

hesi case study constipation

hesi case study constipation is a critical resource for nursing students preparing for the HESI exam, focusing on the clinical understanding and management of constipation. This case study provides an in-depth analysis of the causes, symptoms, diagnostic methods, and treatment strategies related to constipation, offering practical insights into patient care. Understanding the pathophysiology and nursing interventions for constipation is essential to improve patient outcomes and prevent complications. The study also highlights the importance of comprehensive patient assessment and education in managing this common gastrointestinal issue. This article will cover the key aspects of the HESI case study on constipation, including clinical presentation, risk factors, nursing assessments, and evidence-based management protocols. The information presented here aims to strengthen clinical reasoning and enhance exam readiness. Below is a detailed overview of the main topics discussed.

- Overview of Constipation in Clinical Practice
- Pathophysiology and Causes of Constipation
- Clinical Presentation and Assessment
- Diagnostic Procedures for Constipation
- Nursing Interventions and Management
- Patient Education and Preventive Strategies

Overview of Constipation in Clinical Practice

Constipation is a prevalent gastrointestinal condition characterized by infrequent bowel movements, hard stools, and difficulty in stool passage. It is a common complaint encountered in various healthcare settings and is often addressed in the HESI case study constipation scenarios. Effective management requires a thorough understanding of its clinical relevance, especially in vulnerable populations such as the elderly, postoperative patients, and those with chronic illnesses. Nurses play a crucial role in identifying early signs and implementing appropriate interventions to alleviate symptoms and improve patient comfort.

Definition and Epidemiology

Constipation is typically defined as having fewer than three bowel movements per week or experiencing difficulty during defecation. The condition affects millions worldwide, with higher prevalence rates in females, older adults, and individuals with sedentary lifestyles. Recognizing the epidemiological factors is vital for tailoring patient-specific care plans.

within the framework of the HESI case study constipation.

Significance in Nursing Practice

In nursing practice, constipation can lead to complications such as fecal impaction, hemorrhoids, and bowel obstruction if not properly managed. Understanding the clinical implications enables nurses to perform timely assessments, promote bowel regularity, and educate patients on lifestyle modifications. The HESI case study constipation emphasizes these aspects to reinforce critical thinking and clinical decision-making skills.

Pathophysiology and Causes of Constipation

The pathophysiology of constipation involves disruptions in normal bowel motility, absorption, and neurological control. Various intrinsic and extrinsic factors contribute to the development of this condition. The HESI case study constipation highlights the importance of identifying these underlying causes to formulate effective nursing interventions.

Primary and Secondary Causes

Constipation can be classified into primary and secondary types. Primary constipation occurs due to functional or idiopathic causes such as slow colonic transit or pelvic floor dysfunction. Secondary constipation results from external factors like medications, metabolic disorders, or structural abnormalities.

- **Medications:** Opioids, anticholinergics, and certain antidepressants can reduce bowel motility.
- **Dietary Factors:** Low fiber intake and inadequate hydration contribute to stool hardening.
- **Physical Inactivity:** Sedentary lifestyle reduces intestinal peristalsis.
- **Neurological Disorders:** Conditions such as Parkinson's disease or spinal cord injury impair nerve function.
- **Psychological Factors:** Stress and depression may influence bowel habits.

Physiological Mechanisms

The colon absorbs water from stool as it moves through the large intestine. When transit time is prolonged, excessive water absorption occurs, resulting in hard, dry stools. Additionally, impaired defecation reflexes and weakened abdominal muscles can exacerbate constipation. The HESI case study constipation scenario often explores these

mechanisms in clinical contexts.

Clinical Presentation and Assessment

Accurate assessment is fundamental in managing constipation effectively. The HESI case study constipation emphasizes systematic data collection, including subjective and objective findings, to guide nursing care.

Signs and Symptoms

Patients with constipation may report infrequent bowel movements, straining, sensation of incomplete evacuation, abdominal discomfort, and bloating. Physical examination may reveal abdominal distension and palpable fecal masses.

