

# Highlands LTC Constipation Plan

**START**

### Focused Assessment

- BM Baseline**: Client's typical stool type, quantity, frequency, and timing
- Collect data**: 7-day log of the client's BM function, fluid intake, and interventions.
- Medication / Comorbidity Review**: Contributing factors (See reverse side)

(RNAO 2020, p 58)



Severe ABD pain?

Unknown ABD mass palpated?

Change in LoC?

Bowel Sounds Present?

BM by day 5, AM?

Second protocol in four weeks?



Refer to RD to review dietary interventions.

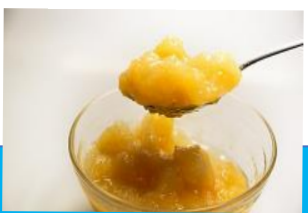


**SUCCESS**

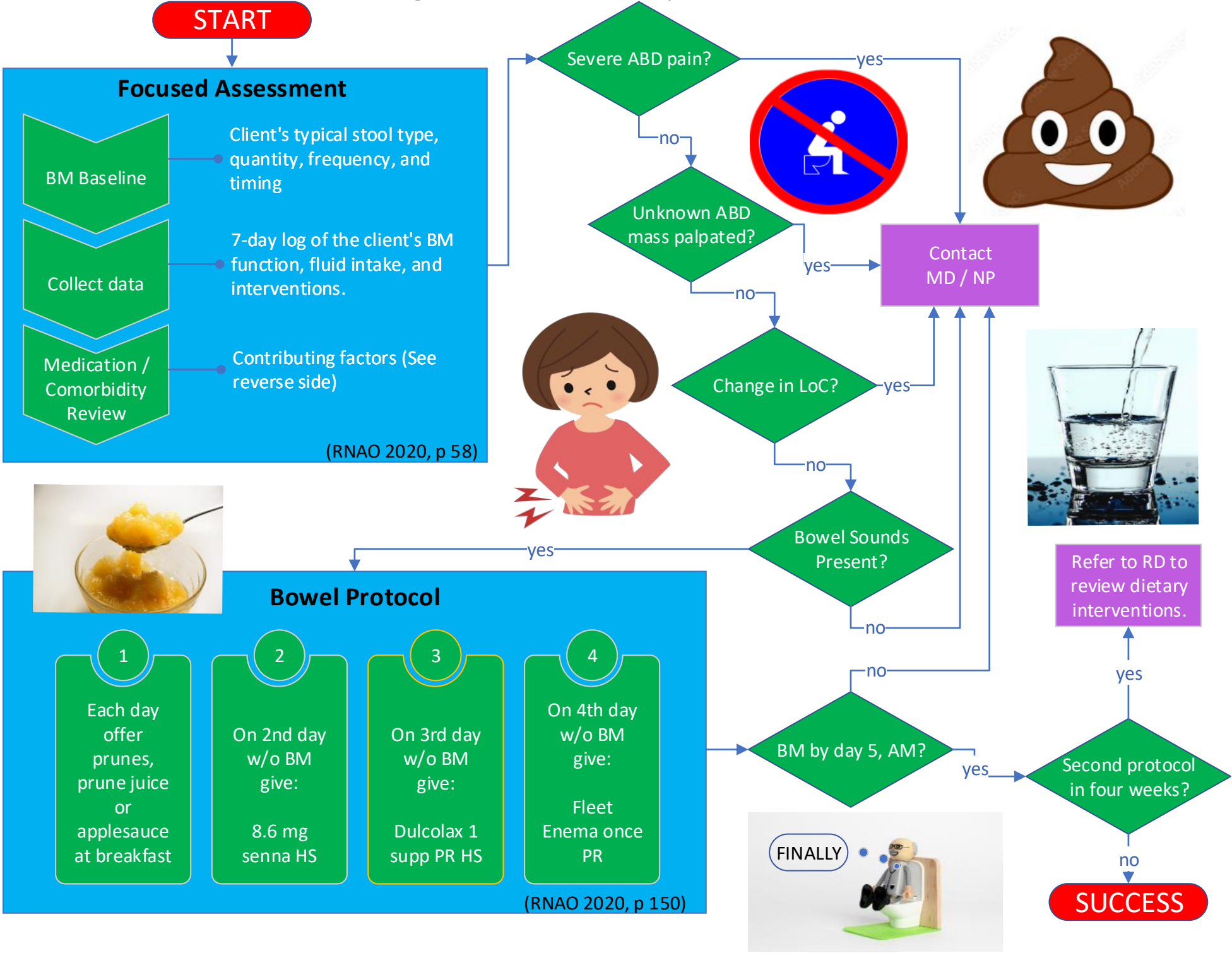
### Bowel Protocol

- Each day offer prunes, prune juice or applesauce at breakfast
- On 2nd day w/o BM give: 8.6 mg senna HS
- On 3rd day w/o BM give: Dulcolax 1 supp PR HS
- On 4th day w/o BM give: Fleet Enema once PR

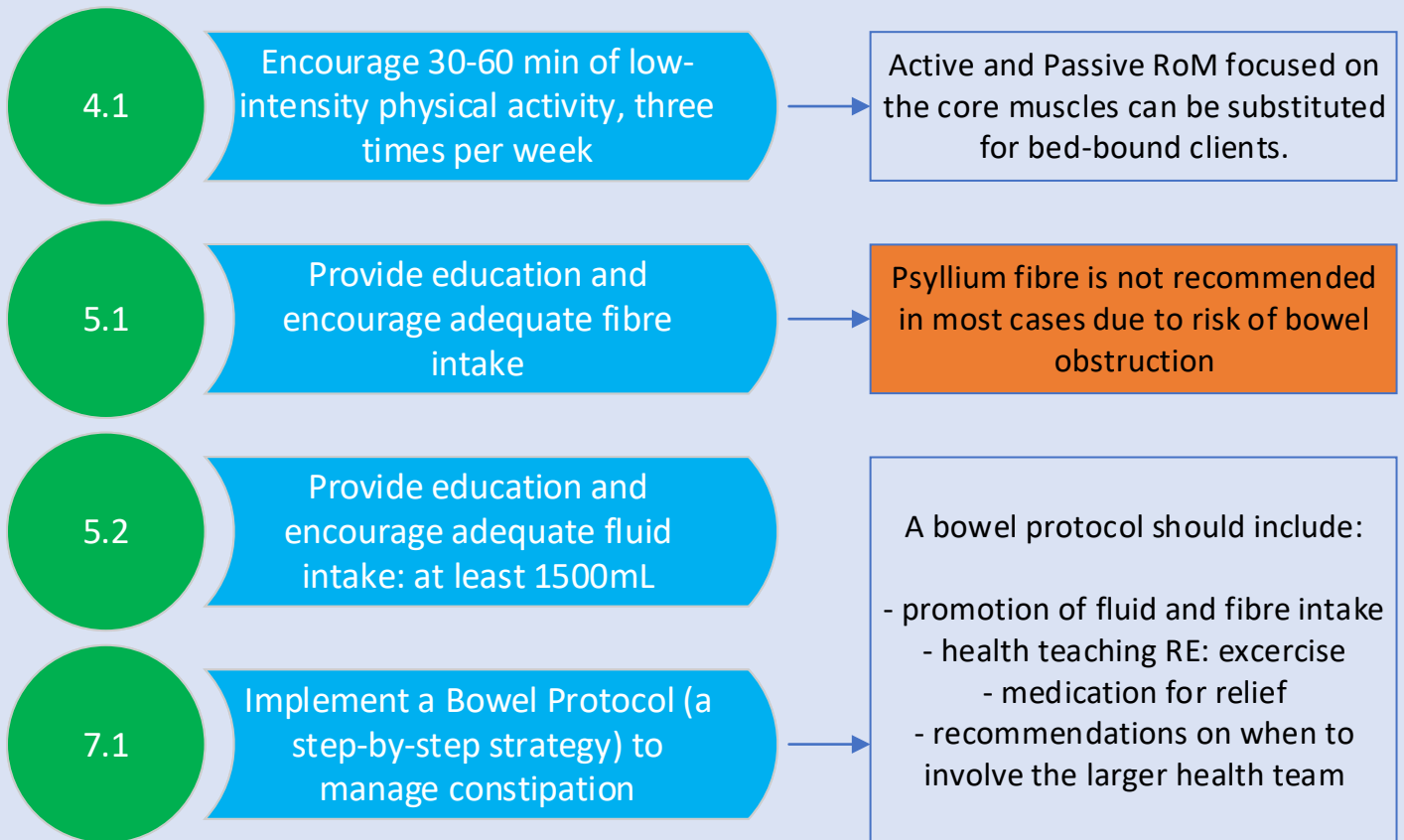
(RNAO 2020, p 150)



