



## Tools and resources on constipation for use in clinical practice, education and training

### Access this resource

#### [Bristol Stool Chart](#)

Use this scale to assess for signs of constipation or diarrhoea. Provided by the Continence Foundation of Australia

### Fill in this resource

#### [Mundipharma Bowel Function Index \(BFI\) to measure opioid-induced constipation \(153kb pdf\)](#)

Measure opioid-induced constipation in people receiving palliative care

### Watch this video

#### [What is constipation \(1 min 30 sec\)](#)

A video explaining what constipation is, its causes, and how to help alleviate it in palliative care by All Ireland Institute of Hospice and Palliative Care

### Watch this video

#### [Poo and feeling sick in the guts \(1 min 57 sec\)](#)

Explain symptoms and treatments of nausea and constipation to Aboriginal and Torres Strait Islander palliative care patients

### Implement this tool

#### [palliAGED Tips for Nurses: Constipation \(185kb pdf\)](#)

Access strategies for assessment, prevention and treatment of constipation in aged care

### Optimise your learning

#### [Constipation and defecation: CareSearch reviews](#)

Find the latest evidence on managing constipation in the CareSearch Systematic Review Collection