

# Development of Bowel Care Guidelines in an Intensive Care Unit

Gayle Hobson Master subtitle style

Staff Nurse

Craigavon Area Hospital

15th September 2009

# AIMS OF THE SESSION

- Discuss the background behind the development of the bowel care guidelines
- Discuss the development and implementation of bowel care guidelines
- Implications for practice

# BACKGROUND

- Constipation is a problem that is experienced by many patients in the ICU setting due to:
  - Reduced mobility
  - Poor nutritional intake
  - Opiate analgesics
  - Altered level of consciousness

(Dorman et al, 2004; Hill et al, 1998)

# WHY SHOULD WE CARE?

# BEFORE

- Constipation was observed to be a recurrent problem within the unit.
- There were no established guidelines available for the treatment of constipation.
- No continuity in practice amongst staff.

# THE INTERVENTION!

- Practice development group established.
- Aims of the group
  - Produce a set of guidelines appropriate for the treatment of constipation within the I.C.U.
  - Improve record keeping
  - Improve continuity of care
  - Promote patient comfort

# WHO WAS INVOLVED

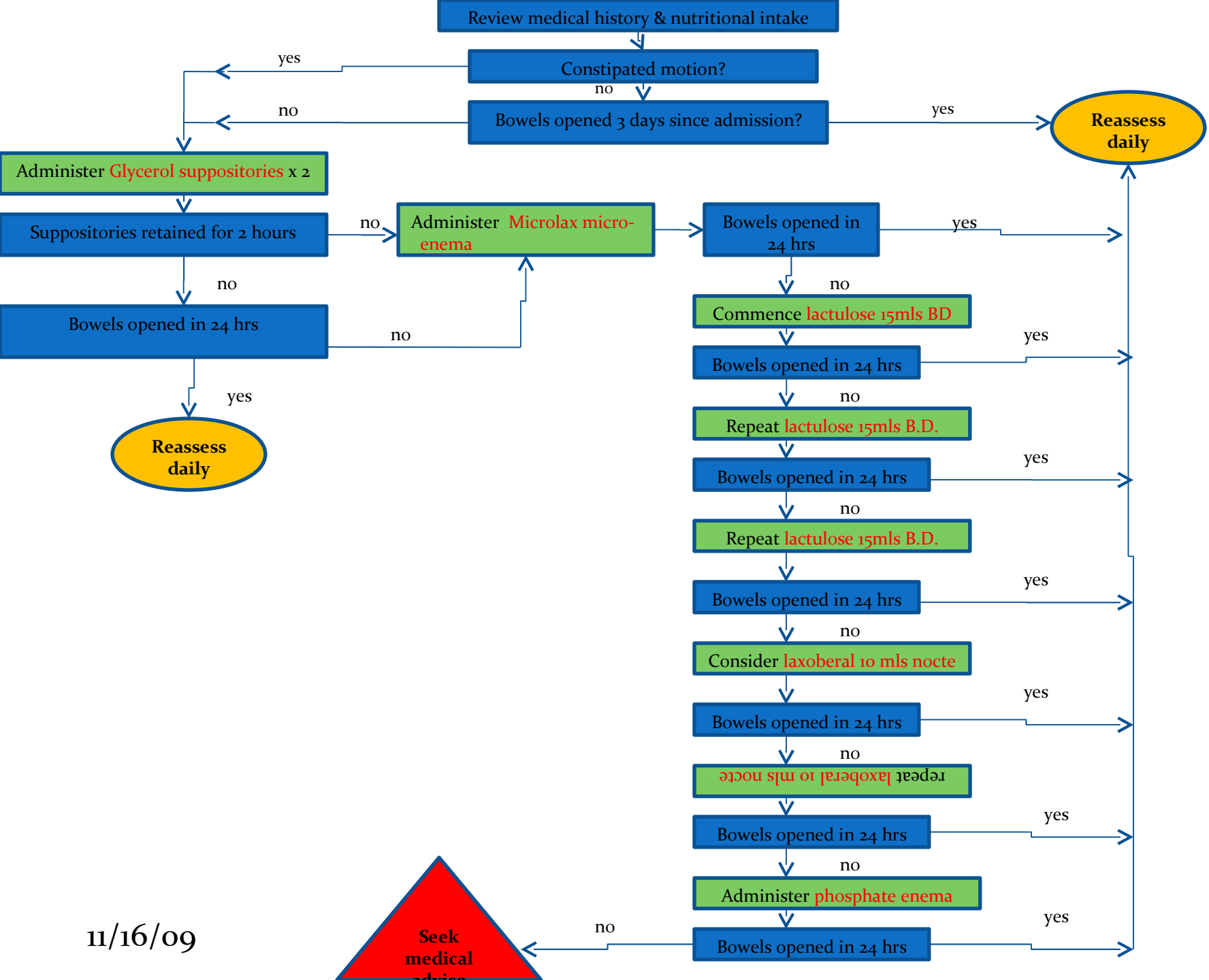
- Involved 5 members of the nursing staff
- Members of the multi-disciplinary team asked to take part e.g. Pharmacist and the Medical Staff
- The group first met in August 2004
- They then met on the first Thursday of each month thereafter

