



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 Health Australia

Fill in this resource

[The Bowel Function Index](#)

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