Functional constipation with overflow soiling: advice

Original independent practice material. Allow 45 minutes: 5 minutes for reading and 40 minutes for writing. Assume that today's date is 5 November 2026. Rian Lyden is returning home after his paediatric review. You are Dr Hoa Luu, a doctor in the paediatric outpatient clinic. Using the case notes, write to Rian's mother, Ms Seaneen Weldon, explaining his constipation and soiling, and the clinician's written home-care and follow-up plan. The paediatrician has already counselled her directly about the prescribed laxative; do not add a regimen or change medicine instructions. Address the letter to Ms Seaneen Weldon, Flat 2, 14 Orchard Road, M14 6QL, United Kingdom. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Rian Lyden; DOB 12/04/2019 (7 yrs)	☐	☐	☐
2. Parent: Ms Seaneen Weldon; lives with Rian	☐	☐	☐
3. Home: Flat 2, 14 Orchard Road, M14 6QL, United Kingdom	☐	☐	☐
4. Paediatric review today: 05/11/2026; home afterwards	☐	☐	☐
5. Mother requests written explanation and practical home advice	☐	☐	☐
Social background			
6. Enjoys drawing dinosaurs; collects toy cars	☐	☐	☐
7. Mother complained about the reception queue	☐	☐	☐
8. Mother disclosed private parental disagreement about money	☐	☐	☐
Medical history			
9. Previously toilet-trained; hard, painful stools for 3/12	☐	☐	☐
10. Small underwear stains most days for 6/52	☐	☐	☐
11. Otitis media age 3; resolved	☐	☐	☐
Assessment			
12. Growth tracking consistently; generally well	☐	☐	☐
13. Sometimes postpones toilet visits at school	☐	☐	☐
14. No vomiting or abdominal swelling today	☐	☐	☐
15. Intermittent tummy discomfort improves after passing stool	☐	☐	☐
16. Mother worried accidents mean deliberate misbehaviour	☐	☐	☐
Assessment			
17. Assessment: functional constipation; softer stool leaking around retained hard stool → overflow soiling	☐	☐	☐
Treatment and explanation			
18. Explanation: accidents involuntary; reassure Rian; avoid blame/punishment	☐	☐	☐
19. General advice: improvement may take months	☐	☐	☐
20. Paediatrician counselled mother directly on prescribed laxative use	☐	☐	☐
Written ongoing plan			
21. Prescribing remains with paediatrician; medicine questions → clinic; this letter changes no medicine instructions	☐	☐	☐
22. Home routine: sit on toilet after meals; feet supported on step	☐	☐	☐
23. Praise sitting/trying, regardless of whether stool passed	☐	☐	☐
24. Offer regular drinks and varied foods, including fruit/vegetables	☐	☐	☐
25. Encourage active play	☐	☐	☐
26. Ask about toilet worries, including school	☐	☐	☐
27. Mother to record bowel movements and accidents	☐	☐	☐
28. Clinic review booked 19/11/2026; bring record	☐	☐	☐
29. Contact clinic earlier if worsening or difficulty following plan	☐	☐	☐
30. Swollen tummy with vomiting → urgent medical assessment; do not await review	☐	☐	☐

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