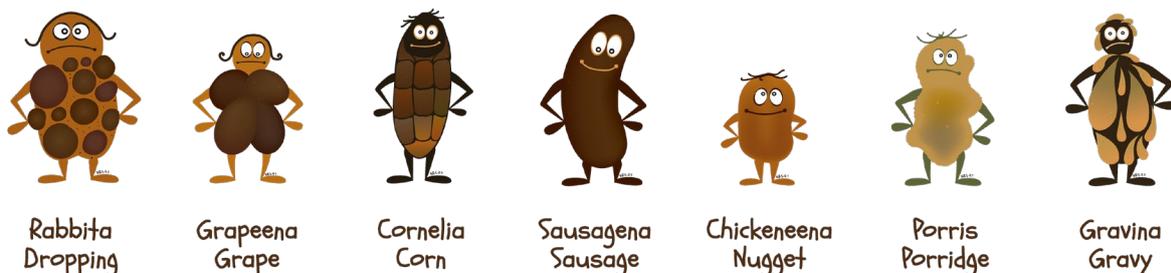


A Research Innovation to address a real-world problem; The Poop it Kit.

Constipation is presenting as a real concern affecting up to 30% of children in Australia and the western world. This alterations in normal bowel functioning can lead to physical and psychosocial issues including learning difficulties. Nurses play a role in developing innovative health promotion activities about this topic for children.

In 2020 a group of CQUniversity nursing researchers (Reid-Searl, Crowley, Blunt, Anderson and Coll) implemented and evaluated an innovation for children relating to healthy bowel functioning. The innovation was The Poop it Kit.

The 'Poop it Kit', is geared at children between 4- 8 years of age. The kit includes fun and innovative resources including 6 books, a game, a toilet door poster, a colouring in book, a user guide and toys. The features of the kit include seven different Poo characters adapted from the Bristol Stool chart.



The resources in the kit have a focus on raising awareness about healthy bowel functioning. Topics include;

- ✓ the different types of poo,
- ✓ the anatomy and physiology of bowel functioning,
- ✓ prevention of constipation,
- ✓ diet and healthy bowel functioning,
- ✓ correct positioning on the toilet,
- ✓ ignoring the urge to go and holding on
- ✓ and fears about going to the toilet.



## Books:

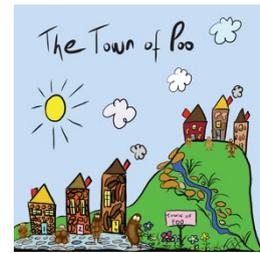
### How is my poop made?

This book is geared for the older child- 6 years and above. It explains how poo is formed in the gastro- intestinal system. The explanation begins from food entering the mouth through to the formation of poo and its travelling through the digestive system. There are diagrams to portray each step. To help prevent constipation, it is important that children understand facts about constipation including where poop comes from. The book refers to words that simplify the actions of each organ in the gastro- intestinal system. The idea has been adapted from that which was originally conceived by Thomas Duhamel (2018). These include:

- ✓ The mouth as the muncher
- ✓ The stomach as the mixer
- ✓ The small intestine as the sorter
- ✓ The large bowel as the poop maker
- ✓ The rectum as the poop bin
- ✓ The anus as the poop hole



The book also provides guidance to children about causes of constipation and what to do to prevent it.

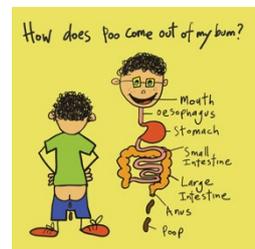


## Poop Poop Poop

This book is in verse and is geared at the younger child. It explains the digestive system more simply than the book 'How is my Poop Made?' Poop, poop, poop, is about the digestive system and how Poop is made. It includes content about sitting on the toilet and fears some children may have about the toilet. This book serves as a prompt for adults to talk to children about fears of going to the toilet and holding on.

