



SNS COLLEGE OF NURSING SARAVANAMPATTI, COIMBATORE

UNIT-V

BOWEL ELIMINATION IN NURSING FOUNDATION

**Mrs.M.Navaneetha
PROFESSOR**

Bowel Elimination



Factors Affecting Bowel Elimination

○ Nutrition

- fiber
- lactose intolerant
- gluten

○ Fluid intake

- 75% water
- ↓fluid intake

○ Hemorrhoids

- enlarged varicose veins

○ Medication

- narcotics
- Fe
- antacids

Lifestyle

- + Personal habits
- + Nutrition and fluid intake
- + Physical activity

✗ Culture

- + Norms of western culture

✗ Age

- + Infancy
- + Elders



Factors Affecting Bowel Elimination

Physiological factors








- + Pregnancy
- + Motor and or sensory disturbance
- + Intestinal pathology
- + Medications
- + Surgery and anesthesia

× Psychosocial factors

- + Anxiety
- + Depression



Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid



Altered bowel function

○ Constipation

- infrequent, painful, hard, dry

○ Fecal impaction

- accumulation in rectum
- digital disimpaction

○ Diarrhea

- ↑ motility
- medication

○ Incontinence

- involuntary

○ Distention

- inactivity

○ Disease process

- Crohn's disease, Cystic Fibrosis



Diagnostic tests

- Specimen

- stool only
- procedure

- Occult blood

- Guaiac or Hemoccult
- procedure

- Culture

- atypical intestinal organisms
- procedure, O&P

- Radiologic

- x-ray image of opaque substance
- barium, laxatives, enemas, NPO

- Endoscopy

- visualization of internal structures
- EGD (esophagogastro duodenoscopy)

http://www.youtube.com/watch?v=_qrbzpDA98g&feature=related

Specimens



Checking for Occult Blood



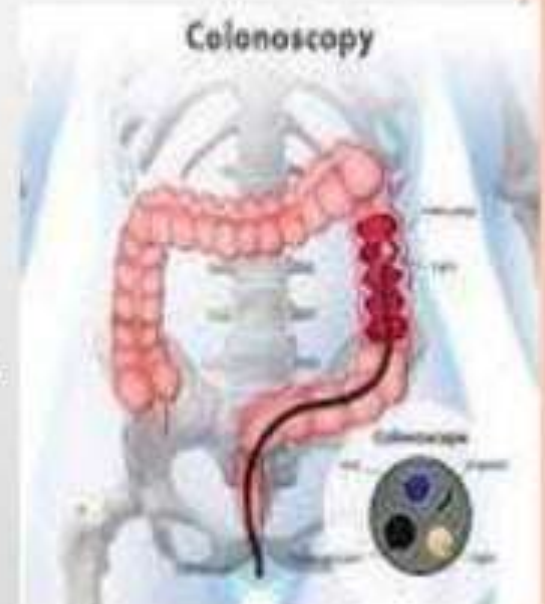
- The fecal **occult blood test** (FOBT) is a lab **test** used to check **stool** samples for hidden (**occult**) **blood**. **Occult blood** in the **stool** may indicate colon cancer or polyps in the colon or rectum — though not all cancers or polyps bleed.

- <http://www.youtube.com/watch?v=Pc3MtgUwFwE>



Colonoscopy

- A **colonoscopy** is an exam used to detect changes or abnormalities in the large intestine (colon) and rectum. During a **colonoscopy**, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon.
- <http://www.youtube.com/watch?v=W0fjO0rsClw>



Enema

Is a procedure in which liquid or gas is injected into the rectum, to expel its contents or to introduce drugs or permit X-ray imaging.

- Purpose – cleansing of large bowel

- Small Volume

- commercially prepared, oil or water, approx. 150cc

- Large Volume

- warm tap water or saline,

- 1000cc for adult, 240cc-350cc for child, 15cc-60cc infant

- Return Flow

- flatus

- 300cc-500cc

- repeat as necessary



Enema Procedure

- Wash hands
- ID patient and explain procedure
- Fill bag with fluid
- Place patient in left lateral position
- Place chux
- Insert lubricated end of enema tubing 3-4 inches into rectum
- Hang/hold enema bag 12-18 inches above patient
- Place on bedpan or BSC or eventually bathroom
- Make patient comfortable
- Wash hands
- Document



Fecal Diversion

- Procedure: refers to the creation of an ileostomy or colostomy. An ileostomy is an opening between the surface of the skin and the small intestine, while a colostomy is an opening between the surface of the skin and the colon.
- Ostomy
- Ileostomy
- Colostomy
 - temporary or permanent
 - irrigation
 - clothing
 - unusual circumstances

