CHAPTER 23  BOWEL ELIMINATION

STUDY GUIDE

Define key terms and abbreviations of the chapter

1. List 9 things that affect a person’s bowel elimination:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

2. What color are stools if a person is bleeding in the stomach or small intestines?

3. What color are stools if a person is bleeding in the lower colon or rectum?

4. What observations would you make and record of a person’s bowel movement?
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 
   h. 
5. What are the characteristics of a person’s stool if they are constipated?

6. What are some common causes of constipation?
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

7. What are the recommendations to correcting constipation?
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

8. What is a likely outcome of unresolved constipation?

9. How do you know if your resident has a fecal impaction?

10. What is the risk of checking for or removing a fecal impaction?
11. Are STNA’s permitted to check for or remove fecal impactions in Ohio?

12. What are some causes of diarrhea?
   a.
   b.
   c.
   d.

13. What is the danger of prolonged diarrhea?

14. What does the urine look like in a person who has excessive loss of fluids from diarrhea?

15. What are reasons for a person to experience fecal incontinence?
   a.
   b.
   c.
   d.
   e.
   f.
   g.
   h.
   i.
   j.
   k.

16. What can you do to help a person avoid fecal incontinence?
17. Some persons suffer from excessive flatulence. What foods contribute to flatulence?
   a.
   b.
   c.
   d.
   e.
   f.

18. What are the two goals of bowel training?
   a.
   b.

19. Which meal is most likely to stimulate the urge to defecate?

20. What are 3 reasons a physician may order an enema for a person?
   a.
   b.
   c.

21. List and describe 5 types of enemas?
   a.
   b.
   c.
   d.
   e.

22. What does it mean if a doctor orders “enemas till clear”? 
23. Which enema should not be given more than once and why?

24. Which enema can be irritating to the bowel?

25. What is convenient about a small-volume enema?

26. What is the difference between a colostomy and an ileostomy?

27. What is the difference in how the stool appears?

28. Why is it important to keep stool off the skin? How is this accomplished when a person has a colostomy?

29. What is the role of the STNA in caring for a person’s ostomy?