

Community Assessment of Constipation

Experiment 18 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To assess a fictional constipation presentation and decide an appropriate advice/referral pathway.

Principle

Minor-ailment assessment begins with history and red-flag screening; suitability for pharmacy management is determined by the authorised local protocol.

Key Points

- Ask about duration, usual bowel habit, medicines, diet and activity.
- Discuss adequate fluid where appropriate, dietary fibre and feasible activity.
- Refer for severe pain, vomiting, obstruction concern, blood, unexplained weight loss or a new persistent change.

Practice Scenario

Fictional role play: the instructor provides age, duration and symptoms. The student asks for missing information and records a decision.

Activity Procedure

1. History

Use open questions, then clarify duration, severity and associated symptoms.

2. Screen risk

Check age, pregnancy, allergies, comorbidities and current medicines.

3. Decide

State whether referral is needed before considering any product.

4. Counsel

Explain appropriate self-care and any pharmacist-confirmed product directions.

5. Safety net

State the review interval and symptoms that require earlier help.

Community Pharmacy and Management

Record and Observations

History / symptoms	_____
Patient factors / medicines	_____
Red flags / decision	_____
Advice / review	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Do not assume a diagnosis from the complaint title.
- Use the qualified pharmacist's current protocol for product selection.

Viva Questions and Answers**1. What comes before product selection?**

Assessment of the complaint, patient factors and referral signs.

2. Why consider current medicines?

They may cause symptoms or interact with a proposed product.

3. What is safety-net advice?

Clear instructions about review and when to seek earlier help.

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