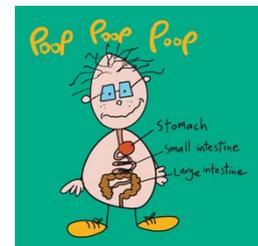
## Mrs Ellie McPhee

This is a story in rhyme that explains the journey of a delightful character Mrs Ellie McPhee. She suffers from gluten intolerance and after problems with her bowels she seeks the advice of the doctor who rectifies her situation with a gluten free diet. This book serves as a prompt for adults to talk to children about food intolerances and the impact it may have on bowel functioning.



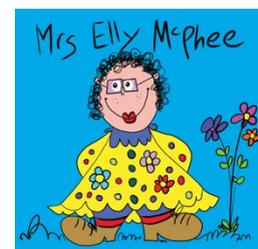
## The Town of Poo

This is a book in verse about the seven different types of poo. This is a good resource that can accompany the poo poster. This book serves as a prompt for adults to talk to children about the different types of poo and what they look like.



## How does poo come out of my bum?

This is a book in verse geared at younger children. Sammy McNunn wants to know where poo comes from and how it comes out his bum. Nurse Kate provides guidance. This book serves as a prompt for adults to talk to children about the importance of not holding on and sitting correctly on the toilet.



## Mummm ... there's a Monster in the loo.

This is a book in verse about the fear of a monster in the loo. The story explains that monsters do not exist, rather it is a frog. This book serves as a prompt for adults to talk to children about fears and phobias about toileting.



## My Poo Log:

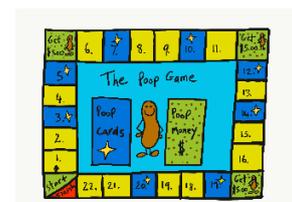
This is a delightful resource which includes the seven different types of poos. The chart has been adapted from the original Bristol Stool chart with the different types of poos being named and characterized for children.

The idea of the chart is for it to be positioned on the back of a toilet door or wall. Children then gauge which type of poo they have done and what action they need to do. Ideally, they should aim for a size 4. Parents/ caregivers may want to establish a reward type system to encourage the ideal poo.

|  |                             |   | MY POO LOG |     |     |     |     |     |     |
|--|-----------------------------|---|------------|-----|-----|-----|-----|-----|-----|
|  |                             |   | MON        | TUE | WED | THU | FRI | SAT | SUN |
|  | Rabbit Droppings<br>Type 1  | Hard Dry = Tell a grown up. Let's move fruit, veggie, water and exercise. |            |     |     |     |     |     |     |
|  | Grape Grape<br>Type 2       | Lumpy Dry = Tell a grown up. More fruit, veggie, water and exercise.      |            |     |     |     |     |     |     |
|  | Cornelia Corn<br>Type 3     | Sausage Cracks = Keep up! Fruit, veggie, water and exercise.              |            |     |     |     |     |     |     |
|  | Sausage Sausage<br>Type 4   | Sausage Smooth = That's great!  |            |     |     |     |     |     |     |
|  | Chicken Nugget<br>Type 5    | Fluffy Soft = Keep up! Fruit, veggie, water and exercise.                 |            |     |     |     |     |     |     |
|  | Porridge Porridge<br>Type 6 | Porridge Loose = Tell a grown up.   |            |     |     |     |     |     |     |
|  | Greasy Greasy<br>Type 7     | Runny Loose = Tell a grown up.  |            |     |     |     |     |     |     |

## The poo game

This is an interactive game involving cards, poo money, and a board. Children move around the board and are directed to act based on the section of the board they land and the cards they pick up.



## Poo goo

This is fun goo used in the poo game.

## Poo Apron

This apron is designed with the gastro-intestinal system. The idea is that the child uses the different pieces of attachable felt and places it in the correct position. The first layer of felt attachable pieces will show the actual anatomy and include mouth, oesophagus, stomach, small intestine, large intestine including ascending transverse, descending, sigmoid colon, rectum, anus. The next layer will allow the child to choose the path that follows and will include food that is chewed in the mouth, food that goes into the stomach and turns into chyme. Chyme that goes into the small intestine and vitamins and minerals are extracted. Then waste goes into the large intestine where Poop is made starting from loose watery poos in the ascending colon getting firmer until it gets to the rectum.