

## MODULE 4: Fluid and Bowel Problems

### LEARNING OBJECTIVES

After completing this module, you will have the skills and resources to:

- Understand normal bowel function and fluid status
- Elicit information about a child's fluid and bowel status
- Describe the potential effects of specific conditions, medications, and food patterns on fluid status and bowel function
- Identify intervention strategies for problems with fluid status and bowel function

### RESOURCES

**Fluid and Bowel Problems.** Fluid and bowel problems. In: Isaacs JS, et al. *Children with Special Health Care Needs: A community pocket guide*. Dietetics in Developmental and Psychiatric Disorders and the Pediatric Nutrition Practice Group of The American Dietetic Association and Ross Products Division. 1997. This chapter describes normal bowel function, as well as some problems with fluid status and bowel functions that may occur among children with special needs. This publication is currently unavailable. A 2nd edition is under development.

**Nutrition and Constipation.** Ogata B. Nutrition and Constipation. *Nutrition Focus*. 1998. 13(3). This article describes some causes of constipation and some nutrition-related strategies for preventing constipation. To order, visit [http://depts.washington.edu/chdd/ucedd/CO/co\\_NutriFocus.html](http://depts.washington.edu/chdd/ucedd/CO/co_NutriFocus.html).

**Nutrition Concerns in Acute and Chronic Diarrhea.** Katsh N. Nutrition concerns in acute and chronic diarrhea. *Nutrition Focus*. 2000. 15(6). This article includes a discussion of causes and treatments for chronic and acute diarrhea in infants and children. To order, visit [http://depts.washington.edu/chdd/ucedd/CO/co\\_NutriFocus.html](http://depts.washington.edu/chdd/ucedd/CO/co_NutriFocus.html).

**Constipation: Position Statement.** Baker SS, Liptak GS, Colletti RB, et al. Constipation in infants and children: evaluation and treatment. A medical position statement of the North American Society for Pediatric Gastroenterology and Nutrition. *J Pediatr Gastroenterol Nutr* 1999; 29(5): 612-26. This position statement includes algorithms for evaluation and treatment of constipation. It is available on-line at: <http://www.naspgn.org/pdf/constipation.pdf>.

**Serum b-carotene, retinal and a-tocopherol levels during mineral oil therapy for constipation.** Clark JH et al. Serum b-carotene, retinal and a-tocopherol levels during mineral oil therapy for constipation. *AJDC*. 1987;141:1210-2.

**The Management of Acute Gastroenteritis in Young Children: Practice Parameter.** Provisional Committee on Quality Improvement, Subcommittee on Acute Gastroenteritis. Practice Parameter: the management of acute gastroenteritis in young children. *Pediatrics*. 97(3): 424-436. 1996. This article provides recommendation for the management of gastroenteritis in young children. Available online: <http://www.aap.org/policy/gastro.htm>.