**Student Exercise**

**Complete the following short answer questions.**

1. List two age-related changes affecting the digestive system.
   a. 
   b. 

2. List four factors that help a client maintain normal bowel functions.
   a. 
   b. 
   c. 
   d. 

3. What are the characteristics of normal stool?
   a. Color –
   b. Consistency –
   c. Frequency –

4. List four factors that could lead to constipation.
   a. 
   b. 
   c. 
   d. 

5. List three characteristics of abnormal stool.
   a. 
   b. 
   c. 
Circle the letter of the correct answer.

6. Conditions that may cause abnormal bowel functions are____.
   a. bladder and kidney infections  
   b. enemas and laxatives  
   c. flatus and suppositories  
   d. diarrhea and constipation

7. In the aging digestive system____.
   a. peristalsis increases  
   b. nutritional needs decrease  
   c. saliva production increases  
   d. caloric needs decrease

8. Special measures for abnormal bowel functions include____.
   a. ambulation  
   b. bed rest  
   c. colostomy  
   d. active ADLs

9. The in-home aide is responsible for which of the following duties concerning the client's bowel function?
   a. Administering laxatives as required.  
   b. Documenting BMs per in-home provider's policy.  
   c. Giving client an enema as needed.  
   d. Caring for new colostomy appliance.