

# BLOODY STOOL / RECTAL PAIN

Level I

(If subjective data sufficient, no exam is necessary.)

**Skill Level:** RN

**Definition:** Varicosities or dilation of the hemorrhoidal veins in the anorectal area. Can be either external or internal.

MILD	
<b>Subjective:</b> <ul style="list-style-type: none"><li>• "My hemorrhoids are bothering me</li><li>• Rectal itch, pain, and blood with my bowel movements."</li><li>• Describes stool with bright red blood striated throughout stool's outer surface.</li><li>• Patient has a documented history of hemorrhoids.</li><li>• No melanotic stool (black, tarry stools).</li><li>• Spots of blood.</li></ul>	<b>Assessment:</b> <ul style="list-style-type: none"><li>• Alteration in comfort: rectal irritation.</li><li>• Probable hemorrhoids.</li></ul>
<b>Objective:</b> <ul style="list-style-type: none"><li>• Exam not indicated based on subjective complaints.</li><li>• Check current medications for those that may cause increased bleeding.</li></ul>	<b>Plan:</b> <b>Patient educations and self-care items for this protocol include:</b> <ul style="list-style-type: none"><li>• Hemorrhoid ointment from canteen.</li></ul> At nursing discretion may use any of the below: <ul style="list-style-type: none"><li>• If no previous history of hemorrhoids the patient will be advanced to Level II.</li><li>• Advise patient to recheck if problem unresolved.</li><li>• Increase fluid intake and dietary fiber.</li></ul>


## APPROVED:

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Medical Services Manager

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Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

  
\_\_\_\_\_  
Medical Director

 5/5/09  
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Date

Effective Date May 2009

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