

Rehabilitation Hospital Nurse-Led Trial for Constipated Patients

A rehabilitation hospital in Hot Springs, Arkansas, initiated a nurse-led trial for constipated patients in December 2022. The results of this trial have shown that there was a 33% reduction in missed rehab minutes and a 37.5% reduction in incontinence following treatment with the new bowel care protocol.

Problem: There was a prevalence of constipation with no standard methods for identifying or treating this diagnosis. Inconsistency of treatments among patients was noted. A need for a better-defined bowel care regime was identified.

Patient Population: Middle aged to older aged. Male and Female

Existing Conditions: Various diagnoses

Objective: The purpose of this trial was to establish the benefit of a bowel care regimen using ENEMEEZ® as the 2nd intervention to confirm the efficacy and the need to implement a simple bowel care protocol for patients with constipation.

Baseline December 2022:

- 54 patients had at least 1 period of constipation for 3 days during their stay along with exercise & hydration
- 43 interventions were ordered using various oral laxatives and bisacodyl
- 8 patients were incontinent (**19%**)
- 6 patients missed rehab therapy (**14%**)

Enemeez® Included Trial January 2023:

- 57 patients had at least 1 period of constipation for 3 days during their stay along with exercise & hydration
- 57 interventions were ordered using Osmotic (PEG) (1st line) and ENEMEEZ® (2nd line)
- 45 patients had a BM with Osmotic (PEG), hydration, exercise and mild stimulants were used randomly
- 12 patients required rectal intervention with ENEMEEZ® as the 2nd line
- 5 patients were incontinent (**9%**)
- 4 patients missed rehab therapy (**7%**)

Results:

- 37.5% reduction in incontinence following treatment**
- 33% reduction in missed rehab minutes**

A bowel care protocol was established for constipated patients. ENEMEEZ® was put on formulary and standing orders in the facility.

“Establishing a bowel protocol using ENEMEEZ® has reduced our incidence of prolonged constipation and fecal incontinence related to the excessive use of oral laxatives and led to fewer lost therapy minutes within our facility.”

Infection Preventionist and Hospital Educator RN, BSN

Let us help you implement a bowel care protocol using ENEMEEZ®

ENEMEEZ® – 5mL mini enema (283 mg of docusate sodium) is fast (typically 2-15 minutes) and effective for bowel care needs associated with spinal cord injury and disease, multiple sclerosis, traumatic brain injury, spina bifida, long-term care, stroke and general constipation.

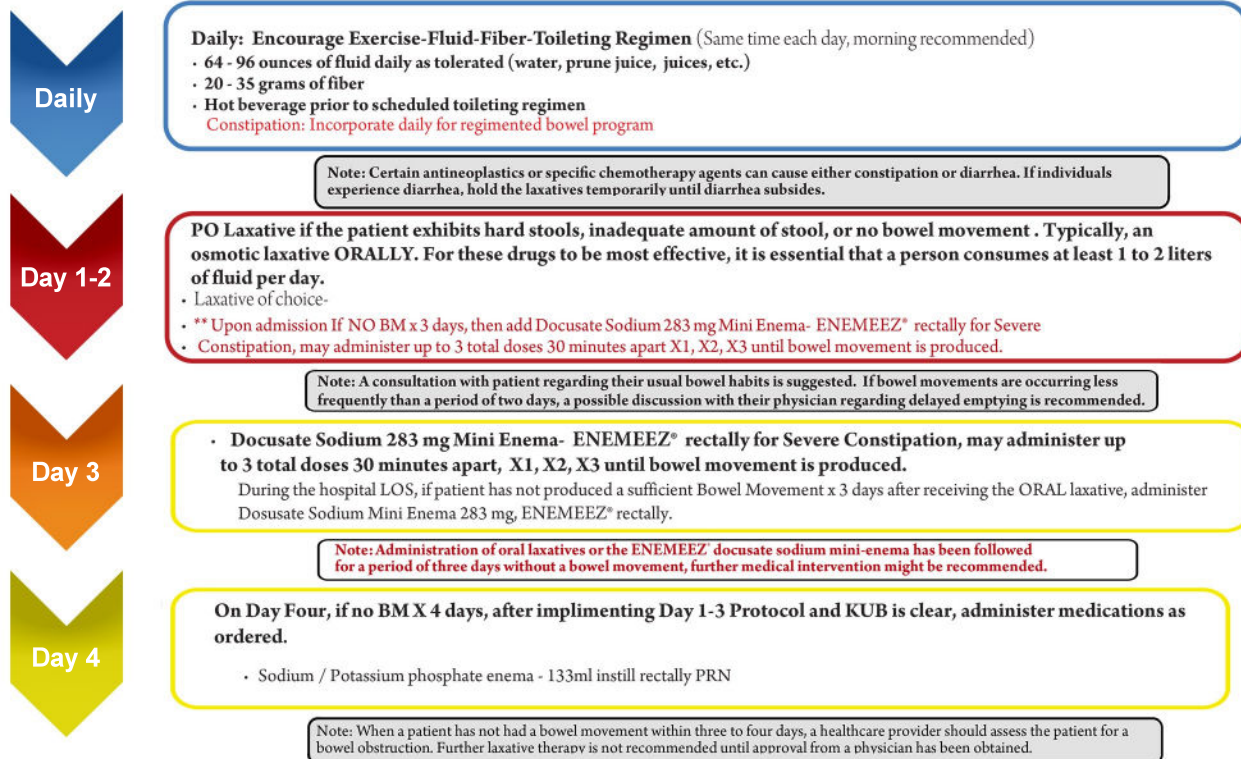
Administration:

