**TRIBHUVAN UNIVERSITY**

**INSTITUTE OF MEDICINE**

**POKHARA NURSING CAMPUS**

**RAMGHAT-12, POKHARA**



**LESSON PLAN ON**

**INDIGESTION, DIARRHEA AND CONSTIPATION**

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| **Submitted To** | **Submitted By** |
| Respected Madam | Babita Shah |
| Shrijana Poudel | Roll No:- 05 |
| Lecturer | BNS 2nd Year |
| TU IOM | Pokhara Nursing Campus |
| Pokhara Nursing Campus | 17th Batch |

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| --- |
| Subject : Geriatric Nursing  Topic : Indigestion, Diarrhea and Constipation  Unit : 4  Date : 2080/11/6  Level of learner student : BNS 1st Year  Time :11am-12m  Duration : 1 hour  No. of learners : 36  Venue : Pokhara Nursing Campus (BNS 1st Year class room)  Name of supervisor : Respected Madam Shrijana Poudel  Educational methods : Interactive lecture  Learning resources : Power point, poster, whiteboard. |

**General Objectives:**

At the end of the session, BNS 1st year students will be able to explain about indigestion, diarrhea and constipation.

**Lesson plan:**

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| **SN** | **Specific objectives** | **Contents** | **Time** | **T/L Method** | **T/L Media** | **Evaluation** |
|  | At the end of this session BNS 1st year students will be able to: | -Greeting  -Attendance  - Review  -Introduction   * Topic   -Objectives  -Pre- test | 3mins | Brainstorming | Power point (picture) |  |
| 1) | define indigestion | Definition of indigestion | 2mins | Interactive lecture | Power point | What is indigestion? |
| 2) | list the causes of indigestion | Causes of indigestion | 4mins | Interactive lecture | Poster | What are the causes of indigestion? |
| 3) | list the sign and symptoms of indigestion | Signs and symptoms of indigestion | 3mins | Interactive lecture | Power point | What are the signs and symptoms of indigestion? |
| 4) | state the diagnostic tests of indigestion | Diagnostic tests of indigestion | 3mins | Interactive lecture | Power point | State the diagnostic tests of indigestion. |
| 5) | explain the managements of indigestion | Medical managements of indigestion | 4mins | Interactive lecture | Power point | What are the managements of indigestion? |
| 6) | state the preventive measures of indigestion | Preventive measures of indigestion | 4mins | Interactive lecture | Power point | What are the preventive measures of indigestion? |
| 7) | define diarrhea | Definition of diarrhea | 2mins | Interactive lecture | Power point | What is diarrhea? |
| 8) | list the causes of diarrhea | Causes of diarrhea | 2mins | Interactive lecture | Poster | What are the causes of diarrhea? |
| 9) | list the signs and symptoms of diarrhea | Signs and symptoms of diarrhea | 3mins | Interactive lecture | Power point, White board | What are the signs and symptoms of diarrhea? |
| 10) | state the diagnostic tests of diarrhea | Diagnostic test of diarrhea | 3mins | Interactive lecture | Power point | What are the diagnostic tests of diarrhea? |
| 11) | explain the managements of diarrhea | Managements of diarrhea | 5mins | Interactive lecture | Power point | What are the managements of diarrhea? |
| 12) | define constipation | Definition of constipation | 2mins | Interactive lecture | Power point | What is constipation? |
| 13) | list the causes of constipation | Causes of constipation | 4mins | Interactive lecture | Power point | What are the causes of constipation? |
| 14) | list the signs and symptoms of constipation | Signs and symptoms of constipation | 3mins | Interactive lecture | Power point | What are the signs and symptoms of constipation? |
| 15) | state the diagnostic tests of constipation | Diagnostic test of constipation | 3mins | Interactive lecture | Power point | State the diagnostic tests of constipation. |
| 16) | explain the managements of constipation | Management of constipation | 4mins | Interactive lecture | Power point | What are the managements of constipation? |
|  |  | -Summary  -Post-test  -References  -Home assignments  -Next class | 4mins | Questioning and answering |  |  |

**INDIGESTION**

**INTRODUCTION**

* Indigestion in senior citizens is a common issue that may deal with as they age.
* Indigestion is defined as the difficulty in digesting food which might cause some kind of uneasy sensation in the stomach.
* It is also called dyspepsia.
* Indigestion in the elderly is a condition in which an older adult experiences heart burn, belching, abdominal pain and/or abdominal bloating.

