

Chapter 2: Gastro-intestinal Conditions



NATIONAL DEPARTMENT OF HEALTH



AFFORDABLE MEDICINES DIRECTORATE
ESSENTIAL MEDICINES PROGRAMME



PRIMARY HEALTHCARE GUIDELINES
2020-2024 REVIEW CYCLE



health

Department:
Health
REPUBLIC OF SOUTH AFRICA





EVIDENCE

Please access the National Essential Medicines List Committee (NEMLC) report for detailed evidence (including rationale, references and costings) informing decision-making on medicine addition, amendments and deletions:

- Knowledge Hub: <https://knowledgehub.health.gov.za/elibrary/hospital-level-adults-standard-treatment-guidelines-stgs-and-essential-medicines-list-eml>
- NHI webpage: <https://www.health.gov.za/nhi-edp-stgs-eml/>

DISCLAIMER

This slide set is an implementation tool and should be used alongside the most recently published STG available on the EML Clinical Guide Application. This information does not supersede or replace the STG itself.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION

2.1 Abdominal pain

MEDICINE/MANAGEMENT

- Description
- Morphine – IM route of administration
- Morphine – IV dosing guidance

DECISION:

- **Editorial amendment**
- **Added**
- **Amended**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



- **DESCRIPTION**
- **2.2 Dyspepsia, heartburn and indigestion in adults**

MEDICINE/MANAGEMENT

- Description
- General Measures
- Medicine treatment - lansoprazole
- Medicine treatment – pantoprazole
- De-escalation/de-prescribing of PPIs

DECISION:

- Editorial amendment
- Amended
- Deleted
- Added
- Not added

MEDICINE AMENDMENTS



DESCRIPTION:

- **2.3 Gastro-oesophageal reflux/disease in infants**
- **2.4 Nausea and vomiting, non-specific**

• **MEDICINE/MANAGEMENT**

- 2.3 Referral
- 2.4 Referral

DECISION:

- **ADDED**
- **EDITORIAL AMENDMENT**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION

- **2.5 ANAL CONDITIONS**

MEDICINE/MANAGEMENT:

- **2.5.1 Anal Fissures AND**
- **2.5.2 Haemorrhoids**
- Bismuth subgallate compound ointment
- Lidocaine 2% cream
- Amethocaine 1% topical
- **2.5.3 Perianal abscesses**
- General measures

DECISION:

- **Retained**
- **Retained**
- **Added**

- **Editorial amendment**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION:

- **2.6 Appendicitis**
- **2.7 Cholera**
- **2.8 Constipation**

MEDICINE/MANAGEMENT:

- **2.6** Description
- **2.7** Ciprofloxacin dose
- IV fluid replacement – Ringer's lactate
- IV fluid replacement – sodium chloride 0.9%
- Zinc supplementation in children
- **2.8** Constipation
- General measures – referral to rehab

DECISION:

- **Editorial amendment**
- **Amended**
- **Added**
- **Retained**
- **Dose amended**

- **Added**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION:

- **2.9 Diarrhoea**

MEDICINE/MANAGEMENT:

2.9.1 *Diarrhoea: acute in children*

- Ceftriaxone IV
- Ceftriaxone IM
- Homemade salt & sugar solution
- IV fluid replacement – Ringer’s lactate
- IV fluid replacement – Sodium chloride 0.9%

DECISION:

- **Dose & route aligned with Paediatric STG**
- **Retained**
- **Retained**
- **Added**
- **Retained**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION: Diarrhoea (continued)

MEDICINE/MANAGEMENT:

- **2.9.2. Diarrhoea, persistent**
- *in children*
- Zinc supplementation
- **2.9.3 Diarrhoea, acute, without blood, in adults**
- Medicine treatment –loperamide
- **2.9.4 Diarrhoea, chronic in adults**
- Description

DECISION:

- **Dose amended**
- **Dose amended**
- **Amended**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION:

- **DYSENTERY**

MEDICINE/MANAGEMENT:

- **2.10.1 Dysentery, bacillary**
- Ceftriaxone IV
- Ceftriaxone IM
- IV fluid replacement – Ringer’s lactate
- IV fluid replacement – Sodium chloride 0.9%

DECISION:

- **Dose & route aligned with Paediatric STG**
- **Retained**
- **Added**

- **Retained**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION:

- **2.11 Helminth infection**

MEDICINE/MANAGEMENT:

- 2.11.1 *Helminthic infestation, tapeworm*
- Albendazole
- 2.11.2 *Helminthic infestation, excluding tapeworm*
- Description
- General measures
- Mebendazole
- Mebendazole
- Albendazole
- Referral

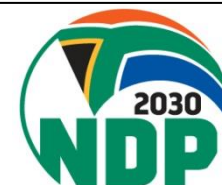
DECISION:

Editorial amendment to dosing guidance
Editorial amendment
Aligned with Paediatric EML
Dosing guidance added for pinworm
Editorial amendment to dosing guidance
Editorial amendment to dosing guidance
Aligned with Paediatric STG



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION:

- **2.12 Irritable Bowel Syndrome (IBS)**

MEDICINE/MANAGEMENT:

- Description
- FODMAP diet
- Mebeverine
- Referral

DECISION:

- **Amended**
- **Not added**
- **Not added**
- **Amended**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION: 2.1 ABDOMINAL PAIN

MEDICINE/MANAGEMENT:

- Description:
 - *The Committee supported the external motivation to refer to peri-umbilical percussion rather than rebound tenderness, and the following amendment was made:*
 - Examination should emphasise the detection of:
 - tachycardia
 - fever
 - jaundice or pallor
 - abdominal masses, distension, tenderness
 - signs of peritonitis (peri-umbilical percussion and guarding)
 - features of possible associated diseases (e.g. HIV)

DECISION

- Editorial



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION: ABDOMINAL PAIN continued

MEDICINE/MANAGEMENT:

- Morphine – IM route of administration
- Morphine – IV dosing guidance
- Guidance on the dosing and routes of administration of morphine for the management of renal and biliary colic or surgical abdomen has been amended and aligned to guidance in Section 20.2 Acute Pain of the PHC EML. Amendments are as tabulated below:
- **AMENDED FROM:**
- **Renal and biliary colic or acute surgical abdomen:**
- Morphine, IM/IV, 10 mg as a single dose and refer (Doctor prescribed).
 - For IV morphine: dilute in 10 mL Sodium chloride, 0.9%.
 - Administer slowly over 5 minutes. ***PTO FOR AMENDED TO:***

DECISION:

- **Added**
- **Amended**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDICINE AMENDMENTS



DESCRIPTION: Morphine dosing amended to:

MEDICINE/MANAGEMENT:

- **Renal and biliary colic or acute surgical abdomen:**
- Morphine, IM, 5–10 mg, (Doctor prescribed)
 - May be repeated after 4–6 hours if needed until the patient is referred.
- **OR**
- Morphine, IV, (Doctor prescribed).
 - Dilute 10 mg up to 10 mL with sodium chloride, 0.9%.
 - Administer morphine, IV, 3–5 mg as a single dose, then further boluses of 1–2 mg/minute and monitor closely.
 - Total maximum as a single dose: 10 mg.
 - Repeat after 4 hours if needed or until the patient is referred.
- Monitor response to pain and effects on respiration and BP



health

Department:
Health
REPUBLIC OF SOUTH AFRICA





Thank you

<https://knowledgehub.health.gov.za/e-library> or <https://www.health.gov.za/nhi-edp-stgs-eml/>



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

