

## Patient Teaching Infographic

### 1. General instructions

- Use Canva.com or other infographic development tool of your choice to create a patient teaching aid about over-the-counter treatments for constipation.

### 2. Include the following sections/headings. You do not have to use these exact words for headings, but they should be labeled in a way that is very clear to your instructor of which topic you are addressing.

- When should a laxative be used? (Bulk, Osmotic, Stimulant, Surfactant)
- Classification/Types (Bulk, Osmotic, Stimulant, Surfactant)
- How each type works (Bulk, Osmotic, Stimulant, Surfactant)
- Examples of each
  - When should each laxative type be considered? (Bulk, Osmotic, Stimulant, Surfactant)
  - When would each laxative type be contraindicated? (Bulk, Osmotic, Stimulant, Surfactant)

### 3. Caution of laxative overuse

- Symptoms of laxative overuse
- Long-term health risks of laxative overuse
- Who is at risk?
- Possible referrals

### 4. Format

- Readability
- Lay language for patients
- Creativity
  - The format should not match the layout shown in the example image. Be creative.
- Reference(s)
  - References used should be noted at the bottom of your infographic in a smaller font as not to distract from information provided but also validating the information came from a reliable source.
  - References should be from either your textbook or a professional source such as [American Gastroenterological Association \(Links to an external site.\)](#), Prescriber's Digital Reference, etc. References should **not** be from sources such as MayoClinic, WebMD, etc. Additionally, avoid use of journal articles for this assignment as you are looking for a more global consensus than that of one journal article.

### 5. Screen shot

- Provide a screen shot of your infographic in Canva or other platform of your choice.
- Make sure to highlight in some manner the day and time your infographic was created like the image below.