



New-Onset Constipation After Stroke: Caspian Nursing Process Project (CNP2) (Delphi and RAND Methods)

Shayan Alijanpour^{1,2*}, Nasrollah Alimohamadi³, Soraya Khafri⁴, Fariborz Khorvash⁵

¹ Education, Research and Planning Unite, Pre-Hospital Emergency Organization and Emergency Medical Service Center, Babol University of Medical Sciences, Babol, Iran

² MSc student of Critical Care Nursing, Students Research Committee, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

³ Nursing and Midwifery Care Research Center, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

⁴ Assistant Professor of Biostatic, Department of Biostatistics and Epidemiology, Babol University of Medical Sciences, Babol, Iran

⁵ Professor of Neurology, Isfahan Neurosciences Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

* **Corresponding author:** Shayan Alijanpour, Pre-hospital Emergency Organization and Emergency Medical Service Center, Babol University of Medical Sciences, Babol, Iran. Tel: 09117912187; Email: Alijanpour.sh@live.com

Article Info

Article type:
Original article

Article History:

Received: 20 January 2020

Revised: 04 March 2020

Accepted: 14 May 2020

Keywords:

Constipation
Iran
Nursing
Stroke

ABSTRACT

Background and Aim: New-onset constipation is one of the most common complications of acute stroke but its impacts on outcome of these patients remain unclear. Updating the role of nursing interventions in constipation after stroke seems to be useful. Current study aimed to define a care plan on new-onset constipation in stroke clients.

Materials and Methods: Current study was conducted on 2019 with combination of Delphi and RAND methods (RAM), with several phases which include of: Searching for scientific sources, formal-content validity, RAND and Delphi methods, Results and changes made at the Delphi stage and the panel of experts. The drafted of clinical guideline include of priority, usefulness, conceptualization and nurses are allowed to provide services qualified individuals were required to rating (1 to 5) in four domains of each recommendation

Results: Regarding the priority, the highest agreement was found on patient and companion education (98%) and the lowest on disability in daily activity (75.6%). According to a survey of authorized people to who provide services, with less than 50% agreement being reached with the BSc nursing in the following items. In Assessment section (constipation diagnosis by IV Rome criteria, constipation risk by Norgine instrument, Tenderness in physical examination, Taking client medication), target setting and outcome (Prevention of bowel dysfunction, Stable water and electrolyte status, client placement in types 3 and 4 of the Bristol criteria and no evidence of constipation according to the Rome IV criteria), nursing diagnosis and intervention (initiating constipation management protocol, identifying pattern of excretion, fiber intake, adjusting patient physical activity, walking, pursuing constipation remedies, laxative use, training manual and educational booklet and pamphlet) and evaluation (evaluating client response to interventions, The level of awareness of intestinal care, evaluation of care performed and the use of Barthel index.

Conclusion: All recommendations had reached over 70% agreement in all four areas of the initial draft and some care should be taken only by stroke nurses or MSc of Critical Care Nursing.