

# HRST Cheat Sheet

## Item O – Bowel Function

Constipation affects everyone at some point, but for the people we support, it is often more of a challenge. Constipation may result from lack of mobility, poor diet (not eating enough fruits, vegetables, and fiber), not drinking enough fluid, and is a common side effect of many medications. Below is a trail mix recipe which could help anyone who struggles with constipation.

We know people with IDD are at a higher risk of a bowel obstruction. It is one of the Fatal Five, and there is a rating item specifically dedicated to bowel function within the HRST.

Let's quickly look at two common Rater errors when scoring Item O. Bowel:

### Not understanding which meds drive which scores.

- **Score of 2** - bowel elimination was easy to manage with **diet and a single fiber supplement or a single stool softener**
- **Score of 3** - received **at least 1 regularly scheduled medication that affects bowel motility**
- **Score of 3** - OR regularly received **more than 1 medication of ANY type to treat diarrhea or constipation.**
- Refer to the attachment of commonly used fiber supplements, stool softeners and stimulates/laxatives to help with accurate scoring.

### How often are PRN medications administered?

- **Score of 3** - **May require PRN suppositories, enemas or manual assessment** for severe constipation or fecal impaction **12 or more times per year** (12 suppositories, enemas, PRN laxatives or manual assessments for severe constipation or fecal impaction; **may be a combination of all these**)

We hope these tips help to strengthen Rating skills and understanding of Item O. Attached is a bowel medication "cheat-sheet" for reference. Please share!

### Trail Mix

| Ingredients:                |                                       |
|-----------------------------|---------------------------------------|
| 1 lb. raw almonds           | 2 c. unsweetened coconut flakes       |
| 2 c. raisins                | 1 box Fiber One cereal                |
| 1 lb. raw walnuts or pecans | 1 box Fiber One Honey Clusters cereal |
| 2 c. dried cranberries      | 1 bag bittersweet chocolate chips     |

**Directions: Mix all the ingredients into a large bowl and serve.**

Notes: Two ounces= 6-7 grams of fiber and about 200 calories. Be sure to encourage extra fluids and do not increase daily fiber intake by more than 6-7 grams/day for each two-week period. For example, if baseline is 8-10 grams per day, go to 14-16 day for two weeks and then bounce up to 20-22 for the next two weeks and then to 26-28 for another two weeks. For each 6-7 grams of fiber increase, add another 8 ounces of non-dehydrating fluid.

## Bowel Medications -Cheat Sheet

### Stool Softeners

- Surfak (docusate calcium)
- Colace, Diocto, Doc-Q-Lace, Docu-Soft, Dss, Dulcolax Soft (docusate sodium)

### Fiber Supplements

- acacia fiber (available in multiple products)
- Benefiber (wheat dextrin, guar gum)
- Citrucel (methylcellulose)
- FiberCon, Fiber-Lax (polycarbophil)
- Fiber Gimmies (depends on brand)
- Konsyl, Metamucil, Reguloid (psyllium)

### Stimulants & Laxatives (affects bowel motility) - Brand

- Amitiza (lubiprostone)
- Dulcolax (bisacodyl)
- Linzess (Linaclotide)
- Miralax (polyethylene glycol)
- Motegrity (prucalopride)
- Movantik (naloxegol)
- Peri-Colace (docusate sodium and senna)
- Pizensy (lactitol)
- Relistor (methylnaltrexone)
- Symproic (naldemedine)
- Trulance (plecanatide)

### Stimulants & Laxatives (affects bowel motility) – Generic

- Bisacodyl
- Castor Oil
- Lactulose
- Magnesium Hydroxide (Milk of Magnesia)
- Magnesium Sulfate
- Mineral Oil
- Polyethylene Glycol / PEG 3350
- Senna
- Sodium Phosphate
- Sorbitol
- Xylitol