

## LRI Children's Hospital

### Standard operating procedure

## REFERRAL CRITERIA FOR CHILDREN'S COLORECTAL SPECIALIST NURSES

Staff relevant to:	UHL Children's Hospital medical and nursing staff
Approval date:	November 2024
Revision due:	November 2027
Written by:	R Wade
Version:	2
Trust Ref:	C4/2023

### 1. Introduction and who this document applies to

The Colorectal Specialist Nurses are happy to help with children who need our expertise but we need to limit how many children are referred to us. Some children just require some extra input whilst admitted. Other children only require oral medication.

As we work for the surgical team, we would *like **all** children* to be seen by the Consultant Paediatric surgeons before referral to ourselves to rule out red flags and explain to parents our role in the child's care.

*There is now a community service for children and young people with bowel management needs to look after children in Leicester, Leicestershire and Rutland. All children should be referred to this service by their GP via PRISM. Therefore, children will not be referred straight to paediatricians from the GP.*

*Due to changes of experienced staffing within the team, we are currently unable to receive any referrals into our service. This will be reviewed in 4 months time and is subject to employing experienced staff into the team.*

### Overarching guideline:

[Constipation UHL Childrens Medical Guideline](#) Trust ref: C29/2005

*The following is a check list which should be filled in before a referral is made once we are accepting referrals again*

## 2. Referral checklist:

- *Has been seen by Tier 1 and 2 community services and treated for idiopathic constipation and soiling for 1 year*

Yes: ☐

No: ☐

Comments:

- Has used a range of softeners and stimulants at different dosages as per NICE guidelines

Yes: ☐

No: ☐

Comments:

- Has been regularly using a squatty potty or equivalent

Yes: ☐

No: ☐

Comments:

- Is between the age of 1 and 18<sup>th</sup> birthday unless born with Ano-Rectal Malformation, Hirschsprungs Disease, Cloaca

Yes: ☐

No: ☐

Comments:

- Is happy for rectal treatment to be prescribed and used

Yes: ☐

No: ☐

Comments:

## **NB**

- We can offer advice regarding treatment and/or disimpaction whilst inpatient as an acute admission. The child needs to continue to be seen by the named paediatrician and follow up must be with a paediatrician.
- We cannot take direct GP referrals

## **2. Dissemination and implementation**

Approved SOPs will be placed on to Children's Hospital Global Drive for access by all staff. It is the responsibility of the Senior Management or the SOP Author/s to disseminate the SOP changes to relevant staff groups.

## **3. Bowel management resources for doctors/nurses**

- **NICE GUIDELINES FOR CONSTIPATION**

<https://www.nice.org.uk/guidance/cg99>

- **ERIC – THE CHILDREN'S BOWEL AND BLADDER CHARITY**

Resources and advice, diet, fluids, toileting, school issues (leaflets for parents to print off)

[www.eric.org.uk](http://www.eric.org.uk)

- **BOWEL AND BLADDER UK - SUPPORTING PEOPLE WITH BLADDER AND BOWEL PROBLEMS**

Resources regarding constipation, medications, understanding childrens bowel problems, toilet training (leaflets for parents to print off)

- **DISIMPACTION** - instructions to print off for parents to use at home (attached)

## **YOU-TUBE**

- "POO GOES TO POO LAND" – teaching a child what happens to poo when it flushed down the
- "THE POO IN YOU" – how poo is made in the digestive system and how it can build up and cause stretching of the bowel
- "THE UNICORN CHANGED THE WAY I POOP" – describes how sitting on the toilet in a particular way will enable better pooing. Explains about the squatty potty.

## **SQUATTY POTTY**

A stool to help with positioning on the toilet – it is designed differently to normal toddler steps and helps your child sit at the appropriate angle with knees higher than hips

Available via internet stores – choose 9 inch height

## **BOOKS**

“It hurts when I poop! – A story for children who are scared to use the Potty  
By Howard Bennett  
A good book to help children understand about hard and soft poo and withholding  
NB – this is American so the word POTTY relates to TOILET

“Ready Set Potty”  
By Brenda Batts  
Toilet training for children with Autism and other Developmental Disorders

“Toilet Training and the Autism Spectrum (ASD)”  
Eva Fleming and Lorraine MacAllister  
Aimed at professionals but also useful to parents

“Stool withholding” – what to do when your child won’t poo!  
Sophia J. Ferguson  
Helpful to give understanding to parents about stool withholding and the importance of keeping stools very soft

## **5. Supporting References**

Constipation in children and young people: diagnosis and management  
Clinical guideline [CG99] 2017. <https://www.nice.org.uk/guidance/cg99>

## **6. Key Words**

Constipation, Disimpaction

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**The Trust recognises the diversity of the local community it serves. Our aim therefore is to provide a safe environment free from discrimination and treat all individuals fairly with dignity and appropriately according to their needs. As part of its development, this policy and its impact on equality have been reviewed and no detriment was identified.**

Contact and review details	
<b>Guideline Lead (Name and Title)</b> Rachel Wade - Childrens Colorectal Specialist Nurse	<b>Executive Lead</b> Chief Nurse
<b>Details of Changes made during review:</b> Introduction updated to reflect: <ul style="list-style-type: none"> <li>- There is now a community service for children and young people with bowel management needs, accessed via GP referral.</li> <li>- Due to staffing changes currently unable to accept new referrals and this will be reviewed in four months' time</li> </ul> Referral Checklist has been updated to reflect changes in Tier 1 and Tier 2 Community Services	