# THE ROLE OF THE GROUP

# THE GUIDELINES

- Incorporated the following aspects:
  - Review of medical history
  - Review of nutritional history
  - Assessment of patients normal bowel activity
  - Daily assessment of patients bowel activity during their ongoing care within the intensive care unit
  - Management of constipation if arises
  - Management of faecal incontinence





11/16/09



### ELMINATION CHART

PATIENT INFORMATION							
INSERT ADDRESSOGRAPH				MEDICAL [ ]    SURGICAL [ ]			
				Contraindications for treatment RECENT BOWEL SURGERY [ ] CROHN'S [ ] IBS [ ] COLITIS [ ] C-DIFF [ ] COELIAC [ ] OTHER [ ]			
ENQUIRE INTO BOWEL HABITS							
Pattern: CONSTIPATED [ ] DIARRHOEA [ ] FREQUENCY _____				Known allergies:  Bowel Medication :			
DATE OF LAST MOVEMENT							
RECORD BOWEL ACTIVITY ( Refer to Bristol Stool Chart)							
Day	Date	Nutrition	Activity	Type	Amount	Systems	Treatment
1		Oral [ ]	AM Y N			FMS [ ]	NO [ ]
		Enteral [ ]	PM Y N			Colostomy [ ]	YES [ ]
		TPN [ ]	NIGHT Y N			Ileostomy [ ]	Type _____
		NIL [ ]					
2		Oral [ ]	AM Y N			FMS [ ]	NO [ ]
		Enteral [ ]	PM Y N			Colostomy [ ]	YES [ ]
		TPN [ ]	NIGHT Y N			Ileostomy [ ]	Type _____
		NIL [ ]					
3		Oral [ ]	AM Y N			FMS [ ]	NO [ ]
		Enteral [ ]	PM Y N			Colostomy [ ]	YES [ ]
		TPN [ ]	NIGHT Y N			Ileostomy [ ]	Type _____
		NIL [ ]					
CONSIDER THE NEED FOR INTERVENTION – REFER TO BOWEL GUIDELINES							

# PUTTING THE THEORY INTO PRACTICE

- Information sessions
- Copies of the booklet and documentation made available to staff
- Record chart inserted in admission pack
- Laminated copies of the flow chart and Bristol stool chart allocated to each bed space
- Members of the group responsible to ensure the documentation was completed

# ANY DIFFICULTIES?

- Initially prescribing difficulties
- Lack of literature specific to I.C.U. Patients
- Currently only suitable for medical patients
  - Record chart still completed on surgical patients
- Ensuring record charts were completed
- Ensuring patients received the appropriate treatment

# AFTER

- Improved Patient comfort
- Continuity of care enhanced
- Adoption of a proactive approach in addressing the issue of constipation and faecal incontinence
- Improved record keeping
- Guidelines reviewed regularly and adopted when new information becomes available
- Record chart has been regularly updated following staff feedback.

# ANY QUESTIONS?

- [gaylehobson@btinternet.com](mailto:gaylehobson@btinternet.com)



# REFERENCES

- Dorman, B.P., Hill, C., McGrath, M., Manssour, A., Dobson, D., Pears, T., Singleton, J., Al-Omoush, A., Barry, M., Colongon, A.R., Perez, M., Fitzgerald, D. & Zabala, M. (2004) Bowel management in the intensive care unit. Intensive and Critical Care Nursing. 20, 320-9
- Hill, S., Anderson, J., Baker, K., Bonson, B., Gager, M. & Lake, E. (1998) Management of constipation in the critically ill patient. Nursing in Critical Care. 3 (3) 134-7