

Medical Management Plan of Care for Irritable Bowel Syndrome
Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____ School: _____

Physician(s): _____

IBS is a chronic condition that persists throughout life with periods of exacerbation and remission. This disorder effects the large and small intestines that causes abdominal pain or discomfort. The student with IBS will fluctuate from constipation to diarrhea. Other common symptoms are bloating, passing mucus in the stools, or a sense that the bowel has not emptied. Irritable bowel syndrome is a functional bowel disorder. This disorder is sensitive and reactive to very mild stimulation. Certain foods may trigger spasms in some individuals. Chocolate, milk products, alcohol and caffeine are the most frequent triggers. This condition is long-term but manageable for most people.

Problem: Trigger items

Goal: Avoid triggers

Action:

1. Student should avoid the following foods _____

2. Eliminating certain foods or adding more fiber to the diet may help relieve or prevent symptoms.

3. Getting regular, vigorous exercise may help reduce tension and make bowels regular.

4. Student should have unrestricted bathroom privileges.

GRCP11

Problem: Medications

Goal: Recognize side effects of medications.

Actions:

1. Student takes the following medications for IBS control. _____

CONTACT INFORMATION

Parent/guardian

Name: _____

Address: _____

Telephone: Home _____ Work _____ Cell _____

Parent/guardian

Name: _____

Address: _____

Telephone: Home _____ Work _____ Cell _____

SIGNATURES

This health care plan has been reviewed by:

Physician Date

Parent/guardian Date

School Nurse Date
GRCP11

