

UNSPOKEN BURDEN OF CONSTIPATION IN THE OVER 65s ACROSS EUROPE



Who does constipation affect?

- 20%** adults aged over 65 are constipated¹
- 50%** of patients in palliative care suffer from constipation²
- 80%** of care home residents experience constipation³

The Burden of Constipation in our Ageing Population – Working Towards Better Solutions report developed to assess and address issue of chronic constipation in the over 65s

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)^{4,5}

80%

Hospital admissions due to constipation are **emergency**⁶

2x more common in women than men⁷



By 2060, 29.5% EU population aged over 65⁸

30-60% stroke patients suffer constipation^{9,10}

80% care home residents have dementia or serious memory impairment¹¹



2 out of 3 older adults with Parkinson's disease are constipated¹²

Who is at risk of constipation?

Risk of constipation increases with age due to:¹³⁻¹⁹

- Muscular weakness and reduced mobility
- Loss of sensation, poor positioning or lack of privacy to go to the toilet
- Dietary changes including reduced fibre and 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 UK⁶

\$230m per year in US²⁰

10% community nursing time to treat constipation²¹



How does constipation impact on daily life?

High levels of anxiety and depression¹³

Significant life impairment²²



1. Bosshard W, Dreher R, Schnegg J et al. 'The treatment of chronic constipation in elderly people. An update', *Drugs Aging*, 2004; 21 (14): 911-30; 2. Larkin P, Sykes N, Centeno C, et al. 'The management of constipation in palliative care: clinical practice recommendations', *Palliat Med*, 2008; 22 (7): 796-807; 3. Potter J and Waggs A, 'Management of bowel problems in older people: an update', *Clin Med*, 2005; 5 (3): 289-95; 4. Spinzi G, 'Bowel care in the elderly', *Dig Dis*, 2007; 25: 160-65; 5. Barcelo M, Garcia-Sanchez R, Diaz-Rubio M, et al. 'Prevalence of fecal impaction among residents in nursing homes in Spain and associated factors', *Gastroenterology*, 2012; 142 (5): 445-46; 6. Dr Foster Health, Hospital Episode Statistics (HES), 2011; 7. Peppas G, Alexiou V, Mourtzoukou E, et al. 'Epidemiology of constipation in Europe and Oceania: a systematic review', *BMC Gastroenterology*, 2008; 8 (5): 1-7; 8. EUROSTAT European Commission, Population structure and ageing, 2012, retrieved 21 August 2013, http://epp.eurostat.ec.europa.eu/statistics_explained/index.php/Population_structure_and_ageing#Future_trends_in_population_ageing; 9. Yongjing S, Xiaoyan Z, Jinsheng Z et al. 'New-onset constipation at acute stage after first stroke: incidence, risk factors and impact on the stroke outcome', *Stroke*, 2009; 40: 1304-9; 10. Lim S and Childs C, 'A systematic review of the effectiveness of bowel management strategies for constipation in adults with stroke', *International Journal of Nursing Studies*, 2012; 50 (7): 1004-1010; 11. Alzheimer's Society, Low expectations Attitudes on choice, care and community for people with dementia in care homes, 2013, retrieved 21 August 2013, <http://www.alzheimers.org.uk/lowexpectations>; Diemel J, Van den Hurk A, Muris J et al. 'NHG-Standaard Obstipatie', *Huisarts Wet*, 2010; 53 (9): 484-98; 13. Eberhardie C. 'Constipation: Identifying the problem', *Nursing Older People*, 2003; 15 (9): 22-26; 14. Casteldine G, Grainger M, Wood N et al. 'Researching the management of constipation in long-term care: Part 1', *Brit J Nurs*, 2007; 16 (18): 1128-31; 15. Sneddon J and Best C, Introduction of mealtime volunteers in a district general hospital, *Art and Science*, 2011; 26: 37-40; 16. Gallagher P and O'Mahoney D. 'Constipation in old age', *Best Practice & Research Clinical Gastroenterology*, 2009; 23: 875-87; 17. Wilson L, 'Understanding bowel problems in older people: part 1', *Nursing Older People*, 2005; 18 (8): 24-29; 18. Cardin F, Minicuci N, Droghda A et al. 'Constipation in the acutely hospitalized older patients', *Arch Geront Geriatr*, 2010; 50: 277-81; 19. Marfil C, Davies G and Dettmar P, 'Laxative use and its relationship with straining in a London elderly population: free-living versus institutionalised', *J Nutr Health Aging*, 2005; 9 (3): 185-187; 20. American Gastroenterological Association, 'Technical Review on Constipation', *Gastroenterology*, 2013; 114: 218-238; 21. Addison R, Davies C, Haslam D et al. 'A national audit of chronic constipation in the community', *Nursing Times*, 2003; 99 (11): 34-35; 22. Norton C, 'Constipation in older patients', *Brit J Nurs*, 2006; 15 (4): 188-92.