

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT **Teaching about preventing constipation**

REVIEW MODULE CHAPTER **Ch 4**

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

DELEGATION

To prevent constipation one may be delegated to slowly increase their intake of fiber bearing in mind that rapid increase of the amount of dietary fiber is likely to cause gas and discomfort.

LEVELS OF PREVENTION

Consumption of high fiber foods like salads, cereals and raw vegetables.

Drinking plenty of liquids (about 8 glasses everyday).
Drinking warm/hot liquids in the morning, for example, herbal tea.

Exercise daily

Sit quietly after meals for about 15 minutes to help with digestion.

ADVANCE DIRECTIVES

As one increases fiber intake to prevent constipation, they should also increase their liquid intake.

Ensure that fiber consumption is about 20-35 grams.

Underlying Principles

- Passing less than three stools per week.
- Lumpy/hard stools
- Strenuous bowel movements
- Feeling of blockage in the rectum that seemingly prevents bowel movement.
- Needing help to empty rectum, like, using hands to press abdomen or using a finger to remove stool from the rectum.
- Constipation may be regarded to as chronic if one experiences two or more of the symptoms above within three months.
- Constipation is likely to occur when stool passes out slowly through the digestive tract or when it cannot be eliminated effectively causing it to become hard and dry.
- The risk factors associated with constipation include being an older adult or woman, dehydration, consumption of a low fiber diet, little or no physical activity and ingestion of certain medicines.
- Complications that may be associated with the same include anal fissure, hemorrhoids, rectal prolapse and fecal impaction.

Nursing Interventions

WHO? WHEN? WHY? HOW?

- The nurse should encourage the patient to consume at least 2000mL of water daily, if there are no medical contradictions to that effect, since sufficient body fluid is necessary to keep fecal matter soft.
- The nurse should assist the patient to determine foods with dietary fiber because fiber adds to the bulk of stool and makes the process of defecating easy.
- The nurse should encourage the patient to engage in physical activity because movement encourages peristalsis.
- The nurse should encourage the patient to take a warm sitz bath to minimize rectal discomfort considering that the warmth of the water is likely to relax the muscles before defecating.
- For patients with neurological problems the nurse may recommend abdominal massage as the latter has been known to be helpful in treating neurological bowel disorder.