

## Case report (November 2014): Gastroenteritis with volume depletion

30-year female from Mount Ayliff

On ART for 18 months (TDF/FTC/EFV)

Baseline CD4 of around 270

Current CD4 > 700, VL < 40

Presentation:

Severe acute gastroenteritis with dehydration

No exposure to traditional or OTC meds

No significant travel history

Abdomen soft

B-HCG negative

Admission labs:

- WCC 14.6 [4-10], neutrophilia
- Normal U&E
- Stool microscopy normal (culture pending)

Initially recovered well with IV fluids and was discharged after 48 hours on oral ciprofloxacin (500 mg bd), metronidazole (400 mg tds) and loperamide.

Returned two days later with nausea, heartburn, headache, mild fever, cramping abdominal pain, no diarrhoea

Vitals unremarkable

No jaundice/pallor/adenopathy

Soft, mildly distended "doughy" abdomen

Tender epigastrium, left flank, left iliac fossa

Negative Murphy's

No guarding or percussion tenderness

No palpable mass

Differential diagnosis:

- Intra-abdominal sepsis (e.g. appendicitis, diverticulitis, peritonitis)
- Drug side-effect - NRTI-related pancreatitis/hepatitis
- Infective / toxic gastroenteritis

## DIAGNOSIS:

### *Campylobacter jejuni* gastroenteritis

Stool MCS from initial admission returned a positive culture for *Campylobacter jejuni*, sensitive to azithromycin, erythromycin. Resistant to ciprofloxacin.

## COURSE

The patient was discharged and recovered fully within a few days on azithromycin 500 mg PO x 3 days.

## COMMENT

*Campylobacter jejuni/coli* are common causes of infectious diarrhoea in man. The illness is typically self-limiting and the effects of antimicrobial agents remain unclear. Complications include bacteraemia, reactive arthritis, bursitis and endocarditis. Antibiotics, however, are probably only indicated for severely ill patients, young children and debilitated adults.

Erythromycin (500 mg orally 12-hourly for five days) is usually the drug of choice. Recent trends favour shorter courses; results at least as good as a conventional five-day course of erythromycin have been claimed for a single dose of azithromycin (30 mg/kg).