**CAUSES**

* Age
* Lifestyle
* Diet
* Medication
* Obesity
* Psychological and emotional changes

**SIGNS AND SYMPTOMS**

* Feelings of uneasiness and a fullness in the chest and stomach soon after meal
* Unexplained weight loss
* Persistent abdominal pain
* Burning and difficulty swallowing
* Heartburn (caused due to acid reflux)

**DIAGNOSTIC TEST**

* Different tests are needed to rule out indigestion in elderly.
* Sometimes underlying conditions also cause indigestion symptoms and further tests need to be done:
* History Taking
* H. pyloric test
* Endoscopy
* Ultrasonography (USG)

**MANAGEMENT**

* Diet and lifestyle changes such as:
* Losing weight
* Regular exercise
* Taking healthy balanced diet
* Avoiding spicy, fatty foods and caffeinated drinks as tea, coffee, cola, etc
* Cessation of smoking and alcoholism

**MEDICAL MANAGEMENT**

Treatment of underlying disease conditions is the mainstay of management.

Symptomatic treatment includes:

1.Antacids (sodium bicarbonate, aluminum hydroxide, magnesium hydroxide)

2.H2 Blocker (ranitidine, cimetidine, roxatidine)

3.Proton pump inhibitor (omeprazole, pantoprazole, esomeprazole).

**PREVENTION**

**1. Maintain healthy lifestyle**

* Regular exercise
* Avoid alcohol
* Cessation of smoking
* Maintaining proper body weight

**2. Healthy eating habits**

* Eat frequent but smaller meals to avoid overloading of digestive system.
* Eat slowly and chew thoroughly.
* Select soft foods such as soups, peeled fruits, well cooked vegetables and baked foods as jaulo, khichadi, etc.
* Avoid fried and deep roasted food with high fat contents.
* Avoid food and drinks with caffeine e.g. chocolate, coffee, tea, cola, etc.
* Avoid drinking large amount of fluids during meal time.
* Do not lie down right after eating to prevent reflux.
* Avoid exercising or any strenuous activity after a meal.

**3. Emotion and stress management**

* Learn about normal ageing which unnecessary anxiety regarding body image and diminished physical activity.
* Practice relaxation exercise, yoga and meditation to release tension.
* Proper time management to reduce stress from time constraint.

**4. Proper use of medications**

* Different cause of dyspepsia require different forms of treatment. Follow the advice of the doctor and complete the full course of treatment to reduce the chance of relapse.
* Certain drugs like aspirin and NSAIDs (Non steroid anti-inflammatory drug) can cause peptic ulcer and hence should not be used without appropriate medical advised to relieve joint or muscle pain.
* Take aspirin and NSAIDs (Non steroid anti-inflammatory drug) only after meal.

**5. Other measures**

* Avoid wearing tight fitting garments that restrict the activity in the stomach.
* Sleep with head at least 6 inches higher than the chest (use pillow to elevate head).

**DIARRHEA**

**INTRODUCTION**

* Diarrhea is the passage of three or more loose or watery stools per day, or definite decrease in consistency and increase in frequency of bowel movement.
* It is common problem that usually lasts a day or two and goes away on its own without any special treatment. Diarrhea that last more than 3 weeks can be a sign of a serious problem or may be due to serious condition such as irritable bowel syndrome.
* For elderly it can be life threatening even fatal. Diarrhea causes fluid loss, and serious are more vulnerable to fluid loss.
* Diarrhea causes dehydration, which means the body does not have enough fluid to function properly.
* Dehydration is particularly dangerous in older people, and it must be treated promptly to avoid serious health problem.