- To be used rectally
- Lay on your left side with knees bent or sit on the toilet

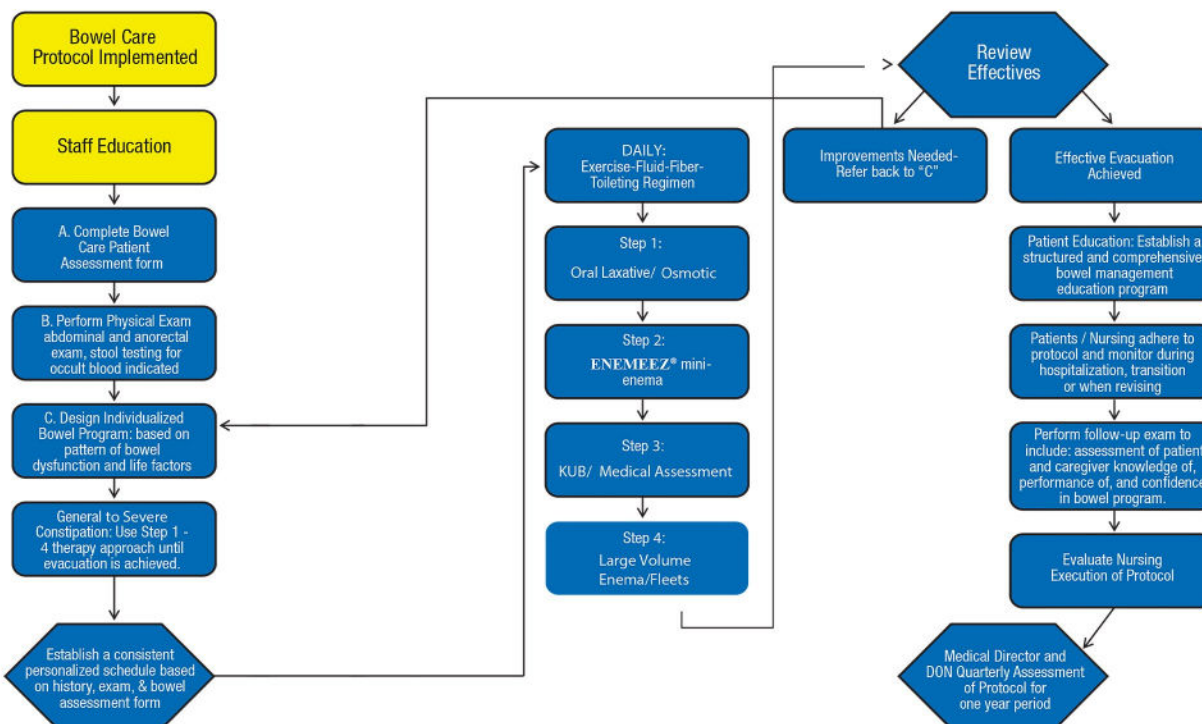


Quest Healthcare has worked with top CARF, VA and Model SCI Systems facilities for over twenty years. We understand the importance of an improved bowel care regimen and the significance of maintaining healthy skin integrity.

ENEMEEZ® Adaptable Bowel Care Floor Chart



ENEMEEZ® Suggested Bowel Care Predictive Care Path:



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