Fecal elimination

Chapter 46
Fecal elimination

- Defecation (bowel movement): is the expulsion of feces from the anus and rectum

- The frequency of defecation is highly individual, varying from several times per day to two or three times per week

- Normal feces are made about 75% water and 25% solid material

- Feces are normally brown
Factors that affect defecation

Development:
- newborn and infant pass meconium (the first fecal material possessed by the newborn).
- In Elderly constipation is common problem due to reduced activity level, inadequate amount of fluid and fiber intake, and muscle weakness.

Diet:
- Fiber diet necessary to provide fecal volume.
- Spicy food can produce diarrhea and flatus.
- Excessive sugar can cause diarrhea.
- Gas produces food such as cabbage, onion, banana, and apples.
- Laxative produces food such as bran, brines, figs, chocolate, and alcohol.
- Constipation produces food such as cheese, pasta, eggs, and lean meat.
- Fluid intake.
Factors that affect defecation continue

- Activity
- Psychological factor
- Defecation habits
- Medication
- Diagnostic procedure
- Anesthesia and surgery
- Pathologic condition
- Pain
Fecal elimination problem

**Constipation:**
- may define as fewer than three bowel movement per one week, this infers the passage of dry hard stool or the passage of no stool.

**Factor contribute to constipation:**
- insufficient fiber intake
- Insufficient fluid intake
- Insufficient activity or immobility
- Irregular defecation habits
- Chang in daily routine
- Lack of privacy
- Chronic use of laxative or enemas
- Emotional disturbance
- Medication such as opiates or iron salts

*Fecal impaction: is amass or collection of hardened feces in the folds of the rectum*
Fecal elimination problem

**Diarrhea:**
- Passage of liquid feces and an increase frequency of defecation.

**Bowel incontinence:**
- (Fecal incontinence) Loss of voluntary ability to control fecal and gaseous discharge through anal sphincter.

**Flatulence**
- Three source of flatus:
  - Action of bacteria in the large intestine
  - Swallowed air
  - Gas that defuses between the blood stream and the intestine.
Bowel diversion ostomies:

- An ostomy is an opining for gastrointestinal urinary or respiratory tract into the skin.
- **Gasatrstomy**: is an opining in the abdominal wall into the stomach.
- **Jejunostomy**: into the jejunum.
- **Iliostomy**: opining into the ileum.
- **Colostomy**: opining into the colon.
Nursing management

Assessing:
- Nursing history
- Physical exam
- Inspect the feces
- Diagnostic study

Diagnoses:
- Bowel incontinence
- Constipation risk for constipation
- Diarrhea
Planning

- Maintain or restore normal bowel elimination pattern
- Maintain or regain normal stool consistency
- Prevent associated risks such as fluid and electrolyte imbalance

Implementation

- Promote regular defecation:
  - Privacy
  - Timing
  - Nutrition and fluid For constipation and diarrhea and flatulence
- Exercise
- Positioning
- Teaching about medication
- Laxative
- Administered enema

Evaluation