

The history of irritable bowel syndrome nursing essay

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Regardless of age, gender and race, people all over the world are experiencing discomfort in removing their bowels not just once but several times in their whole life. Some people may experience milder and tolerable discomfort while others are experiencing severe discomfort that they need medical intervention. Basically, there are numerous contributing factors for the occurrence of bowel movement disorder. To determine the severity of the manifested symptoms of this annoying health disorder, it is essential to learn and understand its nature. Read on to get comprehensive information about this bowel movement disorder known as Irritable Bowel Syndrome.

Definition:

Irritable Bowel Syndrome is one of the many gastrointestinal disorders affecting a multitude of people in the world's population. The other term for this chronic lower gastrointestinal tract condition is spastic nervous or irritable colon. Although, this type of gastrointestinal disorder is indeed annoying and a major cause of discomfort; it has no permanent damaging effect to the intestine or causes any severe illness such as cancer. The most common manifestation of IBS is abdominal cramps followed by the altered consistency and frequency in removing bowels. In addition, some people experiencing Irritable Bowel Syndrome may feel bloated, abdominal distention and indigestion. Up to these days the causes of Irritable Bowel Movement are still vague; nevertheless, medical experts considered that symptoms are triggered by several contributing factors which include neurotransmitter imbalance, visceral hypersensitivity, infections, abnormalities of bowel movements and psychosocial factors. IBS is classified into subcategories based on its primary symptoms as follows: Pain

associated with constipation, Pain associated with diarrhea and Pain and diarrhea alternating with constipation. The occurring symptoms of IBS vary; it depends upon each person's, age, race, environment and ways of living. Though, IBS is not life threatening, it compromises the lives of some people; considering that some of those who are suffering from IBS could not travel even short distances and go to work or perhaps attend social events. Nonetheless, people who are suffering from Irritable Bowel Syndrome have nothing to worry, considering that this gastrointestinal disorder is curable; medications and treatment are easy to find. While patients can easily purchase over-the-counter drugs to treat and ease their discomfort, it is essential to consult a doctor for medications and treatment to avoid complications. For those who want to self-medicate, it is essential to know the symptoms as well as the causes of IBS, to be able to take appropriate medications.

Causes and Risk Factors of Irritable Bowel Syndrome

Basically, the real causes of Irritable Bowel Syndrome are still unknown; nevertheless, medical experts are ruling out some triggering factors as possible causes of this gastrointestinal disorder such as the following: Mental Health and Psychological Issues – Several doctors considered that mental health and psychological issues including nervous system problems play a major role in the occurrence of IBS. Issues such as stress, depression, and anxiety usually aggravate the symptoms making the nerves more sensitive and stimulate colonic spasms; thus, triggering gas build-up in the abdomen causing discomfort. Foods – A number of people including medical experts

and doctors believed that some food groups may trigger the occurrence of IBS; however, medical experts are still trying to delve deeper into the effect of food allergy or intolerance in connection with Irritable Bowel Syndrome.

Hormones - Some researchers believed that hormones is one of the triggering device of IBS, considering that there are a number of women who experienced intense IBS discomfort during their menstrual periods.

Small Intestinal Bacterial Overgrowth - There are some researchers believed that there are certain bacteria that can live and breed inside the small intestine.

As these bacteria multiply they are also producing excessive gas which may cause diarrhea and weight loss. For this reason, Small Intestinal Bacterial Overgrowth is considered to be one of the possible causes of IBS.

Brain-gut Signal Problems - The movements of human guts are simply dependent on the signals between the brain and the nerves connecting the guts or both the small and large intestines. Interruptions or malfunctions of brain-gut signals often times cause pain or discomfort as well as changes in bowel movement habits. For these reason problems with brain-gut signals is

conceived to be one of the many possible causes of IBS.

Colon Muscle Problem - There are times when colon muscles will have irregular movements such as abnormal contractions that may push stools through the guts rapidly. As a result abdominal cramps and diarrhea follow right after eating. However, there are also times when the muscles of the colon will tighten too much which slows down stool movements causing constipation.

