

Patient's Name: _____

Date _____

CONSTIPATION

<p>Normal</p> <ul style="list-style-type: none"> • What are your normal bowel habits? Explore patient's definition of constipation. 	
<p>Onset</p> <ul style="list-style-type: none"> • When did change in bowel habits begin? • When was your last bowel movement? When was your bowel movement prior to this one? 	
<p>Provoking / Palliating</p> <ul style="list-style-type: none"> • What makes the stools harder/softer, watery, more/ or less frequent? • What has your diet been like? What are you drinking? Eating? How much? • How active are you? (% of day spent in bed or chair) 	
<p>Quality</p> <ul style="list-style-type: none"> • Describe your last bowel movement – amount, consistency, colour • Passing flatus? Is straining required to pass stool? • Any blood or mucus in your stool? 	
<p>Region / Radiation</p> <ul style="list-style-type: none"> • N/A 	
<p>Severity / Other Symptoms</p> <ul style="list-style-type: none"> • How bothered are you by this symptom? (on a scale of 0 – 10, with 0 being not at all to 10 being the worst imaginable) • Have you been experiencing any: <ul style="list-style-type: none"> - Abdominal distention, cramping, severe pain, nausea or vomiting → possible bowel obstruction - Sensory loss, +/- motor weakness, urinary changes such as incontinence or difficulty emptying your bladder → possible spinal cord compression - Diarrhea accompanying constipation → possible leaking around fecal impaction - Rectal bleeding or pain - Loss of appetite 	
<p>Treatment</p> <ul style="list-style-type: none"> • What medications or treatments have you tried? Has this been effective? Has the patient been prescribed a bowel management protocol? If so, what step? • What tests have been done? • Any previous impactions since diagnosis? 	
<p>Understanding / Impact on You</p> <ul style="list-style-type: none"> • Have your symptoms been interfering with your normal daily activities (ADLs)? How bothered are you? 	
<p>Value</p> <ul style="list-style-type: none"> • What do you believe is causing your constipation? 	