Nursing Assessment Components

Nurses should conduct a comprehensive assessment encompassing:

- Patient history: bowel habits, diet, fluid intake, and medication use.
- Physical examination: abdominal palpation and rectal examination if indicated.
- Identification of risk factors: immobility, neurological conditions, and psychosocial elements.
- Monitoring for complications: signs of fecal impaction or bowel obstruction.

Diagnostic Procedures for Constipation

Diagnostic evaluation aims to identify underlying causes and rule out serious pathology. The HESI case study constipation includes scenarios where nurses assist in gathering relevant diagnostic information.

Common Diagnostic Tests

Standard diagnostic procedures include:

- Abdominal X-rays: to detect fecal impaction or obstruction.
- Colonoscopy: for structural abnormalities or suspected malignancy.
- Transit Studies: to assess colonic motility.

- Laboratory Tests: to exclude metabolic causes such as hypothyroidism or electrolyte imbalances.

Role of Nursing in Diagnostics

Nurses facilitate diagnostic testing by preparing patients, providing education, and monitoring for adverse effects. Accurate documentation and communication with the healthcare team are essential to ensure holistic care during the diagnostic process.

Nursing Interventions and Management

Effective nursing interventions are pivotal in resolving constipation and preventing recurrence. The HESI case study constipation provides practical guidance on evidence-based nursing actions.

Non-Pharmacological Interventions

Initial management focuses on lifestyle modifications that promote bowel regularity:

- Encouraging high-fiber diets including fruits, vegetables, and whole grains.
- Promoting adequate hydration with at least 8 glasses of water daily.
- Facilitating regular physical activity tailored to patient ability.
- Establishing consistent toileting routines to stimulate bowel movements.

Pharmacological Treatments

When lifestyle changes are insufficient, pharmacologic agents may be administered under medical supervision:

- Laxatives: bulk-forming, osmotic, stimulant, or stool softeners depending on patient needs.
- Enemas: used for acute relief in cases of impaction.
- Prokinetic agents: in selected cases to enhance motility.

Monitoring and Evaluation

Ongoing assessment of bowel patterns, symptom relief, and side effects is critical. Nurses document outcomes and adjust care plans accordingly in collaboration with the healthcare team.

Patient Education and Preventive Strategies

Education is a cornerstone of constipation management. Empowering patients with knowledge reduces recurrence and improves quality of life. The HESI case study on constipation underscores the nurse's role in delivering tailored educational interventions.

Key Educational Topics

- Importance of dietary fiber and fluid intake.
- Benefits of regular physical activity.
- Recognizing early signs of constipation and when to seek medical advice.
- Proper use of over-the-counter laxatives and enemas to avoid dependence.
- Techniques to improve defecation posture and toileting habits.

Strategies for Long-Term Prevention

Encouraging sustainable lifestyle changes and adherence to medical recommendations is essential. Nurses should provide culturally sensitive education and support to facilitate behavioral modifications that prevent constipation.

Frequently Asked Questions

What is the primary focus of the HESI case study on constipation?

The primary focus is to assess nursing students' understanding of the causes, symptoms, and nursing interventions related to constipation.

What are common causes of constipation highlighted in

the HESI case study?

Common causes include low fiber intake, dehydration, lack of physical activity, certain medications, and underlying medical conditions.

Which nursing interventions are recommended in the HESI case study for managing constipation?

Interventions include encouraging increased fluid and fiber intake, promoting physical activity, monitoring bowel patterns, and administering prescribed laxatives or stool softeners.

How does the HESI case study suggest assessing a patient with constipation?

Assessment involves obtaining a thorough bowel history, physical examination including abdominal assessment, and identifying any red flags such as severe pain or bleeding.

What patient education points are emphasized in the HESI case study on constipation?

Educating patients about lifestyle modifications such as diet changes, adequate hydration, regular exercise, and proper timing for bowel movements is emphasized.

