

**CONSTIPATION RISK ASSESSMENT SCALE**

<p align="center"><b><u>Circle risk factors in table and total</u></b></p> <p><b>GENDER:</b></p> <table style="width:100%; border: none;"> <tr><td>Male</td><td align="right">1</td></tr> <tr><td>Female</td><td align="right">2</td></tr> </table> <p><b>MOBILITY:</b></p> <table style="width:100%; border: none;"> <tr><td>Independently mobile</td><td align="right">0</td></tr> <tr><td>Dependent on walking aids/assistance from others</td><td align="right">1</td></tr> <tr><td>Restricted to bed/chair</td><td align="right">2</td></tr> <tr><td>Spinal cord injury/spinal cord compression</td><td align="right">3</td></tr> </table> <p><b>FIBRE INTAKE:</b></p> <table style="width:100%; border: none;"> <tr><td>5 pieces fruit/veg or more consumed daily</td><td align="right">0</td></tr> <tr><td>3 or 4 pieces fruit/veg consumed daily</td><td align="right">1</td></tr> <tr><td>2 pieces fruit/veg or less consumed daily</td><td align="right">2</td></tr> </table> <table style="width:100%; border: none;"> <tr><td>Bran products consumed daily</td><td>Yes</td><td align="right">0</td></tr> <tr><td></td><td>No</td><td align="right">2</td></tr> </table> <p><b>FLUID INTAKE:</b></p> <table style="width:100%; border: none;"> <tr><td>10 cups/glasses or more consumed daily</td><td align="right">0</td></tr> <tr><td>6 to 9 cups/glasses consumed daily</td><td align="right">1</td></tr> <tr><td>5 cups/glasses or less consumed daily</td><td align="right">2</td></tr> </table> <p><b>PERSONAL BELIEFS:</b></p> <p>Does patient believe they are prone to constipation?      Yes/No</p> <p>Has laxatives ever been used for constipation?      Yes/No</p> <p>Current bowel habit: _____</p> <p align="right"><b>SECTION SUB TOTAL</b>      <input type="text"/></p>	Male	1	Female	2	Independently mobile	0	Dependent on walking aids/assistance from others	1	Restricted to bed/chair	2	Spinal cord injury/spinal cord compression	3	5 pieces fruit/veg or more consumed daily	0	3 or 4 pieces fruit/veg consumed daily	1	2 pieces fruit/veg or less consumed daily	2	Bran products consumed daily	Yes	0		No	2	10 cups/glasses or more consumed daily	0	6 to 9 cups/glasses consumed daily	1	5 cups/glasses or less consumed daily	2	<p align="center"><b>Conditions which increase risk of constipation.</b></p> <p>From medical notes, patient history and blood results, assess presence of the following:</p> <p><b><u>PHYSIOLOGICAL CONDITIONS</u></b></p> <p><b>Metabolic disorders:</b></p> <table style="width:100%; border: none;"> <tr><td>Hypokalaemia/uraemia/lead poisoning</td><td align="right">2</td></tr> </table> <p><b>Pelvic conditions:</b></p> <table style="width:100%; border: none;"> <tr><td>Hysterectomy/ovarian tumour/uterine prolapse/pregnancy</td><td align="right">3</td></tr> </table> <p><b>Neuromuscular disorders:</b></p> <table style="width:100%; border: none;"> <tr><td>Parkinson's Disease/Multiple Sclerosis/Systemic Sclerosis/Hirschsprung's Disease/Cerebrovascular Accident/Spina Bifida/Rheumatoid Arthritis/cerebral tumour</td><td align="right">3</td></tr> </table> <p><b>Endocrine disorders:</b></p> <table style="width:100%; border: none;"> <tr><td>Diabetes Mellitus/hypothyroidism/ hypopituitarism/hypercalcaemia</td><td align="right">3</td></tr> </table> <p><b>Colorectal/abdominal disorders:</b></p> <table style="width:100%; border: none;"> <tr><td>Irritable Bowel Syndrome/Crohn's disease/Diverticulitis/Ulcerative Colitis/colorectal tumour/anorectal stricture/anorectal fissure/anorectal prolapse/haemorrhoids/hemias</td><td align="right">3</td></tr> </table> <p><b><u>PSYCHOLOGICAL CONDITIONS</u></b></p> <p><b>Psychiatric illness:</b></p> <table style="width:100%; border: none;"> <tr><td>Depression/Anorexia Nervosa/Bulimia Nervosa</td><td align="right">2</td></tr> </table> <p><b>Learning disabilities or dementia</b> (as evidenced by lack of understanding of speech or situations)      2</p> <p align="right"><b>SECTION SUB TOTAL</b>      <input type="text"/></p>	Hypokalaemia/uraemia/lead poisoning	2	Hysterectomy/ovarian tumour/uterine prolapse/pregnancy	3	Parkinson's Disease/Multiple Sclerosis/Systemic Sclerosis/Hirschsprung's Disease/Cerebrovascular Accident/Spina Bifida/Rheumatoid Arthritis/cerebral tumour	3	Diabetes Mellitus/hypothyroidism/ hypopituitarism/hypercalcaemia	3	Irritable Bowel Syndrome/Crohn's disease/Diverticulitis/Ulcerative Colitis/colorectal tumour/anorectal stricture/anorectal fissure/anorectal prolapse/haemorrhoids/hemias	3	Depression/Anorexia Nervosa/Bulimia Nervosa	2
Male	1																																										
Female	2																																										
Independently mobile	0																																										
Dependent on walking aids/assistance from others	1																																										
Restricted to bed/chair	2																																										
Spinal cord injury/spinal cord compression	3																																										
5 pieces fruit/veg or more consumed daily	0																																										
3 or 4 pieces fruit/veg consumed daily	1																																										
2 pieces fruit/veg or less consumed daily	2																																										
Bran products consumed daily	Yes	0																																									
	No	2																																									
10 cups/glasses or more consumed daily	0																																										
6 to 9 cups/glasses consumed daily	1																																										
5 cups/glasses or less consumed daily	2																																										
Hypokalaemia/uraemia/lead poisoning	2																																										
Hysterectomy/ovarian tumour/uterine prolapse/pregnancy	3																																										
Parkinson's Disease/Multiple Sclerosis/Systemic Sclerosis/Hirschsprung's Disease/Cerebrovascular Accident/Spina Bifida/Rheumatoid Arthritis/cerebral tumour	3																																										
Diabetes Mellitus/hypothyroidism/ hypopituitarism/hypercalcaemia	3																																										
Irritable Bowel Syndrome/Crohn's disease/Diverticulitis/Ulcerative Colitis/colorectal tumour/anorectal stricture/anorectal fissure/anorectal prolapse/haemorrhoids/hemias	3																																										
Depression/Anorexia Nervosa/Bulimia Nervosa	2																																										
