

Risk for constipation

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Risk for constipation</p> <p>Related factors:</p> <ul style="list-style-type: none"> Change in usual foods and eating patterns Emotional stress, lack of privacy Insufficient physical activity <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Abdominal muscle weakness Change in bowel pattern Change in usual foods and eating patterns Decreased motility of gastrointestinal tract Dehydration Habitual denial/ignoring of urge to defecate Emotional stress Insufficient fiber intake Insufficient fluid intake <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Reestablish normal patterns of bowel functioning 		<p>Constipation/Impaction Management</p> <ul style="list-style-type: none"> Determine usual elimination pattern or frequency, Note abdominal distention and auscultate bowel sounds Administer laxatives or stool softeners, as indicated Provide privacy Use fracture or child-size bedpan until allowed out of bed Encourage early ambulation 	