1. Improve awareness and recognition of constipation.
   - Verbal Reminder at board rounds
   - Collect data on monitoring of bowels in medical notes
   - Minor improvement
   - Not sustainable.

2. Improve monitoring of constipation.
   - Add column to handover sheet to tick if bowels open
   - Collect data on monitoring of bowels in medical notes
   - "Additional Paper Work"

3. Integrate "bowel monitoring" into doctors' continues sheet.
   - Add "tick box" to each side of continuation sheet.
   - Collect data on monitoring of bowels in medical notes
   - Well received.
   - Hard to find and use sheets.

4. Improve on continuation sheets.
   - Add more tick boxes. Place sheets throughout ward.
   - Slight improvement, continue to refine idea.
   - Collect data on monitoring of bowels in medical notes.