

Fleets Enema Administration



NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: Fleets Enema Administration

Purpose:

- To Remove Feces
- To soften feces
- To relieve abdominal distention and discomfort
- To promote normal bowel function

Supplies Needed

- 1. Fleets Enema
- 2. Plastic trash bag or Chux pad
- 3. Disposable non-sterile gloves and plastic trash bag.
- 4. Hand-washing solution.

Procedures/Steps to Follow to Perform the Task

- 1. Explain the procedure to the resident.
- 2. Assemble the equipment at a convenient work area near the bed.
- 3. Have the resident lie on left side with knees flexed.
- 4. Put on disposable gloves.
- 5. Place the plastic trash bag or Chux under the resident's hips.
- 6. Remove the plastic covering from the prelubricated tip of the Fleet Enema bottle.
- 7. Gently insert the tip of the enema bottle into the rectum (approximately 2 to 3 inches).
- 8. Gently squeeze the bottle until the Fleet solution has been administered.
- 9. Gently withdraw the tip from the rectum.
- 10. Instruct the resident to try to hold the solution for as long as possible (approximately 5-10 minutes). It may be helpful to press the resident's buttocks together for 2 to 3 minutes to prevent evacuation of the solution.
- 11. Assist the resident to the bathroom (or to bedside commode, if used).
- 12. Assist the resident as needed with any clean-up after evacuation of the bowels.
- 13. Provide resident comfort measures.
- 14. Clean and replace the equipment. Discard disposable items and gloves in plastic trash bag.
- 15. Wash hands with hand-washing solution.

Outcomes

- 1. Resident will evacuate bowels.
- 2. Resident will not have fecal impactions.



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Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

- 1. Resident may experience pain or discomfort with procedure. If so, stop procedure and notify nurse.
- 2. Resident may have an impaction. If no bowel movement after enema, notify nurse.
- 3. Resident may experience bleeding from hard stools or hemorrhoids from straining to evacuate bowels. If these are seen, notify nurse.

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Signature of CAREGIVER	Signature of Delegating Nurse	Delegation Competency Review Date