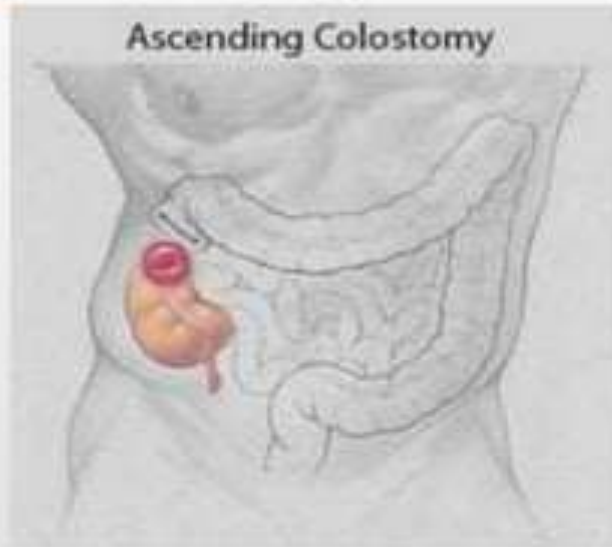


Stoma



Types of Colostomies

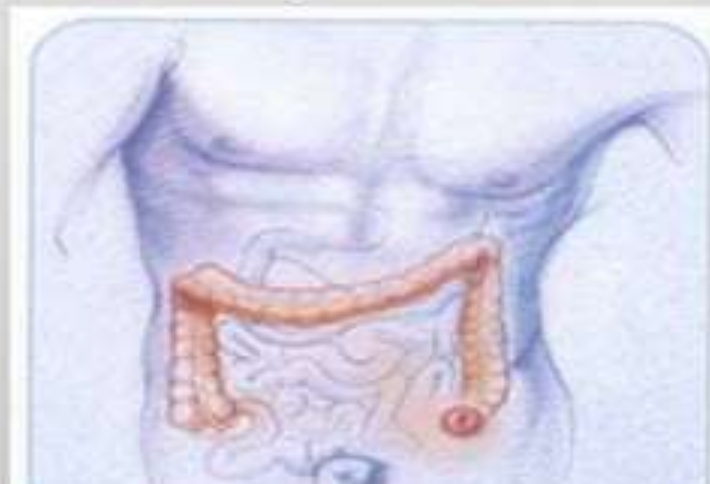
○ Ascending



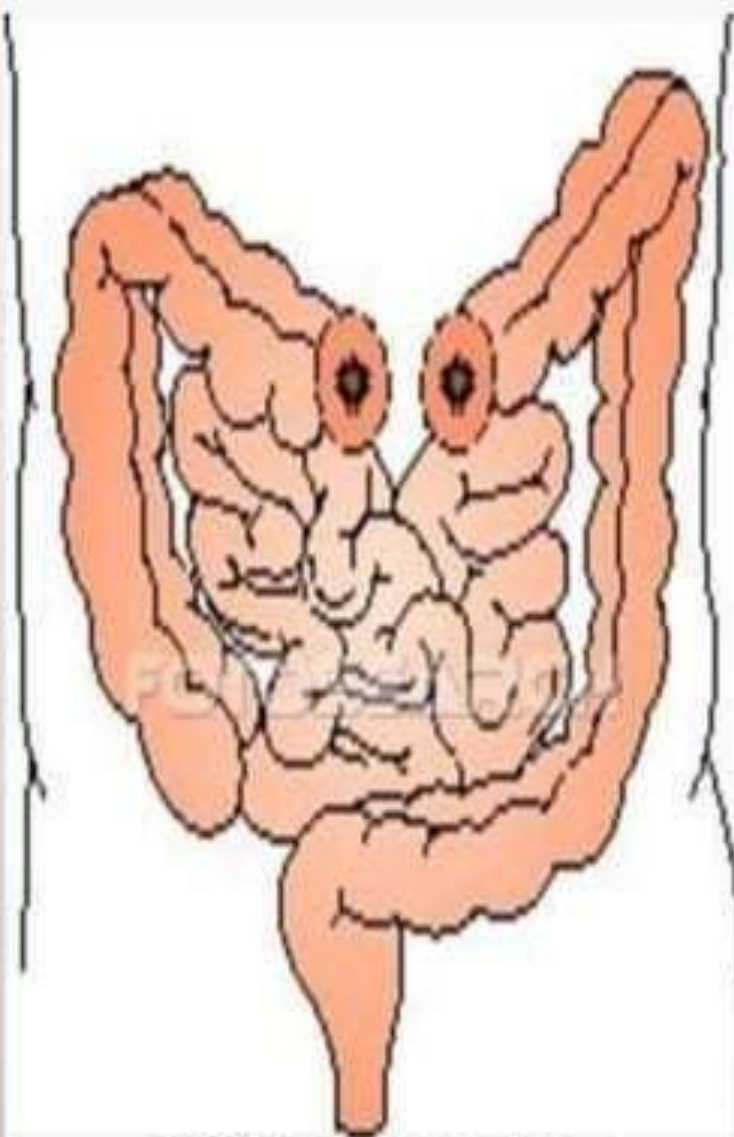
○ Descending



Sigmoid



Types of Colostomies (cont.)



nu206007 www.fotosearch.com



Figure 2

Active portion of colon
Inactive portion of colon

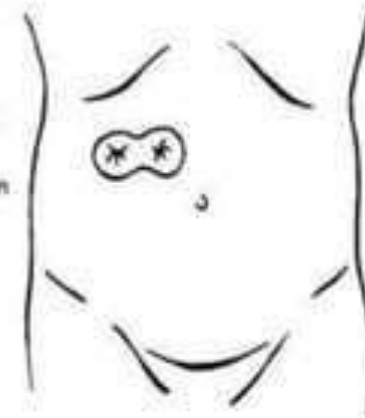


Figure 3

Care of the Colostomy

Assessment

- pink, no pain, flush to skin

Cleaning

- soap and water

Bag changing

- disposable vs reusable

Emotional support

