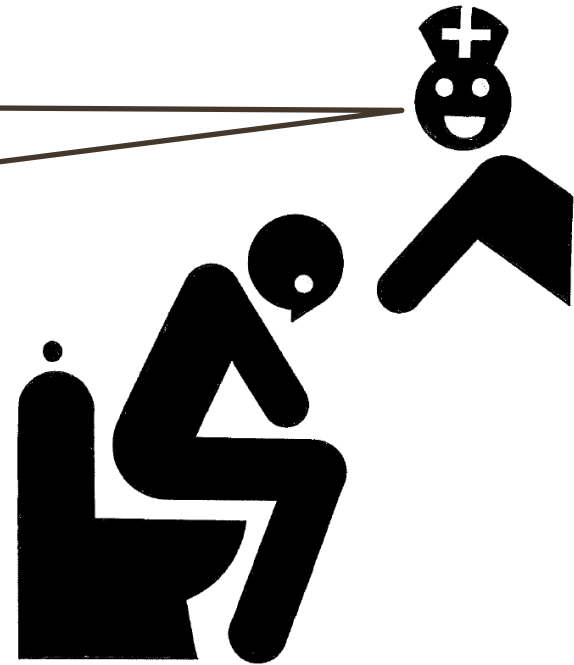


How is your stomach?



Sørensen L, Lomholdt K , FINDERUP J

Definition

Constipation is a reduction in normal number of bowel movements accompanied by difficult or incomplete passage of stools and/or extreme hard dry stools

(Carpentio-Moyet LJ, 2006)



Background

- 43 % of PD patients experience constipation (Sutton 2007)
- Constipation is associated with:
 - catheter malfunction
 - peritonitis
 - technique failure (Lee 2011)
- Risk factors in PD for constipation is:
 - diet restriction
 - fluid restriction
 - medication (Lee 2011)



Objectives

- 1. To gain knowledge about how patients in PD experience, as well as prevent and treat constipation**
2. To develop patient information leaflet for patients in PD on prevention and treatment of constipation



Clinical setting

Aarhus University Hospital
270 patient in dialysis
76 patient in PD
28 % in PD

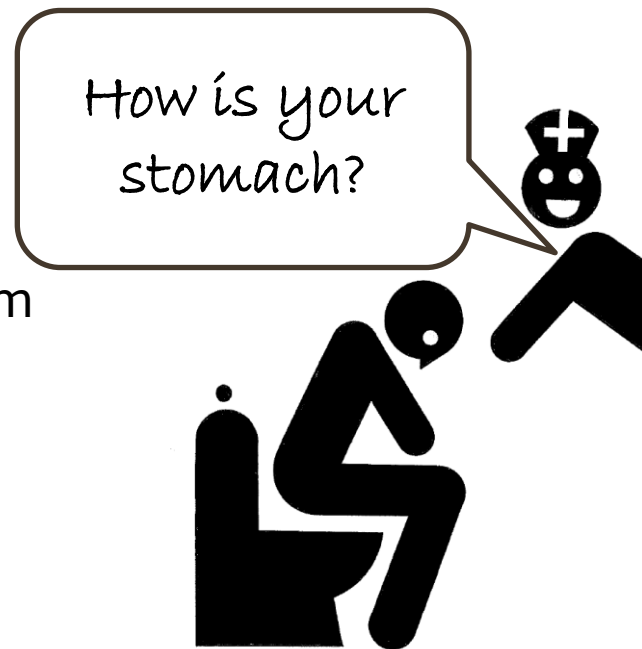
(DNR, 2016)

Constipation is a responsibility for the
nurses



Method I

- Qualitative interviews with 6 patients
 - 3 males
 - 3 females
- constipation documented as a problem in the electronic patient record
- Analysed using systematic text condensation



Results I

Focus on well-being rather than constipation



"I may not think that constipation seems to be the biggest problem."

How is your stomach?



Results I

The patient sees constipation as something else



"So constipation is when dialysis does not work and a situation where you can hardly get rid of stools over a week's time"

How is your stomach?



Results I

Own strategies to prevent constipation



"I started my own little project because I needed to take action myself."

How is your stomach?



Objectives I

To gain knowledge about how patients in PD experience, as well as prevent and treat constipation

Conclusion I

The patients need information about three key questions:

1. Why prevent constipation?
2. What is constipation?
3. How to prevent constipation?

Objectives II

1. To gain knowledge about how patient in PD experience, as well prevent and treat constipation
2. **To develop patient information leaflet for patients in PD on prevention and treatment of constipation**

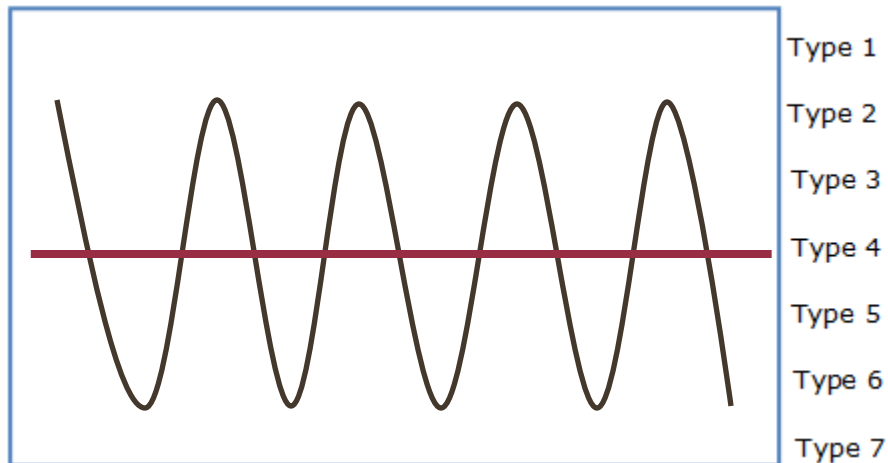


Method II

- Developing a patient leaflet
- Feedback from patients
- Feedback from professionals



You have constipation



You have diarrhoea



Conclusion II

A patient leaflet has been developed to support patients in coping with constipation and to support patient choices to avoid constipation



Implication for practice

- Clinical guideline developed by both nurses and doctors
- Education of both nurses and doctors



- Thank you for your attention
- Do you have any questions?