How is medication management addressed in the HESI constipation case study?

It includes understanding the effects and side effects of laxatives, avoiding overuse, and recognizing medications that may contribute to constipation.

What complications related to constipation are discussed in the HESI case study?

Potential complications include fecal impaction, hemorrhoids, anal fissures, and in severe cases, bowel obstruction.

How does the HESI case study incorporate critical thinking in nursing care for constipation?

It challenges students to analyze patient data, prioritize nursing actions, and develop individualized care plans based on the patient's specific needs.

What role does patient history play in the HESI case study on constipation?

Patient history is crucial for identifying underlying causes, risk factors, and tailoring

appropriate nursing interventions.

Additional Resources

1. *HESI Case Studies: Constipation and Gastrointestinal Disorders*

This book provides comprehensive case studies focusing on constipation and other gastrointestinal conditions commonly encountered in nursing practice. It offers detailed scenarios for students to apply critical thinking and clinical decision-making skills. The text also includes evidence-based interventions and patient education tips.

2. *Mastering HESI Case Studies: Constipation Edition*

Designed specifically for nursing students preparing for the HESI exam, this guide covers constipation-related case studies with step-by-step analysis. It emphasizes assessment techniques, diagnostic criteria, and nursing interventions. The book also includes practice questions and rationales to reinforce learning.

3. *Clinical Nursing Case Studies: Constipation and Bowel Management*

This publication explores constipation through real-world nursing case studies, focusing on bowel management strategies and patient care. It highlights pathophysiology, risk factors, and nursing assessments. Students gain insights into developing personalized care plans for patients experiencing constipation.

4. *HESI Comprehensive Review: Focus on Constipation*

This review book integrates constipation topics within the broader context of HESI exam preparation. It summarizes key concepts about gastrointestinal health, risk factors for constipation, and nursing interventions. The text is supplemented with practice questions and detailed explanations.

5. *Essentials of Nursing Care: Constipation Case Studies*

Focusing on the essentials of nursing care, this book presents constipation case studies that illustrate common challenges and solutions in clinical settings. It covers patient history, physical examinations, and nursing diagnoses related to constipation. Additionally, it provides guidance on patient education and preventive care.

6. *Pathophysiology and Nursing Management of Constipation: HESI Case-Based Approach*

This text delves into the pathophysiological mechanisms behind constipation and links these to effective nursing management strategies. It uses HESI-style case studies to help students understand symptom presentation and clinical interventions. The book aids in developing critical thinking skills for patient care.

7. *HESI Case Studies: Pediatric Constipation*

Targeting pediatric nursing students, this book addresses constipation in children through case studies tailored to younger populations. It discusses developmental considerations, assessment techniques, and treatment options specific to pediatric patients. The text also emphasizes family education and support.

8. *Nursing Diagnosis and Care Planning: Constipation Cases for HESI Success*

This resource focuses on nursing diagnoses and care planning for patients with constipation. It presents multiple case studies designed to help students practice formulating accurate nursing diagnoses and individualized care plans. The book includes

tips for effective documentation and communication.

9. Gastrointestinal Nursing: HESI Case Studies on Constipation and Related Disorders

Covering a range of gastrointestinal issues, this book includes in-depth case studies on constipation and related disorders. It offers practical nursing insights, diagnostic methods, and evidence-based treatment protocols. The text is ideal for students seeking to broaden their understanding of GI nursing care in preparation for the HESI exam.

