

**Speaker:**

Gaye Kyle, Senior Lecture, Thames Valley University.

**Title of Paper:**

Management of chronic constipation –where is the evidence?

**Abstract:**

Constipation is an unpleasant and often distressing symptom that can happen to anyone at anytime. Its severity may vary from the slight, causing no disruption to life, to the severe, impacting upon an individual's physical, psychological and social well-being. The multifactorial nature of constipation together with its varying definitions suggests that constipation is a poorly understood problem. There are many strongly held beliefs about the management of constipation but these are often not evidence based. Evidence-based health care has become a priority within the NHS with emphasis on all clinical practices being supported by quality evidence rather than persisting merely because of tradition. The sheer volume of available literature on evidence-based practice illustrates this point. The idea that a patient might receive clinical care not based on best practice is unacceptable yet this paper will highlight the lack of robust evidence to support the management of constipation. The paper reviews the available evidence regarding the prevalence, the risk factors and the incidence of constipation. Recent publications by the National Institute for Clinical Excellence and the Royal College of Physicians suggest identification of risk factors may assist in preventing this distressing condition. Once health care professionals can recognise which patients are at risk, they can then institute preventative measures to meet each patient's individual needs. The paper will conclude with an argument for the development of a risk assessment tool for constipation.

**. Speakers:**

Joanne Magnall

Sue Hall (formerly Brown)

Continence Specialist Rotherham PCT

Formerly Senior Continence Advisor now retired.

Independent continence specialist.

**Title of presentation:**

Dignified approaches to an undignified condition – Continence care in the older person

**Introduction / Objective of presentation:**

Incontinence - It's still a taboo subject, yet 1 in 4 women have this symptom. It's often not seen as a priority to nurses as it's not seen as life threatening. However incontinence

for those that experience it can affect their whole life. It has a huge psychological effect, dependency on others to help with an intimate function can be devastating. It can be the reason why older people enter residential care. It can be the cause of social isolation, elder abuse and can be a symptom of a potential life threatening condition.

Incontinence isn't usually the headline grabber but current media attention on the C Difficile outbreaks has highlighted reports of poor nursing practice around elimination and the accountability of nurses in ensuring privacy, dignity and basic human needs in nursing practice.

What would **WE** wish for our old age or that of our families if we or they were incontinent?

What we as practitioners put into our practice lays the foundations for the continence care we would like ourselves.

Curing or managing incontinence is a challenge for practitioners, it doesn't usually happen overnight, and it needs a pragmatic and common sense approach, tenacity and the desire to provide a service we would wish for ourselves.

**Method:**

In this workshop we want to provide you with:-

- Consider continence within a caring culture.
- Consider continence promoting strategies that are not high tech.
- A focus on respect & dignity for the patients/residents you care for
- Consider the consequences of nursing actions in relation to continence

**Learning outcomes:**

We want it to be a stimulating interactive session to wet your appetite for learning more about curing and managing incontinence. There will be demonstrations, videos, discussions What more could you want from a workshop!