

STOMACH PAIN AND FOOD POISONING

FOOD POISONING is defined as any disease of an infections or toxic nature caused by the consumption of food or drink. The term is more often used to describe the illness, usually diarrhoea and /or vomiting caused by bacteria, viruses or parasites. Occasionally poisoning from chemicals may be the cause.

SYMPTOMS OF FOOD POISONING:

- Severe stomach cramps.
- Nausea and vomiting.
- Diarrhoea, usually within a few hours after eating the offending food.
- General weakness and malaise.
- Feverish and sweaty.

ORGANISMS THAT CAUSES FOOD POISONING:

- Salmonella.
- Staphylococcus Aureus.
- Listeria.
- Campylobacter.
- Rotaviruses.
- Toxoplasma.
- Bacillus Cereus.
- Clostridium.
- E. Coli.

TREATMENT:

Most food borne infections resolve without medical attention. Depending on the type of bacterial infection, antibiotics may be prescribed in some cases. Before doing this, the doctor will usually require a stool specimen for analysis, in order to discover which particular bacterium is responsible.

The main treatment for food poisoning is to take in enough fluids to prevent dehydration. Fluids that contain both salt and water are best. Give children Oral Rehydration Salts (ORS). Dissolve ORS with cool, boiled water and taken orally. Children get dehydrated quicker than adults do, so fluid replacement is very important.

This is particularly important for infants and young children. If the illness lasts more than a few days or there is blood in the stools, medical advice should be sought urgently.

Full recovery may take between a few hours to several weeks depending upon the fitness of the patient and the type of infection.

LIST OF MEDICATIONS AVAILABLE IN MALAYSIA			
Drugs	<u>Mode Of Action</u>	<u>Side Effects</u>	<u>Managing of Side Effects</u>
Oral Rehydration Salt	❖ It replaces the water and some important salts (electrolytes), such as sodium and potassium that are lost from the body during diarrhea.	◆ Vomiting	▪ Usually do not need medical attention.
		◆ Dizziness ◆ Fast heart beat ◆ Irritability ◆ Restlessness ◆ Weakness ◆ Puffy eyelids	▪ Check with your doctor as soon as possible if any of the side effects occur.
Charcoal activated	❖ It helps prevent the poison from being absorbed by the body. ❖ Activated charcoal (without sorbitol) may also be used to relieve diarrhoea and intestinal gas.	◆ Rare: Swelling or pain in stomach.	▪ Check with your doctor as soon as possible if side effects occur.

SELF MANAGEMENT:

- Always wash your hands carefully before handling food, before meals and after using the toilet.
- Keep kitchen work surfaces clean, cook meat thoroughly and don't eat anything which you suspect to be contaminated.
- Keep all waste materials well away from food in firmly lidded bins.
- Wash all your dishes and kitchen utensils thoroughly being careful to rinse off any detergents.
- Make sure you defrost frozen food especially meat and meat products thoroughly before preparing.
- Cook food thoroughly at a high temperature if you are reheating it.
- Don't handle cooked meat after handling raw meat unless you have washed your hands in between.
- Don't keep cooked meat near raw meat; it is a frequent cause of food contamination and poisoning.
- Don't leave hot, cooked food in a warm place; such as a cooling stove-it promotes bacterial growth.
- Make sure that you clean cutting boards thoroughly with warm soapy water before preparing food on them. Do not use wooden cutting boards, as they are almost impossible to get rid of bacteria.
- When grilling chicken, beef or pork, make sure there are no pink juices from the meat.
- Don't save leftovers that have sat at room temperature or left outside. Harmful bacteria will continue to slowly multiply even after the leftovers are refrigerated.

REFERENCES

1. Malaysia Healthcare Guide
2. The Reader's Digest Family Guide To Alternative Medicine.

Websites:

- a) <http://www.cpcmnet.columbia.edu/texts/guide/hmg14-0013.html>
- b) <http://www.chem-gharbison.unl.edu/Rebecca/salmonella>
- c) <http://www.onhealth.com/ch1/in-depth/item/item/4648-1-1.asp>
- d) <http://www.onhealth.com/ch1/resource/conditions/item.316.asp>

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http://www.pharmacy.gov.my/self_care_guide
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