



Division of Developmental Disabilities Services

The Learning Curve

“Enhancing the Knowledge of DDDS Professionals”

Supplemental Review Questions

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The Fatal Four: Constipation: A Major Challenge that Impacts People with Developmental Disabilities

Circle Either True or False

- 1) Constipation is easy to define because the symptom are the same from person to person. (True or False)
- 2) The following strategies may help to prevent constipation: High fiber diet (20-35 grams/day), increase foods with no or little fiber (cheese, meat, processed foods), reduce exercise; and decrease time for bowel movements. (True or False)
- 3) The following questions are all examples of the type of questions a doctor or you may ask to assess the affected person’s condition and treatment options: a) What are the normal bowel habits; b) How long has there been difficulty passing stool; and c) When was the last time stool was passed. (True or False)
- 4) Diagnosing constipation can be a challenging and multifaceted determination. This diagnosis may require a physical exams, stress tests and an in person interview. (True or False)
- 5) Spending a lot of time on the toilet or in the bathroom without explanation should not raise a flag when considering if someone is constipated. (True or False)

Fill in the Blanks

- 6) Constipation is _____ an indication or precursor to additional medical challenges.
- 7) Stools are normal when they are soft, normal sized and passed easily out of the bowel. The frequency of bowel movements _____ from person to person
- 8) If necessary a physician may conduct a sigmoidoscopy to detect problems in the rectum and lower colon or a colonoscopy if _____ syndrome is suspected or to rule out more serious problems.
- 9) In people with constipation an assessment of food movement may demonstrate a _____ and delayed transit time.
- 10) Factors that place people at risk for constipation include poor swallowing skills with _____ risks that make it difficult to eat and drink adequate amounts of fiber and fluids.

