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Perspective

Referred Pain, Accompanying Symptoms and Management of Abdominal Pain in Patients

Mark Orr*

Department of Emergency Medicine, University of North Carolina, Chapel Hill, USA

DESCRIPTION

The most significant symptom of an acute abdominal pathologic condition is abdominal pain. The patient visits his doctor because of a symptom, and that symptom ought to be evaluated with the utmost care. According to some reports, an experienced physician can locate the cause of stomach discomfort 80% to 90% of the time based just on the history. The onset of abdominal pain might be abrupt, quick, or gradual. Within a second, sudden-onset pain sets in. The patient will describe the exact instant when the pain started and will typically specify what activity was taking place at the time. A colonic diverticulum, a gastric or duodenal ulcer, or a foreign body are the most frequent causes of sudden onset of pain in the gastrointestinal tract. Ectopic pregnancy rupture, mesenteric infarction, ruptured aortic aneurysm, and embolism of an abdominal artery are some additional common reasons. Rapid-onset pain starts off mild and gradually worsens over the next few minutes. The patient will remember the time of the pain's onset generally, but not with the same accuracy as with pain that started suddenly.

Cholecystitis, pancreatitis, intestinal obstruction, diverticulitis, appendicitis, ureteral stone, and penetrating gastric or duodenal ulcers are among the conditions that cause sudden onset of pain. Pain that steadily worsens only after several hours or even days have passed is referred to as pain with insidious start. The patient has a hazy memory of when the pain first started; he or she can barely pinpoint the day or even the week. Large intestinal obstructions, persistent inflammatory conditions, and neoplasms are frequently linked to pain that develops gradually. Pain of slow onset is more commonly related to various intra-abdominal illnesses than pain of sudden or rapid onset, making a proper diagnosis from the history more challenging. Visceral pain caused by smooth muscle strain is focused in one of the three midline zones of the abdomen: epigastric, mid abdominal, and lower abdominal. This pain in the midline zone, which is the result of pain emanating from both the right and left splanchnic pathways, is poorly localized, affects numerous body parts, and can range in intensity from dull, persistent ache to cramping pain, depending on what is causing it. Visceral pain frequently goes hand in hand with symptoms including nausea, vomiting, pallor, and sweating.

Somatic ache is precisely localized. It is asymmetrically situated, and jarring, deep inspiration, or pressure on the abdominal wall might make it worse. One of the most efficient physical examination strategies for detecting the presence of abdominal pain with a somatic cause is asking the patient to distend his abdomen by alternately "pushing out" his umbilicus to contact the examiner's palm and "sucking in" his umbilicus to touch his spine. These subjective parietal peritoneum stretching techniques frequently allow for the simple monitoring of the somatic pain source. It is especially helpful when examining children because the subjective location of the discomfort without the doctor actually palpating the belly may prevent misinterpretations resulting from the child's fear. Any stimulation of the parietal peritoneal surfaces is relatively well lateralized because the cerebrospinal nerves that supply sensation to the anterior and lateral peritoneal surfaces are unilateral. Rarely are somatic pain symptoms such nausea, vomiting, pallor, and sweating present. In order to pinpoint the precise region of the pain, it is advisable to have the patient describe the area while standing and lying flat on their back. The phrenic, obturator, and genitofemoral cerebrospinal nerves are particularly essential due to the distinctive referred pain carried through these pathways in specific intra-abdominal disorders. The supraclavicular fossa becomes painful when the dorsal or ventral portions of the diaphragm are irritated, stretched, or damaged. This discomfort corresponds to the sensory branches of the phrenic nerve. Pain in the labia, testis, or shaft of the penis on the affected side is caused by irritation of the genitofemoral nerve by retroperitoneal inflammatory diseases including retrocecal appendicitis or retroperitoneal duodenal perforation. The obturator nerve in the obturator fossa is irritated, generally by an incarcerated obturator hernia, and this causes discomfort from the medial aspect of the thigh to the knee. It is obvious that a proper diagnosis depends on

Correspondence to: Mark Orr, Department of Emergency Medicine, University of North Carolina, Chapel Hill, USA, E-mail: marorr@yahoo.com

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the symptoms that go along with stomach pain. The most significant ones include chills, fever, urine frequency, hematuria, jaundice, abdominal distention, diarrhea, constipation, obstipation, tarry stools, and nausea and vomiting. The etiology of the pain is just one of several variables that affect how to treat abdominal discomfort. An individual with stomach pain who presents to the emergency room may first need IV fluids due to decreased intake brought on by the abdominal discomfort and potential emesis or vomiting. Analgesia, such as non-opioid and opioid drugs, is used to treat abdominal pain. Since some intra-abdominal processes can get worse from ketorolac, the choice of analgesia depends on what is causing the discomfort. An antacid and lidocaine may be given to patients who present to the emergency room with abdominal pain. In some situations of stomach pain, antibiotic treatment may be necessary after pain management. Cramping abdominal pain can be successfully treated with butylscopolamine. Cholecystectomy, appendectomy, and exploratory laparotomy are just a few of the surgical procedures used to treat reasons of abdominal pain.