The Burden of Constipation in our Ageing Population

Who does constipation affect?

- 20% adults aged over 65 are constipated
- 50% of patients in palliative care suffer from constipation
- 80% of care home residents experience constipation

What is the scale of the problem?

- 50% Older adults aged over 65 in geriatric wards or care homes suffer faecal impaction (retention of solid faeces preventing normal evacuation)
- 80% Hospital admissions due to constipation are emergency

By 2060, 29.5% EU population aged over 65

- 30-60% stroke patients suffer constipation
- 80% care home residents have dementia or serious memory impairment

Who is at risk of constipation?

- 2 out of 3 older adults with Parkinson’s disease are constipated

Risk of constipation increases with age due to:

- Muscular weakness and reduced mobility
- Loss of sensation, poor positioning or lack of privacy to go to the toilet
- Dietary changes including reduced fluid intake, difficulty swallowing, poor dentition and lack of support at mealtimes
- Mental health disorders such as dementia
- Co-morbid medical conditions and resulting poly-pharmacy
- Hospitalisation/institutionalisation

What is the true cost of constipation?

- £42m per year in UK
- $230m per year in US
- 10% community nursing time to treat constipation

How does constipation impact on daily life?

- High levels of anxiety and depression
- Significant life impairment