

Constipation/Diarrhea

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Constipation/Diarrhea</p> <p>Related factors: Decreased dietary intake, changes in digestive processes Drug therapy side effects</p> <p>Symptoms / Risk factors: Changes in frequency, characteristics, and amount of stool Nausea, vomiting, decreased appetite Reports of abdominal pain, urgency, cramping</p> <p>Outcome / Goal: Establish return to normal patterns of bowel functioning.</p>		<p>Bowel Management</p> <p>Assess previous bowel elimination patterns, diet and lifestyles Auscultate bowel sounds. Determine stool color, consistency, frequency, and amount. Encourage fluid intake of 2,500 to 3,000 mL/day Maintain strict policy of hand washing Monitor intake and output Teach the importance of high fiber diet and optimal fluid intake</p>	