

KESS Scoring Tool for Constipation

Parameter	Finding	Points
Duration of constipation	< 18 months	0
	18 months to 5 years	1
	5 to 10 years	2
	10 to 20 years	3
	> 20 years	4
Laxative use	None	0
	PRN or for a short period	1
	Regular, long duration	2
	Long duration, ineffective	3
Frequency of bowel movements	1–2 times every 1–2 days	0
	≤ 2 times per week	1
	< 1 per week	2
	< 1 every 2 weeks	3
Unsuccessful evacuation attempts	Never or rarely	0
	Occasionally	1
	Usually	2
	Always / manual evacuation	3
Feeling of incomplete evacuation	Never	0
	Rarely	1
	Occasionally	2
	Usually	3
	Always	4
Abdominal pain	Never	0
	Rarely	1
	Occasionally	2
	Usually	3
	Always	4
Bloating	Never	0
	Perceived by patient only	1
	Visible to others	2
	Severe with nausea or satiety	3
	Severe with vomiting	4
Enemas or digitation	None	0
	Occasional enema or suppository	1
	Regular enema or suppository	2
	Manual occasionally	3
	Manual always	4
Time taken	< 5 minutes	0
	5 to 10 minutes	1
	10 to 30 minutes	2
	> 30 minutes	3
Difficulty evacuating	Never	0
	Rarely	1
	Occasionally	2
	Usually	3
	Always	4
Stool consistency	Soft, loose, normal	0
	Occasionally hard	1
	Always hard	2
	Always hard, usually pellet-sized	3

How to score: Usually = ≥ 50% of the time but not always. Rarely = < 25% of the time.

Total score: Add the points across all 11 parameters.

Interpretation: Score range: 0 to 39. Higher scores indicate more severe constipation. Patients without constipation had scores in the range of 0 to 6.

Performance: A score of ≥ 10 has 100% sensitivity and 100% specificity for constipation.