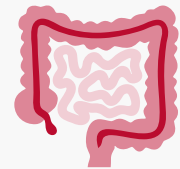


# Appendicitis

## What is Appendicitis?

Although the exact cause of appendicitis is not known it is frequently due to a blockage at the entrance of the appendix leading to inflammation and swelling.

If the appendix bursts it can lead to life-threatening complications such as Peritonitis.



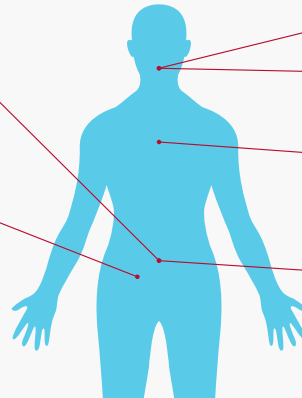
## Signs and symptoms

### At first

- Pain in the centre of the abdomen, usually constant and mild to moderate.

### After a few more hours

- Pain moves to the right lower abdomen, becoming sharper and more severe  
Tenderness and muscle firmness (guarding) in the painful area.



- Being sick
- Feeling sick (nausea)
- Generally feeling unwell
- Mild diarrhoea or constipation

## Appendicitis turning into Peritonitis



High Temperature



Sudden stomach pain that is worse when touched or when patient moves



Rapid Heartbeat



Patient is unable to urinate or is urinating less than normal



Swollen Belly

## Action Plan - This is an Emergency

- Ask patient whether they believe they have had their appendix removed.
- Contact Telemedicine provider **IMMEDIATELY**.
- Give medication as indicated by Telemedicine provider.
- Do not give laxatives.
- If the patient can reach a hospital within 4-6 hours: Do not give food/liquids or drugs, keep them in bed and record temperature, pulse, and respiration rates.
- If the patient cannot reach a hospital within 4-6 hours: Do not give food but they can be given non-alcoholic drinks. Record the patient's temperature, pulse, and respiration rates hourly and start a fluid input/output chart.

If the patient has appendicitis and symptoms improve, they must still be seen by a doctor at the next port. An improvement would mean feeling less pain and having a normal body temperature.