

CO - Constipation

CO-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology as it relates to constipation.

STANDARDS:

1. Explain the normal anatomy and physiology of the colon in the intestinal tract.
2. Discuss changes to the intestinal tract as a result of constipation.

CO-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of constipation.

STANDARDS:

1. Explain that constipation is often a symptom of another condition. Constipation is defined as having fecal mass remain in the colon longer than 24-72 hours after meal ingestion or when patient strains to defecate.
2. Discuss common complications of constipation, which may include:
 - a. Increased narrowing of the colon with small, ribbon-like stools caused by inactivity, immobility, or obstruction.
 - b. Encoporesis in infants and children resulting from poor bowel habits and poor fiber intake.
 - c. A delay in intestinal transit, gastric emptying, and decreased cholesterol and glucose absorption.
 - d. Medical assistance for diarrhea, bleeding, infection, and change in bowel habits.
 - e. Hemorrhoids.
3. Describe the common signs/symptoms of constipation which may include/experience:
 - a. Abdominal cramping/pain
 - b. Flatulence
 - c. Bloating
 - d. Changes in bowel habits
 - e. Soiling of clothing
 - f. Nausea and vomiting
 - g. Loss of appetite

CO-DP DISEASE PROCESS

OUTCOME: The patient/family will understand constipation.

STANDARDS:

1. Explain that constipation is often a symptom of another condition. Constipation is defined as having fecal mass remain in the colon longer than 24-72 hours after meal ingestion or when patient strains to defecate.
2. Describe the signs/symptoms of common complications of constipation which may include/experience:
 - a. Stools that are usually hard, dry, small in size, and difficult to eliminate.
 - b. Straining, bloating, and the sensation of a full bowel.
3. Explain that common causes of constipation, which may include but not limited to:
 - a. lack of fiber in the diet
 - b. lack of physical activity (especially in the elderly)
 - c. medications
 - d. irritable bowel syndrome
 - e. changes in life or routine such as pregnancy, aging, and travel
 - f. abuse of laxatives
 - g. ignoring the urge to have a bowel movement
 - h. dehydration
 - i. milk or milk products
 - j. specific diseases or conditions, such as stroke (most common)
 - k. problems with the colon and rectum
 - l. problems with intestinal function (chronic idiopathic constipation)
 - m. neurological disorders

CO-EX EXERCISE

OUTCOME: The patient/family will understand the role of physical activity in the prevention and treatment of constipation.

STANDARDS:

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any physical activity, such as weight loss, increased energy, improvement in well being, stress reduction, sleep, bowel regulation, and improved self image.

3. Discuss obstacles to a personal physical activity plan and solutions to those obstacles. Assist the patient in developing a personal physical activity plan.
4. Discuss the appropriate frequency, intensity, time, and type of activity.

CO-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of constipation.

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments are kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

CO-HPDP HEALTH PROMOTION, DISEASE PREVENTION

OUTCOME: The patient/family will understand the lifestyle changes necessary to prevent or correct constipation.

STANDARDS:

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual responsibility to:
 - a. Learn how to be healthy.
 - b. Be willing to change.
 - c. Set small, realistic, sustainable goals.
 - d. Practice new knowledge.
 - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

CO-HY HYGIENE

OUTCOME: The patient/family will understand personal routine hygiene as it relates to constipation.

STANDARDS:

1. Discuss the importance of hand-washing in infection control, especially in relationship to food preparation/consumption, child care, and toilet use.
2. Review the importance of bathing, paying special attention to face, pubic hair area, and feet. Discuss hygiene as part of a positive self image.

CO-L LITERATURE

OUTCOME: The patient/family will receive literature about constipation.

STANDARDS:

1. Provide patient/family with literature on constipation.
2. Discuss the content of the literature.

CO-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand lifestyle adaptations necessary for the treatment and/or prevention of constipation.

STANDARDS:

1. Discuss lifestyle adaptations specific to constipation:
 - a. Changes that may help treat and/or prevent constipation include drinking enough water and other liquids, such as fruit and vegetable juices and clear soups.
 - b. Engaging in daily exercise.
 - c. Reserving enough time to have a bowel movement.

CO-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.

3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

CO-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for constipation.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

CO-N NUTRITION

OUTCOME: The patient/family will understand nutrition, as it relates to constipation.

STANDARDS:

1. Emphasize that nutritional management includes adequate fluid intake, meal planning, careful shopping, appropriate food preparation, and eating.
2. Describe healthy food preparation methods. Emphasize the importance of appropriate serving sizes and reading food labels.
3. Emphasize the importance of adequate fiber intake, e.g., fresh fruits, fresh vegetables, and whole grains for the prevention of constipation.
4. Refer to registered dietitian for MNT or other local resources as appropriate.

CO-P PREVENTION

OUTCOME: The patient/family will understand ways to reduce risk of developing constipation.

STANDARDS:

1. Discuss that constipation can often be prevented by dietary measures such as adequate water intake and a high fiber diet.
2. Discuss the importance of physical activity in the prevention of constipation.
3. Explain that laxatives and stool softeners may be indicated.

CO-PRO PROCEDURE

OUTCOME: The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

STANDARDS:

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.
4. Discuss pain management as appropriate.

CO-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
 - a. meaning of the test results
 - b. follow-up tests may be ordered based on the results

- c. how results will impact or effect the treatment plan
- d. recommendations based on the test results

CO-TX TREATMENT

OUTCOME: The patient/family will understand the treatment plan.

STANDARDS:

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and participation with treatment plan.
2. Discuss therapies that may be utilized.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.
4. Discuss the importance of maintaining a positive mental attitude.
5. Bowel retraining may be necessary.