<p><b>WARD PATIENTS ONLY:</b></p> <p>Does patient have difficulty evacuating bowels in hospital toilets?</p> <table style="width:100%; border: none;"> <tr><td>No</td><td align="right">0</td></tr> <tr><td>Yes</td><td align="right">2</td></tr> </table> <p><b>PATIENTS REQUIRING COMMUNE/BEDPAN:</b></p> <p>Does patient anticipate problems using a commode or bedpan?</p> <table style="width:100%; border: none;"> <tr><td>No/No: applicable</td><td align="right">0</td></tr> <tr><td>Yes</td><td align="right">2</td></tr> </table> <p align="right"><b>SECTION SUB TOTAL</b>      <input type="text"/></p>	No	0	Yes	2	No/No: applicable	0	Yes	2	<p align="center"><b>Medications which increase risk of constipation.</b></p> <p>Is patient presently taking any of the following medications on a regular basis?</p> <table style="width:100%; border: none;"> <tr><td>Antiemetics</td><td align="right">2</td></tr> <tr><td>Calcium channel blockers</td><td align="right">2</td></tr> <tr><td>Iron supplements</td><td align="right">2</td></tr> </table> <p><b><u>Analgesics:</u></b></p> <table style="width:100%; border: none;"> <tr><td>Non-opioid analgesia</td><td align="right">3</td></tr> <tr><td><u>OR</u> continuous opioid therapy</td><td align="right">5</td></tr> </table> <p><b><u>Anticholinergic containing medication:</u></b></p> <table style="width:100%; border: none;"> <tr><td>Anticonvulsants</td><td align="right">2</td></tr> <tr><td>Antidepressants</td><td align="right">2</td></tr> <tr><td>Antiparkinson drugs</td><td align="right">2</td></tr> <tr><td>Antispasmodics</td><td align="right">2</td></tr> </table> <p><b><u>Cytotoxic chemotherapy:</u></b></p> <table style="width:100%; border: none;"> <tr><td>Cytotoxic chemotherapy</td><td align="right">3</td></tr> <tr><td><u>OR</u> Vinca alkaloid agents</td><td align="right">5</td></tr> </table> <p align="right"><b>SECTION SUB TOTAL</b>      <input type="text"/></p>	Antiemetics	2	Calcium channel blockers	2	Iron supplements	2	Non-opioid analgesia	3	<u>OR</u> continuous opioid therapy	5	Anticonvulsants	2	Antidepressants	2	Antiparkinson drugs	2	Antispasmodics	2	Cytotoxic chemotherapy	3	<u>OR</u> Vinca alkaloid agents	5												
No	0																																										
Yes	2																																										
No/No: applicable	0																																										
Yes	2																																										
Antiemetics	2																																										
Calcium channel blockers	2																																										
Iron supplements	2																																										
Non-opioid analgesia	3																																										
<u>OR</u> continuous opioid therapy	5																																										
Anticonvulsants	2																																										
Antidepressants	2																																										
Antiparkinson drugs	2																																										
Antispasmodics	2																																										
Cytotoxic chemotherapy	3																																										
<u>OR</u> Vinca alkaloid agents	5																																										
<p>Low risk for constipation: score <math>\leq 10</math>                  Medium risk for constipation: score 11-15                  High risk for constipation: score <math>\geq 16</math></p>																																											
