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IRRITABLE BOWEL SYNDROME

definition

- Irritable bowel syndrome (IBS) is a disorder of altered intestinal motility and increased sensitivity to visceral sensations.
- The bowel mucosa is not changed by IBS.

Pathophysiology

- IBS results from a functional disorder of intestinal motility.
- The change in motility may be related to the neurologic regulatory system.
- infection or irritation, or a vascular or metabolic disturbance.
- There is no evidence of

Etiology

- Symptoms may be exacerbated by:-
- psychological stress .
- food intolerances.
- IBS is more common in women and in those who are young to middle aged.

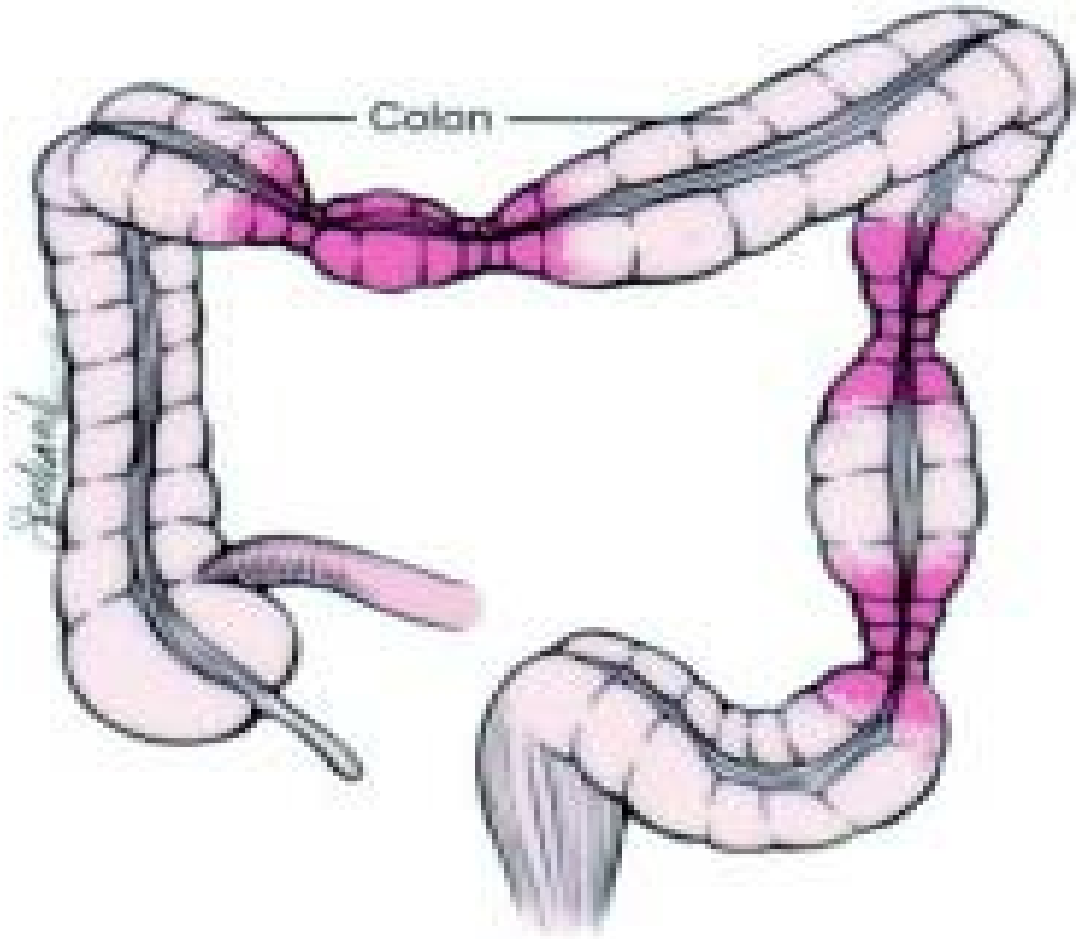
Signs and Symptoms

- IBS is characterized by complaints of alteration in bowel patterns constipation , diarrhea. or a combination of both.
- alternating constipation and diarrhea.
- Pain, gas, bloating,
- The patient also has feelings of abdominal bloating, with or

Signs and Symptoms

- This sensation of bloating is from increased sensitivity to visceral sensations.
- Other symptoms include the rectal passage of mucus, a feeling of incomplete evacuation.
- abdominal pain relieved by defecation.
- depression, anxiety, and

In IBS, the spastic contractions of the bowel can be seen in x-ray contrast studies.



Diagnostic Tests

- history and physical examination.
- Stool examination.
- contrast x-ray studies.
- barium enema.
- colonoscopy may reveal spasm.
- sigmoidoscopy may be done to rule out other disorders.

Medical Treatment

- IBS is a chronic condition, but symptoms can generally be controlled.
- Bran or bulk-forming laxatives such as psyllium (Metamucil) may be used to normalize stools.
- Foods causing gas formation are avoided.

Medical Treatment

- Antidepressants and relaxation
- exercises may help decrease stress and anxiety.
- Medication to decrease or increase intestinal motility (as needed).
- Medication reduce pain may also be given.

Medical Treatment

- antidiarrheal agents (eg, loperamide) may be given to control the diarrhea.
- Antidepressants can assist in treating underlying anxiety and depression.
- Anticholinergics and calcium channel blockers decrease smooth muscle spasm,

Medical Treatment

- Restriction and then gradual reintroduction of foods that are possibly irritating may help determine what types of food are acting as irritants (eg, beans, caffeinated products, alcohol, spicy foods).
- Patients often find it helpful to participate in a stress reduction or behavior modification

Nursing Management

- The nurse’s role is to provide patient and family education.
- The nurse emphasizes teaching and reinforces good dietary habits.
- The patient is encouraged to eat at regular times and to chew food slowly and thoroughly.

Nursing Management

- The patient should understand that, although adequate fluid intake is necessary.
- fluid should not be taken with meals because this results in abdominal distention.
- Alcohol use and cigarette smoking are discouraged.

Thank you