**CAUSES**

* Food poisoning
* Medicine like Antibiotic
* Tropical diseases, such as typhoid and cholera
* **Stress**
* Celiac disease
* Chronic constipation
* Inflammatory bowel disease
* Irritable bowel syndrome
* Lactose intolerance

**SYMPTOMS**

* Abdominal cramps.
* Adnominal pains
* Urgency to go to toilet
* Frequent passing of loose , watery feces
* Nausea
* Vomiting

**Serious symptoms**

* Pus in the feces
* Painful passage of feces
* Repeated vomiting
* Inability to increase fluid intake
* Reduced or absent urination
* Fever(Temperature greater than 38 degree Celsius)

**DIAGNOSTIC TEST**

* History taking
* Physical examination
* Stool test
* Endoscopy

**TREATMENT**

* Provide Plenty of fluid to prevent dehydration
* Intravenous replacement of fluid in severe cases
* Maintenance of nutrition
* Treatment for any underlying condition such as inflammatory bowel diseases.
* Drug therapy:
  + - Antibiotic (metronidazole)
    - Antidiarrheal (loperamide, bismuth sub-salicylate)
    - Antiemetic (ondansetron, promethazine)

**CONSTIPATION**

**INTRODUCTION**

* It is a condition of digestive system in which an individual has hard, dry and small amount of stool that are painful and difficult to expel and has fewer than three bowel movement in a week.
* In most of the cases, stool become hard and dry because colon has absorbed too much water from the blood that is the colon.

**CAUSES**

* Blockage in the colon or rectum due to anal fissures, bowel obstruction, narrowing of the colon, rectocele, colon cancer and other abdominal cancer that press the colon
* Condition that affect hormones like diabetes, hypothyroidism, hyperparathyroidism
* Physical inability
* Inadequate intake of dietary fiber.
* Having mental health issues like depression or an eating disorder.
* Adverse effect of medicine as narcotics, sedatives antihistamines, diuretics, antidepressant, iron supplement, etc.

**SIGNS AND SYMPTOMS**

* Few bowel moment
* Hard and lumpy stool
* Straining during defecation
* The sense of incomplete evacuation
* Abdominal bloating
* Abdominal pain
* Lack of appetite

**DIAGNOSTIC TEST**

* History taking
* Physical examination
* Blood test (CBC , RFT, albumin)
* Barium enema or Colonoscopy
* Abdominal X-ray

**TREATMENT**

* Lifestyle modification is the initial treatment.
* Pharmacological management
* Laxatives
* Lubricants
* Enemas and suppositories

**SUMMARY**

Indigestion: it is elderly common problem in which they experience heat burn, belching and abdominal pain. It is caused by lifestyle, age, obesity. Sign and symptoms are: heart burn, unexplained weight loss, difficult in swallowing. Management: provide proton pump inhibitor, life style modification, eat small portion of meal, avoid drinking large amount of fluid during fluid.

Diarrhea: it is a passing of three or more watery stools per day. Causes of diarrhea are food poisoning, gastro-enterotitis, stress, medication. Sign and symptoms: frequent passing of stools, abdominal cramps, vomiting. Management: antidiarrheal medication, antiemetic, antibiotic, provide adequate fluids to prevent dehydration, maintain nutrition.

Constipation: it is a condition of gastrointestinal system in which individual had hard dry small amount of stools that is painful and difficulty to expel. Causes of constipation are medication, physical immobility, low fiber diet intake. Sign and symptoms: few bowel movement, abdominal pain. Management: laxative, lubricant.

**TEST CONSTRUCTION**

**Objective question**

**Multiple Choice Question( mark 0.5\*1=0.5)**

1. Indigestion is also known as…

a. Nausea

b. Constipation

c. Dyspepsia

d. Anorexia

2. Commonest gastro-intestinal problem of elderly are…

a. Anorexia

b. Constipation

c. Intussusception

d. A and B.

**Subjective question**

**Long Question ( mark 2+6)**

1. Define indigestion.Explain the nursing management of indigestion?

**REFERENCES**

Baral, R. *Essential of Geriatric Nursi*ng. Makalu publication.

KC, T &Rai, B. (2019). *A Textbook of Geriatric* *Nursing*. (3rd edition). Heritage publisher and distributor.

Pradhan, M.K. & Roka, A.T. (2015). *Gerontological Nursing for BN/BSN Students*. (1st edition). Vidyarthi Prakashan.

Subedi, P.S. & Subba, K.H. (2019). *A Textbook of* *Geriatric Nursing*. (1st edition). National Book Center.

Timalsina, R. (2077). *Comprehensive Textbook of* *Geriatric Nursing*. (3rd edition). Samiksha publication.

**ASSIGNMENT**

Write short note on diarrhea and indigestion.

**NEXT CLASS**

We will discuss about diverticulitis, hiatus hernia and rectal prolapse.

Thank You