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Hemorrhoids

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define hemorrhoids.**
 - A. They are dilated veins in swollen tissue around the anus.
 - B. Hemorrhoids can be internal or external.
 - C. Prolapsed hemorrhoids may come out during defecation.

- II. **The client/caregiver can identify factors that may increase the risk of hemorrhoids.**
 - A. Straining at stool because of constipation
 - B. Pregnancy and constipation
 - C. Heavy lifting
 - D. Prolonged sitting and standing
 - E. Cirrhosis of the liver

- III. **The client/caregiver can recognize signs and symptoms.**
 - A. External hemorrhoids
 - 1. Enlarged mass at the anus
 - 2. Inflammation
 - 3. Pain
 - 4. Bleeding with bowel movement
 - B. Internal hemorrhoids
 - 1. Pain
 - 2. Bleeding with bowel movements
 - 3. Itching in perianal area
 - 4. Constipation

- IV. **The client/caregiver can list measures to prevent or manage hemorrhoids.**
 - A. Relieve pressure and straining of constipation.
 - 1. Increase fluids to at least six to eight glasses per day. Avoid alcohol.
 - 2. Use stool softeners or laxatives as needed.
 - 3. Increase fiber in diet.

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- 4. Never delay urges to evacuate stool.
- 5. Do moderate exercise daily such as walking.
- B. Use warm compresses or tub baths several times a day in plain, warm water for about 10 minutes.
- C. Apply hemorrhoidal cream or suppository as ordered.
- D. Gently wash and dry perianal area after each bowel movement.
- E. Avoid prolonged sitting, squatting, or standing.
- F. Contact the physician for evaluation.
- G. Surgical intervention may be necessary.

- V. **The client/caregiver is aware of possible complications.**
 - A. Iron-deficiency anemia
 - B. Anal fissures (cracks in mucosa)
 - C. Bleeding
 - D. Blood clots within hemorrhoids
 - E. Strangulated hemorrhoids

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