

## Home Health Aide On-the-Go In-Service Lessons: Vol. 9, Issue 4: Constipation



Constipation is medically defined as passing fewer than three bowel movements in a week. Most constipation is benign, but underlying disease or disorders may be present. For this reason, it is important that aides recognize and report changes in frequency, consistency, volume of stool, and the presence of blood, pus, mucus, fatty deposits, or oily/greasy film in the stool. Any of these may signal a serious illness or disease. This in-service lesson provides the information homecare aides need in order to recognize signs and symptoms of constipation and alert the clinical team. **LESSON OBJECTIVES** After completion of this program, the home health aide will be able to: Define constipation Identify three signs or symptoms of constipation Identify three treatment interventions for constipation Identify three or symptoms that should be reported immediately to the supervisor Contents of this lesson: A clearly written fact sheet A 10-question post-test to measure understanding of the subject matter An answer sheet with a place for the instructor's comments and signature An illustrative, homecare-specific case study Suggested supplemental learning activities An attendance log and certificate of completion

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