








THE BRISTOL STOOL FORM SCALE (for children)		
choose your POO!		
type 1		looks like rabbit droppings <small>Separate hard lumps, like nuts (hard to pass)</small>
type 2		looks like bunch of grapes <small>Sausage-shaped but lumpy</small>
type 3		looks like corn on cob <small>Like a sausage but with cracks on its surface</small>
type 4		looks like sausage <small>Like a sausage or snake, smooth and soft</small>
type 5		looks like chicken nuggets <small>Soft blobs with clear-cut edges (passed easily)</small>
type 6		looks like porridge <small>Fluffy pieces with ragged edges, a mushy stool</small>
type 7		looks like gravy <small>Watery, no solid pieces ENTIRELY LIQUID</small>

If you have any comments or complaints relating to the provision of this Service please contact:
Jacqui Pinton, Clinical Service Manager
Telephone: 01743 450800

For further information and referral please contact:

Shropshire Community Health NHS Trust
Children & Family Services, Coral House
11 Longbow Close
Harlescott Lane, Shrewsbury, SY1 3GZ
Telephone: 01743 450855 (direct line)
Fax: 01743 450801

If you prefer to talk to someone outside of the team please contact
Patient Advice & Liaison Services (PALS)
PALS is free, impartial and confidential and can be contacted at Shropshire Community Health NHS Trust, William Farr House Shrewsbury, SY3 8XL
Email PALS@shropcom.nhs.uk

Tell Your Story – Make a Difference
www.patientopinion.org.uk

All clients are registered using computerised systems protected under the Data Protection Act to safeguard the utmost confidentiality. There is a booklet available which describes the registration process, which you can ask to see.

All referrals and discussions are treated with the greatest respect and in confidence and client files are stored with no unauthorised access.

Datix 1822 Updated June 13 Review Date June 14

Children & Family Services

Children's Constipation Service



Self Management Plan for:

.....

Date Issued:

.....

Your Named Nurse is:

.....

If you have any problems or queries not addressed in this leaflet, please telephone

01743 450855

Concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr K W Heaton, Reader in Medicine at the University of Bristol.
© 2000 Norgine Pharmaceuticals Ltd.

Introduction

Many children get constipation from time to time for a variety of reasons and not because anything is physically wrong with them.

5 – 30% of the child population have constipation

The exact cause of constipation is not fully understood, factors that may contribute include pain, fever, dehydration, dietary and fluid intake, psychological issues, toilet training and familial history of constipation.

Aim of the Nurse Led Children's Constipation Service

To empower children, young people and their families to manage their constipation.

- To provide specialist assessment, advice, treatment and education for children and young people
- To negotiate an agreed plan of care with the child / young people and their family
- To support children / young people and their families regularly by clinic visits, home visits and providing telephone support

Treatment Plan

Date	
Medication	
Fluids	
General advice	
Signature	

Date	
Medication	
Fluids	
General advice	
Signature	

Date	
Medication	
Fluids	
General advice	
Signature	

Date	
Medication	
Fluids	
General advice	
Signature	