<p><b>TOTAL SCORE</b>      <input style="width: 50px;" type="text"/></p>																																											

<b>OMCIRKEL DE RISICOFACTOREN IN DE TABEL EN IN</b>	<b>OMSTANDIGHEDEN DIE DE KANS OP CONSTIPATIE DOEN</b>
<b>TOTAAL</b>	<b>STIJGEN</b>
<b>GESLACHT</b>	SCHAT HET VOLGENDE IN ADHV MEDISCHE NOTA'S, PATIËNTGESCHIEDENIS EN BLOEDSTALEN.
MAN 1	<b>FYSIOLOGISCHE CONDITIES</b>
VROUW 2	METABOLE STOORNISSEN:
<b>MOBILITEIT</b>	HYPOKALAËMIE/ URAEMIE/ LOODVERGIFTIGING 2
ONAFHANKELIJK MOBIEL 0	CONDITIE VAN HET BEKKEN:
AFHANKELIJK VAN WANDEL- 1	HYSTERECTOMIE/ KANKER VAN DE EIERSTOKKEN/
HULPSTUKKEN/ASSISTENTIE VAN ANDEREN 1	VERZAKKING VAN DE BAARMOEDER/ ZWANGERSCHAP 3
GEBONDEN AAN BED/ ZETEL 2	NEUROMUSCULAIRE STOORNISSEN:
KWETSUUR AAN DE RUGGEGRAAT/ 3	ZIEKTE VAN PARKINSON/ MULTIPLE SCLEROSE/
COMPRESSIE VAN DE RUGGEGRAAT	SYSTEMISCHE SCLEROSE/ ZIEKTE VAN HIRSCHPRUNG/
<b>VEZELINNAME</b>	CEREBROVASCULAIR ACCIDENT/ SPINA BIFIDA/
5 OF MEER STUKKEN FRUIT/GROENTEN PER DAG 0	RHEUMATOÏDE ARTRITIS/ HERSENTUMOR 3
3 -4 STUKKEN FRUIT/GROENTEN PER DAG 1	ENDOCRIENE STOORNISSEN:
2 OF MINDER STUKKEN FRUIT/GROENTEN PER DAG 2	DIABETES MELITUS/ HYPOTHYROÏDIE/
<b>DAGELIJKS VERBRUIK VAN VEZELRIJKE</b>	HYPOPITUÏTARISME/ HYPERCALCEMIE 3
<b>PRODUCTEN JA</b> 0	COLORECTALE/ ABDOMINALE STOORNISSEN:
NEEN 2	PRIKKELBARE DARMSYNDROOM/ ZIEKTE VAN CROHN/
<b>VOCHTINNAME</b>	DIVERTICULITIS/ ULCERATIEVE COLITIS/ COLORECTALE
10 OF MEER GLAZEN PER DAG 0	TUMOR/
6-9 GLAZEN PER DAG 1	ANNORECTALE VERNAUWING/ ANNORECTALE FISSUUR/
5 OF MINDER GLAZEN PER DAG 2	ANNORECTALE VERZAKKING/ AAMBEIEN/ HERNIA 3
<b>PERSOONLIJKE OVERTUIGINGEN</b>	<b>PSYCHOLOGISCHE CONDITIES</b>
GELOOFT DE PATIËNT DAT HIJ VATBAAR IS VOOR	PSYCHIATRISCHE AANDOENINGEN:
CONSTIPATIE? JA/NEEN	DEPRESSIE/ ANOREXIA NERVOSA/ BOULIMIE NERVOSA 2
ZIJN ER OOK LAXEERMIDDELEN GEBRUIKT TEGEN	LEERMOELIJKHEDEN OF DEMENTIE: 2
CONSTIPATIE? JA/NEEN	(ZOALS BEWEZEN DOOR GEBREK AAN BEGRIP VAN
HUIDIGE DARM GEWOONTE:	SPRAAK OF SITUATIES)
<b>SUBTOTAAL VAN DIT DEEL: _____</b>	<b>SUBTOTAAL VAN DIT DEEL: _____</b>

<p><b><u>AFDELINGSPATIËNTEN</u></b></p> <p>HEEFT DE PATIËNT MOEILIKHEDEN OM DE DARMEN TE LEDIGEN IN DE ZIEKENHUISTOILETTEN?</p> <p>NEEN 0 JA 2</p> <p><b><u>PATIËNTEN DIE EEN COMMODE/BEDPAN NODIG HEBBEN</u></b></p> <p>ANTICIPEERT DE PATIËNT PROBLEMEN BIJ HET GEBRUIK VAN DE COMMODE / BEDPAN?</p> <p>NEEN 0 JA 2</p> <p>SUBTOTAAL VAN DIT DEEL: _____</p>	<p><b><u>GENEESMIDDELEN DIE DE KANS OP CONSTIPATIE VERHOGEN</u></b></p> <p>NEEMT DE PATIËNT MOMENTEEL EEN VAN DE VOLGENDE GENEESMIDDELEN OP REGELMATIGE BASIS?</p> <p>ANTIMETICA 2 CALCIUMBLOKKERS 2 IJZERSUPPLEMENTEN 2</p> <p><b><u>ANTICHOLINERGISCHE BEVATTENDE GENEESMIDDELEN</u></b></p> <p>ANTICONVULSIVA 2 ANTIDEPRESSIVA 2 ANTIPARKISONON GENEESMIDDELEN 2 ANTISPASMODICA 2</p> <p><b><u>ANALGESICA</u></b></p> <p>NON-OPIOÏDE ANALGESICA 3 OF CONTINUE OPIOÏDE THERAPIE 5</p> <p><b><u>CYTOTOXISCHE CHEMOTHERAPIE</u></b></p> <p>CYTOTOXISCHE CHEMOTHERAPIE 3 OF VINCA ALKALOÏDE AGENTIA 5</p>
<p><b><u>TOTALE SCORE :</u></b></p> <p>LAAG OF VERMINDERD RISICO OP CONSTIPATIE: 10 OF &lt; MEDIUM RISICO OP CONSTIPATIE: SCORE 11-15 HOGER RISICO OP CONSTIPATIE: 16 OF &gt;</p>	