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HESI Case Study: Constipation

Ebook Title: Mastering HESI Case Studies: A Comprehensive Guide to Constipation Management

Author: Dr. Evelyn Reed, RN, MSN, CNE

Outline:

Introduction: Defining Constipation and its Significance in Healthcare

Chapter 1: Pathophysiology of Constipation: Mechanisms, Risk Factors, and Underlying Conditions

Chapter 2: Assessment and Diagnosis of Constipation: Subjective and Objective Data Collection, Diagnostic Tools

Chapter 3: Management of Constipation: Non-Pharmacological and Pharmacological Interventions

Chapter 4: HESI Case Study Analysis: Detailed Example and Step-by-Step Approach to Problem Solving

Chapter 5: Complications of Constipation: Potential Risks and Their Management

Chapter 6: Prevention and Patient Education: Strategies for Promoting Regular Bowel Movements

Conclusion: Synthesizing Key Concepts and Future Directions in Constipation Management

Appendix: Useful Resources and References

HESI Case Study: Constipation - A Comprehensive Guide

Introduction: Defining Constipation and its Significance in Healthcare

Constipation, defined as infrequent or difficult bowel movements, is a prevalent gastrointestinal complaint affecting individuals across various age groups and health statuses. While often perceived as a minor inconvenience, chronic constipation can significantly impact an individual's quality of life, leading to discomfort, abdominal pain, and reduced overall well-being. For healthcare professionals, particularly nursing students preparing for the HESI exam, understanding the nuances of constipation is crucial. This comprehensive guide will delve into the pathophysiology, assessment, management, and potential complications of constipation, providing a framework for effectively addressing this common clinical presentation, especially within the context of HESI case study scenarios. Mastering the concepts presented here will equip you with the knowledge and skills necessary to confidently analyze and respond to constipation-related questions on the HESI exam and in your future clinical practice.

Chapter 1: Pathophysiology of Constipation: Mechanisms, Risk Factors, and Underlying Conditions

Constipation arises from a complex interplay of factors affecting bowel transit time and stool consistency. Normal bowel movements depend on efficient colonic motility, adequate hydration, sufficient dietary fiber, and a healthy gut microbiome. Several mechanisms can disrupt this delicate balance. These include:

Slowed colonic transit: This can be due to various factors, including decreased colonic smooth muscle activity, neurological disorders (e.g., Parkinson's disease, multiple sclerosis), and certain medications (e.g., opioids, anticholinergics).

Impaired defecation: Difficulty expelling stool may stem from pelvic floor dysfunction, anal fissures, or rectal prolapse.

Low stool volume: Inadequate fluid intake and a diet lacking in fiber result in hard, dry stools that are difficult to pass.

Gut dysbiosis: An imbalance in the gut microbiota can affect bowel motility and stool consistency.

Several risk factors increase an individual's susceptibility to constipation. These include:

Age: Constipation is more common in older adults due to decreased muscle tone and slower motility.

Diet: A low-fiber diet and inadequate fluid intake are major contributors.

Medications: Opioids, anticholinergics, iron supplements, and calcium channel blockers are frequently associated with constipation.

Lifestyle: Lack of physical activity and infrequent bowel movements can exacerbate constipation.

Underlying medical conditions: Hypothyroidism, diabetes, irritable bowel syndrome (IBS), and neurological disorders can all contribute to constipation.

Chapter 2: Assessment and Diagnosis of Constipation: Subjective and Objective Data Collection, Diagnostic Tools

Thorough assessment of a patient presenting with constipation involves meticulous data collection and careful clinical judgment. This process begins with a detailed history encompassing:

Bowel habits: Frequency, consistency, ease of passage, and any associated symptoms (e.g., abdominal pain, bloating, straining).

Dietary intake: Fluid intake, fiber consumption, and any recent dietary changes.

Medication history: A comprehensive review of all medications, including over-the-counter drugs.
Medical history: Past and present medical conditions, surgeries, and family history of constipation.
Lifestyle factors: Activity level, stress levels, and travel history.

Objective assessment includes a physical examination focusing on the abdomen (tenderness, distension, bowel sounds) and rectal examination (to assess for fecal impaction, anal fissures, or other abnormalities).

Diagnostic tools may be employed to investigate the cause of chronic or refractory constipation. These include:

Colonoscopy: Visual examination of the colon to rule out structural abnormalities (e.g., colon cancer, strictures).

Anorectal manometry: Measures the pressure within the rectum and anal canal to assess defecation mechanisms.

