessary condition. Everything is purely individual, so diarrhea cannot serve the defining diagnostic symptom of COVID-19. What to do for chronic intestinal diseases? People with chronic disorders such as irritable bowel syndrome (IBS) are at risk for many viral infections. However, scientists have not yet found evidence that patients with IBS are more likely to become infected with COVID-19 compared to healthy people. There is not yet enough clinical data to make any clear conclusions. Anyway, some microbiome disorders, chronic diseases indeed may affect the risk of infection or lead to complications.

Treatment: Patients with coronavirus with diarrhea syndrome in complex of treatment of the underlying disease included symptomatic drug treatment, diet therapy. Means can be used as auxiliary traditional medicine. The main attention should be paid to replenishing the deficiency of fluids and salts that occur with diarrhea and vomiting. To maintain electrolyte balance Regidron, Regidron Bio, Gastrolit Humana are recommended, Hydrovit. Sorbents help relieve intoxication: Sorbex, White coal, Enterogel. Preparations based on live bacteria help restore normal microflora: bifidumbacterin, Hilak Forte, Laktobalans, Biform.

Conclusions:

1. In patients with coronavirus infection, diarrhea syndrome occurred in 5.2% of patients.
2. The main clinical manifestations of diarrhea in patients with coronavirus infection depended on the frequency and severity of intestinal dysfunction.
3. 12 (11.5%) patients had a history of chronic intestinal diseases.

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