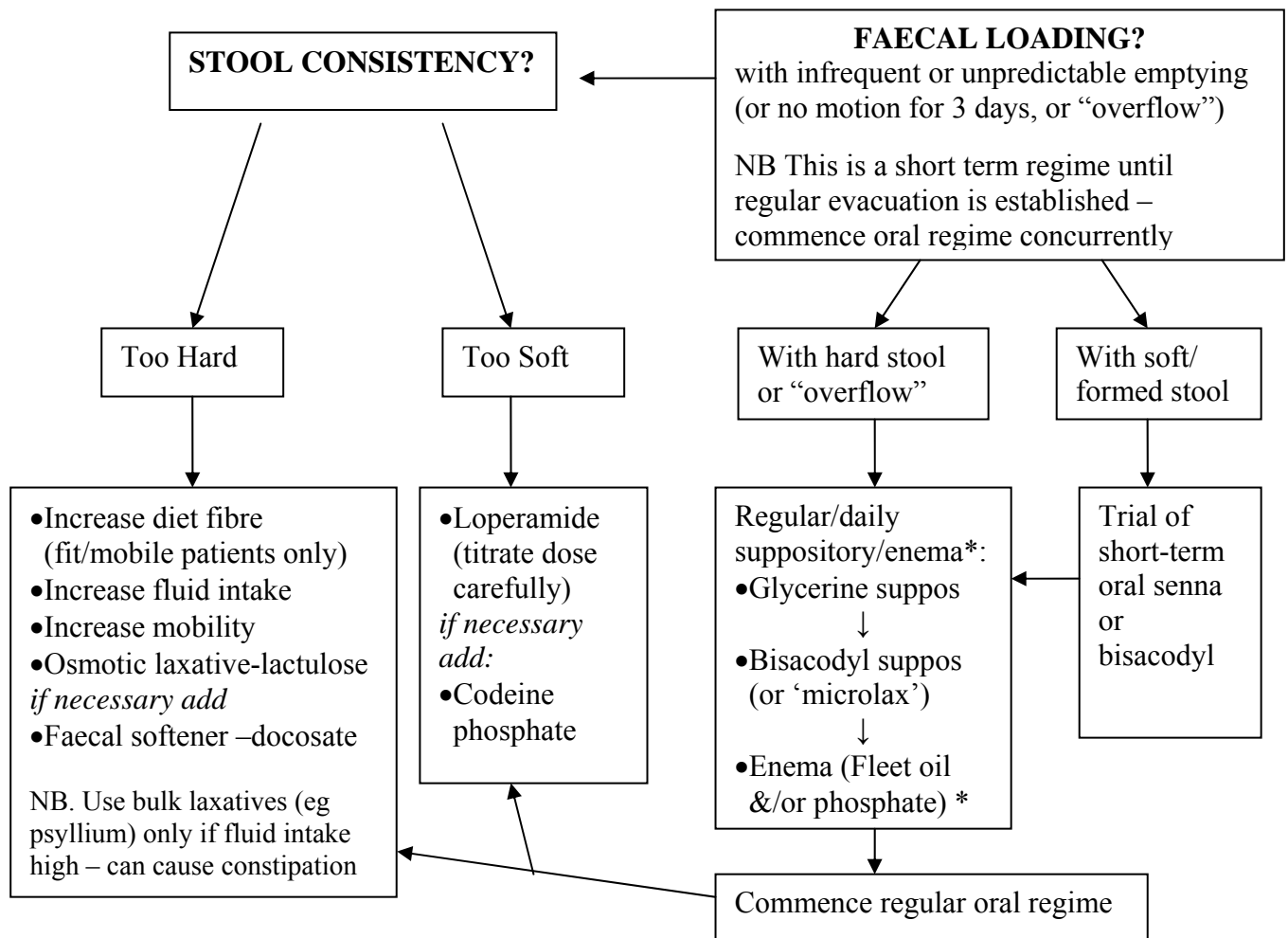


CONSTIPATION & FAECAL INCONTINENCE ALGORITHM Taranaki (for Nursing Staff/GP's managing elderly/ rest home patients)

NB: This algorithm summarises other guidelines for resthome & community nurses and GP's. It should be used in association with existing DHB & rest home protocols, care plans and standing orders.



Factors associated with constipation/faecal incontinence

- Sphincter weakness
- Anal sensory loss
- Immobility
- Diet/dehydration
- Faecal loading
(see management above)
- Medication (eg opiate, tricyclic)
- Slow colonic transit (eg opiates)
- Loss of cognitive awareness
- Laxative abuse
- Bulk laxatives (can constipate if fluid intake insufficient)

Appropriate history

- Past bowel habit
- Awareness of call to stool
- Stool consistency
- Laxative use/ medication
- Mobility
- Diet

Examination

- Abdominal exam
- Anorectal exam
- Digital rectal exam
- Cognitive assessment

* DISTRICT NURSE REFERRAL if required

For enema (or suppository not able to be managed by patient):

- Contact District Nurse
- Prescribe enema or suppository (nurses have small stocks if pharmacy cannot be accessed)
- Complete community nursing medication sheet
NB. District nurses have a standard regime & protocol