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Question: 1

Which medication is commonly prescribed to treat chronic diarrhea associated with irritable bowel syndrome?

- A. Duloxetine
- B. Oxybutynin
- C. Metoclopramide
- D. Loperamide

Answer: D

Explanation: Loperamide is an antidiarrheal medication commonly prescribed to treat chronic diarrhea associated with irritable bowel syndrome (IBS). It helps to slow down the movement of the intestines, reducing the frequency and urgency of bowel movements.

Question: 2

Which of the following foods is known to promote bowel motility?

- A. White rice
- B. Red meat
- C. Cheese
- D. Bananas

Answer: D

Explanation: Bananas are known to promote bowel motility due to their high fiber content, particularly soluble fiber. Soluble fiber helps to soften the stool and facilitate its passage through the digestive system, promoting regular bowel movements.

Question: 3

What is the primary purpose of an indwelling fecal diversion system?

- A. To prevent diarrhea
- B. To promote bowel continence
- C. To collect and divert fecal matter
- D. To stimulate bowel motility

Answer: C

Explanation: An indwelling fecal diversion system, such as a colostomy or ileostomy, is designed to collect and divert fecal matter away from the rectum and anus. It is used when the normal passage of stool through the rectum is not possible or needs to be temporarily bypassed.

Question: 4

Which of the following behavioral strategies is commonly used to treat pelvic floor muscle dysfunction?

- A. Medication therapy
- B. Bowel training
- C. Dietary modification
- D. Surgical intervention

Answer: B

Explanation: Bowel training is a behavioral strategy commonly used to treat pelvic floor muscle dysfunction, which can contribute to bowel dysfunction and incontinence. It involves establishing a regular toileting routine and using

techniques to improve coordination and control of bowel movements.

Question: 5

Which of the following factors is a common cause of fecal impaction?

- A. High-fiber diet
- B. Normal bowel motility
- C. Dehydration
- D. Intestinal obstruction

Answer: C

Explanation: Dehydration can contribute to the formation of hard, dry stools that are difficult to pass, leading to fecal impaction. Adequate fluid intake is important for maintaining soft and easily passable stools.

Question: 6

Which surgical intervention is performed to repair a damaged anal sphincter?

- A. Sphincteroplasty
- B. Colostomy
- C. Ileostomy
- D. Fecal diversion

Answer: A

Explanation: Sphincteroplasty is a surgical intervention performed to repair a damaged anal sphincter, which can occur due to childbirth, trauma, or other factors. The procedure aims to restore the integrity and function of the

sphincter muscles to improve bowel control.

Question: 7

Which of the following containment strategies is most suitable for managing severe fecal incontinence?

- A. Absorptive products
- B. Rectal pouch
- C. Bowel training
- D. Biofeedback

Answer: B

Explanation: A rectal pouch, also known as an anal pouch or fecal pouch, is a surgical option for managing severe fecal incontinence. It involves creating a reservoir in the rectum to collect and store fecal matter, which can then be emptied at regular intervals.

Question: 8

Which of the following medications is commonly used to treat chronic constipation?

- A. Duloxetine
- B. Loperamide
- C. Psyllium
- D. Bisacodyl

Answer: C

Explanation: Psyllium is a bulk-forming laxative commonly used to treat chronic constipation. It absorbs water and forms a gel-like substance that helps soften the stool and promote regular bowel movements.

Question: 9

Which of the following cleansers is recommended for gentle skin care in individuals with fecal incontinence?

- A. Alcohol-based cleanser
- B. Antimicrobial soap
- C. Harsh detergent cleanser
- D. pH-balanced mild cleanser

Answer: D

Explanation: A pH-balanced mild cleanser is recommended for gentle skin care in individuals with fecal incontinence. Harsh cleansers, alcohol-based cleansers, and antimicrobial soaps can be drying and irritating to the skin, potentially causing further skin damage.

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