Risk Factors

The best way of avoiding Irritable Bowel Movement is to be aware not only the nature of this gastrointestinal disorder but also the risk factors involve. Read on to know the following risk factors of IBS. Age - Basically, IBS occurs regardless of age; however the most common occurrence of this gastrointestinal disorder is during the onset of adolescence and early adulthood. Diet - Diet plays a major role in the occurrence of IBS; those who are eating quickly, eating low-fiber diet, overeating, eating greasy and spicy foods. On the other caffeinated drinks, alcohol and carbonated beverages will aggravate the symptoms of IBS. Gender - Considering that hormones are among the possible cause of IBS; therefore, women are considered to be at higher risk of acquiring IBS than men. Genes - According to studies, those people having family history of IBS, most likely have a higher risk in developing IBS. However, medical experts as well as researchers are still trying to find out whether IBS is hereditary or just acquired through the environment inside the family. Lifestyle - Apparently particular lifestyle trigger the risks of obtaining IBS. Medications - when taking medications, it is essential to consult a doctor before using one to avoid allergy and other adverse reaction, because some drugs such as aspirin and antibiotics may cause allergic reaction as well as trigger severe IBS symptoms. Signs and Symptoms of Irritable Bowel Movement To recapitulate what has been stated on the previous topic, Irritable Bowel Syndrome is a functional gastrointestinal disorder. This means, signs and symptoms of IBS is highly dependent on the movement of the gastrointestinal (GI) tract; for that, IBS is not considered as a disease. It is conceived as the end-result of recurrent

symptoms which are grouped together and manifest as one. IBS sufferers need not worry for the recurring symptoms since they never damage the GI tract. Considering that each person is unique, signs and symptoms of IBS also vary from person to person; however, the most common symptoms are as follows: Abdominal Pain – this is the feeling of discomfort in the abdomen which may start when a person will experience frequent bowel movements, the stool are loose and watery, and the stool may be hard and lumpy. The feeling of uneasiness and discomfort will vanish after a bowel movement is over. Diarrhea or Constipation – diarrhea or constipation or even both will occur when a person is suffering from Irritable Bowel Movements. The manifestation diarrhea symptoms are a frequent urge to remove bowels, stools are loose and watery, frequent stool removal for at least four times or more in one day. On the other hand the constipation symptoms usually occur when the stools are dry, hard, and lumpy thus removing bowels could be difficult. Passing stools for only three times in a week is also another symptom of IBS. Other Signs and symptoms – other symptoms of IBS are as follows: nausea, unfinished bowel movement feeling and whitish mucus in the stool, swollen or bloated feeling, flatulence, and heartburn. Irritable Bowel Syndrome is an incessant GI disorder; though, it is long lasting, symptoms are not constant. A person may have IBS if he/she experienced the above-mentioned symptoms for at least 3 days in a month and these symptoms begin to manifests for the past 6 months. Complications Although Irritable Bowel Syndrome is not a health hazard; however, if left unattended and untreated it will lead to further complications such as the following: Aggravating hemorrhoids, considering that diarrhea and constipation are

irregular bowel movements which may irritate the anus has the capacity to aggravate hemorrhoids; thus it is essential to take medications or see a doctor if IBS symptoms occur. Malnourishment is one of the many complications caused by IBS. Basically, one of the aggravating factors of IBS is caused by foods; therefore, a person suffering from IBS must avoid eating those food groups which may deplete the essential nutrients needed by the body resulting to malnutrition. Unappealing sex life may also be a consequence of IBS complication. More often than not people having IBS lose their appetite for sex; thus, find sex unappealing because of the physical discomfort they feel due to IBS. On top of that complications of IBS greatly affect the entire whole-being of the patient considering that social life is already limited as well as the patient's career and professional output. Subsequent to these conditions, depression may follow. When To Seek Help Despite Irritable Bowel Movement Syndrome is not a health hazard; however, the complications as well as other accompanying illness which is unknown to the sufferer may be aggravated due to IBS. For this reason it is best to seek immediate medical help if the below listed symptoms may appear. If stools are accompanied with blood if sweating, shortness of breath, or pain radiating to your chest, neck or arm occur accompanying indigestions sporadic abdominal pain chronic bowel movement change constant indigestion persistent loss of appetite recurrent feeling of nausea continuous abdominal pain abrupt weight loss vomiting accompanied by blood When the above mentioned may occur, do not waste time, go to the nearest hospital and seek medical help as it may be an indication of severe health conditions such as cancer of the colon.