Contact MD / NP

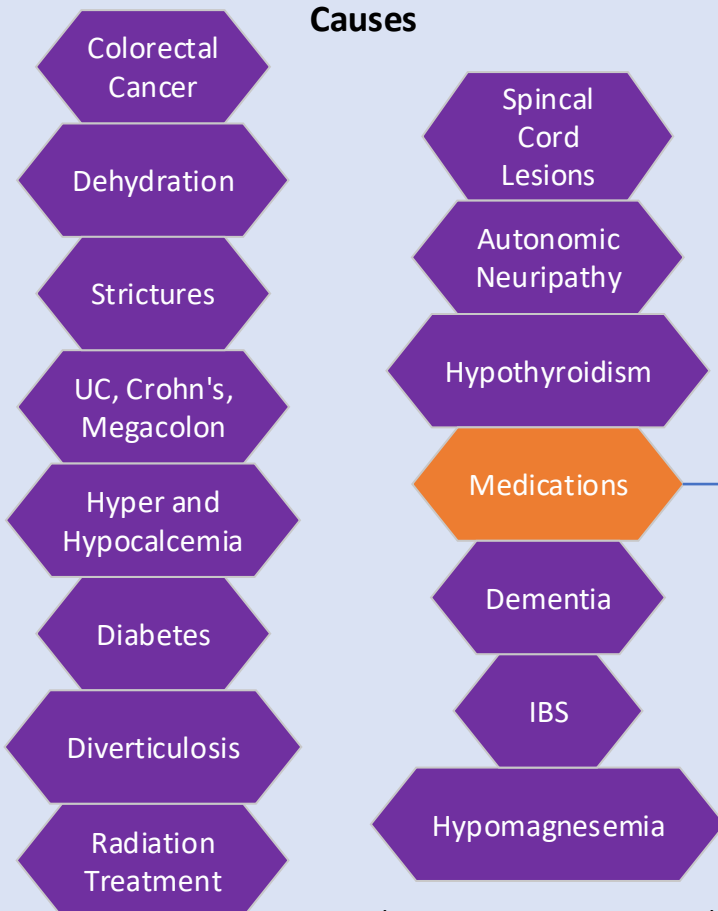


## RNAO BPG Recommendations



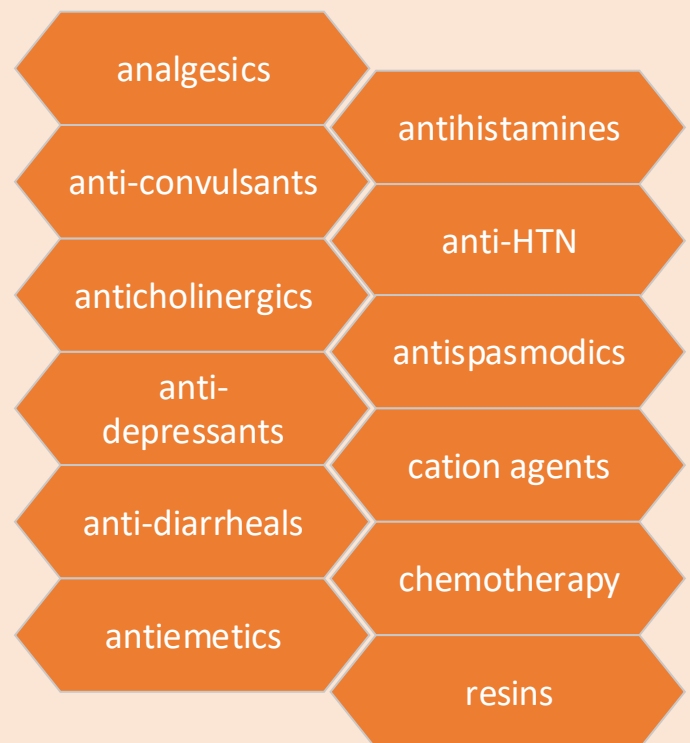
(RNAO 2020, pp. 63-75)

### Causes



(RNAO 2020, pp. 144-145)

### Medications of Concern



(RNAO 2020, p. 146)