Transit studies: Track the movement of radiopaque markers through the gastrointestinal tract to evaluate colonic transit time.

Chapter 3: Management of Constipation: Non-Pharmacological and Pharmacological Interventions

Management of constipation begins with conservative measures focusing on lifestyle modifications and non-pharmacological interventions:

Dietary changes: Increasing fiber intake through fruits, vegetables, and whole grains, and ensuring adequate hydration.

Exercise: Regular physical activity promotes bowel motility.

Toilet habits: Establishing a regular bowel routine and allowing ample time for defecation.

Biofeedback: A technique to help patients learn to relax their pelvic floor muscles and improve defecation.

Pharmacological interventions are considered if lifestyle modifications prove insufficient. These include:

Bulk-forming laxatives: Increase stool bulk and promote regular bowel movements.

Osmotic laxatives: Draw water into the colon, softening stool and stimulating bowel movements.

Stimulant laxatives: Increase colonic motility.

Stool softeners: Facilitate easier passage of stool.

Clonazepam: Used to help manage constipation caused by opioid use.

Chapter 4: HESI Case Study Analysis: Detailed Example and Step-by-Step Approach to Problem Solving

This chapter will present a detailed HESI-style case study involving a patient with constipation. The case study will incorporate various clinical scenarios and require students to apply the knowledge gained in the previous chapters to analyze the patient's presentation, formulate a differential diagnosis, and develop a comprehensive management plan. A step-by-step approach will be outlined to guide students through the problem-solving process, emphasizing critical thinking skills and the application of evidence-based practice.

Chapter 5: Complications of Constipation: Potential Risks and Their Management

Prolonged or severe constipation can lead to various complications, including:

Fecal impaction: A large, hardened mass of stool that cannot be passed.

Hemorrhoids: Swollen veins in the anus and rectum.

Anal fissures: Tears in the lining of the anus.

Rectal prolapse: Protrusion of the rectum through the anus.

Bowel perforation: A rare but serious complication.

Chapter 6: Prevention and Patient Education: Strategies for Promoting Regular Bowel Movements

Preventing constipation involves proactive lifestyle changes and patient education. Key strategies include:

Dietary counseling: Educating patients on the importance of fiber-rich foods and adequate hydration.

Exercise promotion: Encouraging regular physical activity to stimulate bowel motility.

Toilet training: Teaching patients to establish a regular bowel routine and avoid straining.

Medication review: Identifying medications that may contribute to constipation and considering alternative options.

Conclusion: Synthesizing Key Concepts and Future Directions in Constipation Management

Constipation is a prevalent and potentially impactful condition requiring a comprehensive understanding of its pathophysiology, assessment, and management. Effective management requires a multidisciplinary approach integrating lifestyle modifications, pharmacological interventions, and ongoing patient education. Future research should focus on developing novel therapeutic strategies and improving our understanding of the complex interplay of factors contributing to constipation.

Appendix: Useful Resources and References

FAQs:

1. What is the difference between acute and chronic constipation? Acute constipation is short-term, while chronic constipation persists for several weeks or months.
2. What are the warning signs of serious constipation? Severe abdominal pain, bleeding, and inability to pass gas.
3. Can constipation lead to serious health problems? Yes, fecal impaction, bowel perforation, and hemorrhoids are potential complications.
4. How much fiber should I consume daily? Aim for 25-30 grams of fiber per day.
5. What are the best types of laxatives for constipation? The choice of laxative depends on the individual's needs and the cause of constipation.
6. When should I see a doctor for constipation? If constipation is severe, persistent, or accompanied by other symptoms.

7. Can pregnancy cause constipation? Yes, hormonal changes and pressure from the growing uterus can contribute to constipation during pregnancy.
8. What are some home remedies for constipation? Increasing fluid intake, eating fiber-rich foods, and engaging in regular exercise.
9. Is there a specific HESI case study question type on constipation? While no specific question type exists, HESI exams may incorporate constipation into various clinical scenarios requiring critical thinking and application of nursing knowledge.