Treatment and Drug Administration

Since Irritable Bowel Syndrome is not considered an illness; therefore there is no treatment intended for this type of GI disorder. However, to stop the discomfort of the patients who experienced the symptoms of IBS various treatments are given to curtail the manifestations of IBS symptoms. Stress management as well as lifestyle and diet change is the primary treatment of IBS; these remedies are only applicable for milder symptoms of IBS. As for moderate to severe IBS cases, seeking professional assistance is necessary. Some of the prescriptions and advices most physicians will recommend are as follows: Antidepressant medications and counseling – If the patient is suffering from IBS symptoms which includes pain and depression, chances are doctors will prescribe carefully chosen serotonin reuptake inhibitor commonly known as SSRI or tricyclic antidepressant. These medications will reduce the activity of neurons controlling the intestines, and alleviate depression. However, if abdominal pain and diarrhea is not accompanied by depression, then the doctor may prescribe a lower dosage of tricyclic antidepressants such as imipramine and amitriptyline. However, if medications will not have any effect on patients having IBS, most doctors recommend counseling if and only if the symptoms get worst due to stress. Fiber Supplements – For patients who are suffering constipation due to IBS most doctors recommend Fiber supplements such as methylcellulose or psyllium as well as large amount of fluid intake. Anti-diarheal medications – diarrhea is often treated with over-the-counter drugs such as loperamide, doctor's prescription is no longer needed. Antibiotics – some doctors will recommend antibiotics to patients suffering from moderate to severe IBS,

since symptoms of IBS are caused by bacterial infestation. Thus, appropriate antibiotics are needed to eradicate these bacteria. Anticholinergic medications - since IBS symptoms are also triggered by abnormal activities of the autonomic nervous system, some doctors would recommend anticholinergic medications to alleviate painful bowel spasms. Elimination of gas-forming foods - for patients who often suffer from flatulence or bloating, doctors may suggest avoiding eating raw foods, and salads, which contain broccoli, cabbage and cauliflower. Doctors will further suggest that patients must stay away from carbonated beverages as well.

Lifestyle and Home Remedies

Considering that IBS is not a disease, alleviating the symptoms is just manageable using home remedies and other alternative ways of finding relief and comfort. When it comes to home remedies, most patients would use lifestyle change as well as alternative therapy to get relief from IBS symptoms such as the below listed remedies. Acupuncture - this will help relax colonic spasms thus improve bowel movement. Herbs - herbs are a great help when it comes to intestinal muscle spasms; however it is essential that patient must take care in the administration of these herbs since there are herbs which causes adverse effect to pharmaceutical medicines. Probiotics - some patients would resort to the use of probiotics to ease their discomfort due to IBS symptoms. Yogurt is very effective in relieving abdominal pain and bloating. Regular Exercise and Diet - yoga, regular exercise, meditation and massage are proven to be effective in relieving stress which aggravates the symptoms of IBS. In addition, healthy diet

coupled with regular exercise and drinking plenty of water daily could soothe irritable bowel movement symptoms. Eating smaller meals at regular intervals – For patients suffering from diarrhea eating small frequent meals at regular intervals will alleviate the discomfort subsequent to diarrhea. Furthermore it regular meal intervals regulates bowel movements. Over-the-counter drugs – for symptoms such as diarrhea and constipation, IBS patients can always use over-the-counter anti-diarrheal and laxatives.

Coping and Support

Since the effect of IBS symptoms are annoying and depressing, it is essential for people who are suffering from this GI disorder to seek not only medical help but moral support to cope with their depressions and frustrations. The following are some suggestions to help patients to cope and bounce back to their normal life. Gather in-depth information on IBS – if you do not have time to research, seek the assistance of a doctor or a medical practitioner that can give thorough explanation about IBS. Being aware about the nature of IBS will help patients gain control over the situation. Identifying the triggering factors of IBS – it is essential to determine what are the contributing factors that aggravate the symptoms of IBS, this way patient avoid the occasion of suffering the consequence of IBS. Find and join support groups – associating with people having the same ailments and symptoms can help patients relieve their frustrations and depressions.

Prevention

Since IBS is just a result of aggravated symptoms caused by several factors such as stress, anxiety, etc. anybody has the tendency to experience the

annoying effect of IBS. Listed below are some preventive measures in order to avoid experiencing the angst of IBS symptoms. Change poor eating habits to a healthy one, small meal together with fruits, vegetables, and whole grains is a good start. However healthy eating habits must also be incorporated with regular exercise. As much as possible avoid eating chocolate, red meats, processed foods, caffeine, sugary drinks, tobacco, and alcohol; these unhealthy foods and drinks inhibit the regular movements of the digestive processes thus aggravate the symptoms of IBS. Use gut-friendly probiotics and incorporate extra fiber to your diet by taking supplements or drinking vegetable juices. Minimize beans and cruciferous vegetable consumption, such as broccoli and, cabbage to avoid IBS gas-related issues. Keep a dietary program and journal to record your body's response to each food for assessment to determine the effect on the overall IBS symptoms. Stress management and get sufficient rest.