

ARRC Medicine Education Series

Bowel Management & Laxatives

Assessment Questions

Bowel Management

Which of the following are factors which may contribute to constipation?

- A. Reduced mobility or daily activities of living
- B. High fibre rich food intake
- C. Dehydration or reduce fluid intake
- D. Medicine side effects
- E. Physical environment

Which if the following diseases may increase a resident's risk of experiencing constipation?

- A. Parkinson's Disease
- B. Diabetes
- C. Hyperthyroidism
- D. Myocardial infarct

Which of the following may be present in a resident who is constipated?

- A. Diarrhoea
- B. Confusion
- C. Urinary frequency
- D. Aggressive behaviour

What assessment should be undertaken when constipation is suspected?

- A. Review of daily history
- B. Oral assessment
- C. Bowel Sounds
- D. Rectal examination

Laxatives

Provide an example of each of the following types of laxatives?

- A. Bulk
- B. Osmotic
- C. Softening
- D. Stimulant

Match the laxative type with correct mode of action:

Laxative type	Mode of Action
<input checked="" type="checkbox"/> A. Bulk	A. Reduces stool surface tension
<input checked="" type="checkbox"/> B. Osmotic	B. Induces muscle contractions
<input checked="" type="checkbox"/> C. Softening	C. Draw water into stool
<input checked="" type="checkbox"/> D. Stimulant	D. Draw water into colon

What are the advantages of increasing fibre content of diet?

- A. Soften stool
- B. Reduces laxative use
- C. Reduces stool frequency
- D. Stimulates peristalsis

Bulk laxatives or increasing fibre content of diet are not recommended for which residents?

- A. Those who are immobile
- B. Those with Parkinson's Disease
- C. Those with limited fluid intake
- D. Those with acute constipation

When stools are hard and lumpy (Bristol Stool Chart type 1 or 2) osmotic laxatives are recommended. Which of the following are examples of osmotic laxatives?

- A. Sterculia
- B. Lactulose
- C. Senna
- D. Macrogols

When a suppository is necessary for the management of acute constipation and the stool is hard, which of the following do you select?

- A. Lubricant suppository
- B. Stimulant suppository
- C. Bisacodyl suppository
- D. Glycerol suppository

Which of the following laxatives may cause bloating or flatulence?

- A. Psyllium seed
- B. Lactulose
- C. Senna
- D. Glycerol suppository

Which of the following laxatives can cause electrolyte disturbances?

- A. Chronic use of docusate/senna
- B. Phosphate Enemas
- C. Stimulant laxatives
- D. All the above