

# IRRITABLE BOWEL SYNDROME

FIONA RATTRAY & LINDA LUDWIG PG.955



# IRRITABLE BOWEL SYNDROME

- ▶ Irritable bowel syndrome is also known as spastic colon, spastic constipation, irritable colon and nervous digestion. It is a motility disorder which is strongly associated with anxiety, stress or depression in over half the cases.
- ▶ IBS is the most common GI disorder in Western society. It has been referred to as the common cold of the stomach.
- ▶ Often occurs in women, starting in childhood or early adulthood.
- ▶ No general underlying cause or physical abnormality in the GI tract.

# CONTRIBUTING FACTORS

- ▶ Distributions and incoordination of the natural peristaltic actions and mass movements of the colon.
- ▶ Autonomic dysfunction, notably with response to stress. (Disturbs the transit time of the fecal matter and results in alteration between constipation and diarrhea).
- ▶ Food intolerance: Common food intolerances include wheat, coffee, dairy products, yeast, and citrus fruits.

# SYMPTOM PICTURE

- ▶ Emotional stress, fatigue, alcohol, and eating (especially high fat).
- ▶ Some will experience mainly constipation, with regular bouts of diarrhea, while others will have the reverse symptoms.
- ▶ Constipation: hard stools due to decreased propulsive movements and increase in the segmental movements in the colon.
- ▶ Diarrhea: An increase in propulsive movements and a decrease in segmental movements. This reduces the amount of water the body can reabsorb and accounts for a watery stool.
- ▶ Intermittent pain in the lower abdomen.
- ▶ Pain can be dull, sharp cramps occurring after eating or in the morning.
- ▶ The pain is the increased pressure from the fecal matter.
- ▶ Bloating, nausea, vomiting, anorexia, and halitosis.

# CONTRAINDICATIONS

- ▶ Hydro applications of heat on the abdomen should not be used if the client has any history of increased blood pressure or cardiovascular problems.
- ▶ Diarrhea is a contraindication to abdominal massage.

# ASSESSMENT

- ▶ Health history questions are asked about the clients symptoms.
- ▶ Special orthopedic test: Rebound test, this will be negative for IBS. It will test positive for Appendicitis.
  - ▶ Differentiating types of abdominal pain
- ▶ Appendicitis symptoms: Nausea, vomiting, low grade fever, and pain in the lower right quadrant. This condition is a medical emergency and the client is sent for immediate medical help.
- ▶ A client with constipation who has sudden, unexplained bowel patterns which lasts over two weeks or who has blood in their stools should be referred to a physician.

# MASSAGE TREATMENT

- ▶ This syndrome is the alternation of constipation and diarrhea, the treatment is appropriate in the constipation stage. Abdominal massage is effective in promoting movement of fecal matter and gas contained in the bowel.
- ▶ Positioning: Supine, abdominal treatment is indicated here.
- ▶ Treatment focus is: Relaxation
- ▶ Goals: reduce stress
- ▶ Essential oils that promote the release of gas are: Fennel, lemon, peppermint and basil.
- ▶ Those that combine gas release and relaxation are: Bergamont, marjoram, and chamomile.
- ▶ With all cases above: 25 drops of essential oil are diluted in 50ml of vegetable oil, the oil is used for the abdominal massage during the treatment, and can be prescribed for home care.

# SELF-CARE

- ▶ Increase of fibre in the diet in the form of wheat.
- ▶ Referral out to a Naturopath is recommended.
- ▶ Nutritional counselling is recommended.



# INFLAMMATORY BOWEL DISEASE

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# INFLAMMATORY BOWEL DISEASE

- ▶ **Inflammatory bowel disease is used to identify two conditions: Ulcerative colitis and Crohn's disease.**
- ▶ These conditions often affect people between the ages of 15-20 and other people in their mid-fifties to sixties.
- ▶ Both conditions can affect multiple systems in the body and cause peripheral arthritis, arthralgia, myalgia, and obstructive pulmonary disease.

# ULCERATIVE COLITIS

- ▶ Results in a broad area of ulceration in the mucosa on the left colon and rectum.
- ▶ Periods of P and bloody diarrhea, up to 20-30x/day.
- ▶ Other symptoms are nausea, vomiting, anorexia and weight loss.
- ▶ Varying degrees of severity, from mild-severe.
- ▶ Serious complications can occur: Toxic mega colon that leads to systemic toxicity.
- ▶ Long term there is an increased risk of colon cancer.
- ▶ **Medical treatment** is the management of this condition through medication and possible surgery to remove ulcerated areas.

# CROHN'S DISEASE

- ▶ **Results in multiple, patchy ulcerative lesions which may affect any part of the GI tract.**
- ▶ This causes scarring and thickening of the bowel. If the lesion penetrates the bowel, abscesses result.
- ▶ The ileum of the small intestine and ileocecal area of the colon are most commonly affected.
- ▶ All layers of the intestinal wall may be affected.
- ▶ Recurrent inflammation results in scarring and thickening of the affected areas.
- ▶ Pain may diminish after a bowel movement or release of gas. Intermittent diarrhea, weight loss, malaise, low-grade fever and nutritional deficiencies may occur.

# CROHN'S DISEASE

- ▶ Complications: Intestinal obstruction and abdominal abscesses.
- ▶ Eventually surgery is indicated to address complications.
- ▶ Medical treatment: Management is through nutritional supplements, diet modifications, stress management and medication.
  - ▶ **Massage Treatment**
- ▶ Focus of the massage treatment is on stress reduction and relaxation.
- ▶ Hydro: Ice, heat and contrast indicated.
- ▶ Techniques include: Gentle vibrations and rocking to the sacrum will help decrease sympathetic nervous system firing.
- ▶ If the client is not experiencing a flare-up, gentle and soothing abdominal techniques are performed.

# SELF-CARE

- ▶ Refer the client out to the Bowel Disease Association.
- ▶ Refer out to a nutritionist or naturopath can assist in dietary modifications.
- ▶ Encourage stress reduction techniques such as full Diaphragmatic breathing and meditation.