**Let’s Stop Moving:**

**Management of Acute Diarrhea in the Ambulatory Setting**

Pharmacy Technician Post-test

After completing this continuing education activity, pharmacy technicians will be able to:

* LIST the basic pathology and symptoms of acute diarrhea
* RECALL treatments used in patients who have acute diarrhea
* IDENTIFY OTC products and dietary modifications that are useful in acute diarrhea
* IDENTIFY when to refer patients to the pharmacist for recommendations or referral

**1. What is the major difference between sports drinks (e.g., Gatorade) and oral rehydration solutions (e.g., Pedialyte)?**

A. Sports drinks have more sodium and less carbohydrates than ORSs

B. Sports drinks have more carbohydrates and less sodium than ORSs

C. There is no difference, patients can use both interchangeably

**2. Which of the following situations should prompt an adult patient with acute diarrhea to seek medical attention?**

A. Fever of more than 102°F

B. Diarrhea has lasting more than 1 day

C. Three loose stools in 1 day

**3. What is the maximum amount of loperamide allowed in an OTC container?**

A. Twelve 2-mg capsules

B. Twenty-four 2-mg tablets

C. Fifty 2-mg capsules

**4. Which of the following patients with diarrhea should you refer to the pharmacist for counseling?**

A. The mother of an afebrile toddler who drinks 4 ounces of apple juice daily

B. A febrile patient who recently returned from a mission trip to Africa

C. A lactose-intolerant teenager who ate ice cream and forgot to take a lactase supplement

**5. Which of the following is associated with laxative abuse-associated diarrhea?**

A. Anorexia nervosa

B. Opioid addiction

C. Ethanol intoxication

**6. What components are common to all oral rehydration solutions?**

A. Water, sodium, sugar, potassium

B. Water, sodium, sugar, magnesium

C. Water, sodium, potassium, magnesium

**7. How do bulk laxatives (e.g., psyllium) work to decrease diarrhea symptoms?**

A. They absorb excess intestinal fluid and increase stool bulk

B. They possess antimicrobial and anti-secretory properties

C. They adsorb bacteria and other toxins and reduce fluid loss

**8. Which of the following characteristics is associated with acute diarrhea?**

A. Excessive vomiting

B. Lasts more than 2 weeks

C. Often self-limiting

**9. What does the “BRAT” acronym refer to with respect to acute diarrhea?**

A. A brand of oral rehydration solution

B. A diet of bananas, rice, applesauce, and toast

C. A preferred diet for children who have diarrhea

**10. Which antidiarrheal product is prone to abuse?**

A. Attapulgite clay

B. Berberine

C. Loperamide