

BLOODY STOOL / RECTAL PAIN

Level I

(If subjective data sufficient, no exam is necessary.)

Skill Level: RN

Definition: Varicosities or dilation of the hemorrhoidal veins in the anorectal area. Can be either external or internal.

MILD	
<p>Subjective:</p> <ul style="list-style-type: none">• “My hemorrhoids are bothering me.”• Complaint of rectal itch, pain, and blood with bowel movements.• Describes stool with bright red blood striated throughout stool’s outer surface.• Patient has a documented history of hemorrhoids.• No complaint of melanotic stool (black, tarry stools).• Spots of blood in underwear.• States blood bright red blood on toilet paper after cleansing.	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in comfort: rectal irritation.• Probable hemorrhoids.
<p>Objective:</p> <ul style="list-style-type: none">• Exam not indicated based on subjective complaints.• Patient is not on anticoagulation therapies.	<p>Plan:</p> <ul style="list-style-type: none">• If no previous history of hemorrhoids the patient will be advanced to Level II.• Advise patient to return to sick call if symptoms do not resolve with self-care after 7 days.• Increase fluid intake and dietary fiber.• If constipation suspected refer to Constipation Level II. <p>Patient educations and self-care items for this protocol include:</p> <ul style="list-style-type: none">• Hemorrhoid ointment from canteen.• Give patient the Hemorrhoid patient education handout.

Blood Stool/Rectal Pain Level I

Nurse Education:

1. Patients who are on blood thinning medications are at a higher risk for bleeding.
2. Review patient's medications.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

Steve Shelton M.D.

2/24/2015

Medical Director

Date

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