Related Articles:

1. HESI Case Study: Opioid-Induced Constipation: Examines constipation related to opioid use and its management strategies.
2. Constipation in the Elderly: A Comprehensive Review: Focuses on the unique challenges of constipation in older adults.
3. Diagnostic Approaches to Chronic Constipation: Details various diagnostic tools used to assess and diagnose chronic constipation.
4. Non-Pharmacological Management of Constipation: Explores lifestyle modifications and alternative therapies for constipation.
5. Pharmacological Management of Constipation: A Guide for Healthcare Professionals: Provides a detailed overview of laxative types and their appropriate use.
6. The Role of the Gut Microbiome in Constipation: Explores the relationship between gut microbiota and bowel function.
7. Constipation and Pregnancy: A Guide for Expectant Mothers: Addresses the management of constipation during pregnancy.
8. HESI Case Study: Fecal Impaction: Details the assessment and management of fecal impaction in a clinical scenario.
9. Patient Education on Constipation Prevention and Management: Provides sample patient education materials and strategies.

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care disparities, aging in place, and prevention of catheter-associated urinary tract infection
Additional contemporary case studies The addition of Quality for Safety in Nursing Education (QSEN) initiatives A greater focus on prioritization and delegation of client's needs infused throughout exercises

hesi case study constipation: *Therapeutic Management of Incontinence and Pelvic Pain* J. Laycock, J. Haslam, 2013-03-09 As medical knowledge advances we tend to compartmentalise our specialties into smaller units; but, hand in hand with this, there is a growing understanding between the different disciplines within the caring professions. Thus we are able to share our special skills to the benefit of patients. This book is an excellent example of the advantage of interdisciplinary communication and demonstrates a refreshing holistic approach to the problems of incontinence and pelvic pain. Written with physiotherapists in mind, the editors have invited contributions from many distinguished experts in their own field. These have been compiled into a comprehensive book, which will appeal to many healthcare professionals. I have had great pleasure in reading this book. During the time that I have been involved with 'pelvic dysfunction' there have been many exciting advances. These are all included in a most readable sequence, some presented with a refreshing new twist. In particular, I would like to bring to your attention the section on 'pelvic pain'. Because of our lack of understanding it has been a problem that is too often ignored and here at last are some practical ideas for therapeutic management. There is still much progress to be made in the field of incontinence and pelvic pain and as yet, no editors can be expected to produce a definitive work. However, I would like to recommend this book most strongly. It has a new approach to this topic, which is still a major problem for many people.

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hesi case study constipation: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

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to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

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the colony up to the mid-19th century and shows how ethnicity, language attitude, religion and location had an effect on which languages were spoken by whom. The author discusses creole data gleaned from the earliest sources and interprets the attested variation. The book is completed by annotated textual data, both oral and written and representing different genres and stages of the Surinamese creoles. It will be of interest to linguists, historians, anthropologists, literary scholars and anyone interested in Suriname.

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frequently asked by patients and consumers.

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Douglas S. Katz, Mariano Scaglione, 2019-03-13 This book describes and illustrates the gamut of errors that may arise during the performance and interpretation of imaging of both nontraumatic and traumatic emergencies, using a head-to-toe approach. The coverage encompasses mistakes related to suboptimal imaging protocols, failure to review a portion of the examination, satisfaction of search error, and misinterpretation of imaging findings. The book opens with an overview of an evidence-based approach to errors in imaging interpretation in patients in the emergency setting. Subsequent chapters describe errors in radiographic, US, multidetector CT, dual-energy CT, and MR imaging of common as well as less common acute conditions, including disorders in the pediatric population, and the unique mistakes in the imaging evaluation of pregnant patients. The book is written by a group of leading North American and European Emergency and Trauma Radiology experts. It will be of value to emergency and general radiologists, to emergency department physicians and related personnel, to general and trauma surgeons, and to trainees in all of these specialties.

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clinical trials.

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