

Diagnosis and Treatment of Bacterial Gastroenteritis

Karol Sestak*

Department of Microbiology, University of Milan, Milano, Italy

DESCRIPTION

Bacteria, parasites, and fungus can occasionally cause gastroenteritis, but viruses are the main cause of gastroenteritis. Rotavirus is the most frequent cause of severe diseases in children. Norovirus and *Campylobacter* are common causes of diseases in adults. The disease can be transferred by intake of contaminated food or water or coming into close contact with an affected individual. Bacterial gastroenteritis is defined as the bacterial inflammation of the stomach and intestines.

The symptoms of bacterial gastroenteritis vary depending on the bacteria causing infection. Some of them are as follows.

- Loss of appetite
- Nausea and vomiting
- Diarrhea
- Abdominal pain and cramps
- Fever
- Blood in stools
- Heartburn
- Dehydration

Causes

Bacterial gastroenteritis can affect one person or a group of people who had taken contaminated food. Most commonly occurs in places such as school cafeterias, restaurants. The food may be contaminated through various ways such as contact of bacteria with meat in poultry, improper handling of food in grocery stores, etc. Food poisoning may occur due to using uncleaned cooking utensils, cutting boards, intake of dairy products or food containing mayonnaise that have been out of the refrigerator for a long time. Some of the bacteria which cause bacterial gastroenteritis include *Campylobacter*, *E.coli*, *Salmonella*, *Shigella*, *Staphylococcus*, *Yersinia*, etc.

Diagnosis

Laboratory tests may be performed on the food or stool sample to determine the type of bacteria causing symptoms. Tests may also be performed to check the presence of white blood cells in the stool, which is a sign of infection. Other differential

diagnosis includes appendicitis, volvulus, inflammatory bowel disease, urinary tract infections and diabetes mellitus. Pancreatic insufficiency, short bowel syndrome, whipple's disease, coeliac disease, and laxative abuse also should be examined. A determination of whether or not the person has dehydration is an important part of the assessment, with dehydration typically divided into mild, moderate and severe cases.

Treatment

Patients with usually recover from bacterial gastroenteritis in a couple of days. Avoiding of dehydration by taking plenty of fluids will help to recover from the infection. Taking more rest and controlling nausea and vomiting may also leads to decrease in infection. For young children, who are suffering with dehydration due to nausea or vomiting may take fluids through intravenous route.

Antibiotics are usually not prescribed for most common types of bacterial gastroenteritis, unless the diarrhea is very severe. Over the Counter (OTC) medications are available at drug store which help to control or stop diarrhea. These OTC medications should not be used by patients in those who have symptoms such as severe diarrhea or fever, unless prescribed by healthcare professional.

Prevention

Some of the precautions that are taken to prevent the bacterial gastroenteritis are as follows:

- Wash hands regularly before and after food.
- Avoid close contact with others who are suffering with illness.
- Avoid intake of unpasteurized milk, raw meat or shell fish.
- Make sure to store foods at either very hot or cold temperatures.
- Keep kitchen surroundings clean.

CONCLUSION

Bacterial gastroenteritis varies depending on the bacteria causing infection. The food may be contaminated through various ways such as contact of bacteria with meat in poultry, improper

Correspondence to: Karol Sestak, Department of Microbiology, University of Milan, Milano, Italy, E-mail: sestak1@karol.it

Received: 01-Jun-2022, Manuscript No. JPH-22-18465; **Editor assigned:** 03-Jun-2022, PreQC No. JPH-22-18465 (PQ); **Reviewed:** 17-Jun-2022, QC No. JPH-22-18465; **Revised:** 24-Jun-2022, Manuscript No. JPH-22-18465 (R); **Published:** 04-Jul-2022, DOI:10.35248/2329-8901.22.10.275.

Citation: Sestak K (2022) Diagnosis and Treatment of Bacterial Gastroenteritis. J Prob Health.10:275.

Copyright: © 2022 Sestak K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

handling of food in grocery stores, etc. Laboratory tests may be performed on the food or stool sample to determine the type of bacteria causing symptoms. Patients will usually recover from bacterial gastroenteritis in a couple of days. Avoiding of

dehydration by taking plenty of fluids will help to recover from the infection. The OTC medications should not be used by patients in those who have symptoms such as severe diarrhea or fever, unless prescribed by healthcare professional.