



## Constipation & Older Adults

Last reviewed December 2019

### **Treatment of Constipation in Older People** <http://www.cmaj.ca/content/cmaj/185/8/663.full.pdf>

The authors of this article reviewed the efficacy and safety of treatments of constipation in older people. (OPEN ACCESS)

### **Constipation: Understanding Mechanisms and Management**

<https://www.sciencedirect.com/science/article/pii/S0749069013000839?via%3Dihub>

This article describes the prevalence of constipation, its impact on quality of life, complications and treatment options. (PAID ACCESS)

### **Management of Constipation in Older Adults** <https://www.aafp.org/afp/2015/0915/p500.pdf>

The authors discuss chronic constipation and available nonpharmacological and pharmacological treatment options. (OPEN ACCESS)

### **Managing Constipation: Implementing a Protocol in a Geriatric Rehabilitation**

**Setting** <https://www.healio.com/nursing/journals/jgn/2014-8-40-8/%7B9c84bbe7-9f87-4fcb-98e6-3a45514ec776%7D/managing-constipation-implementing-a-protocol-in-a-geriatric-rehabilitation-setting>

The study described examined the effect of implementing a constipation management protocol (CMP) within a geriatric rehabilitation setting. The findings and recommendations have practical implications for nurses interested in improving patients' bowel care. (OPEN ACCESS)

### **Chronic Constipation in the Elderly: A Primer for the Gastroenterologist**

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604730/pdf/12876\\_2015\\_Article\\_366.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604730/pdf/12876_2015_Article_366.pdf)

The aim of this review was to provide an update on epidemiology, impact on quality of life, etiology, diagnosis, approaches and limitations to the management of constipation in older adults. (OPEN ACCESS)

### **Constipation in Older Adults: Stepwise Approach to Keep Things Moving**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325863/pdf/0610152.pdf>

This article discusses nonpharmacological and pharmacotherapeutic tips for a stepwise approach to management constipation in older adults. (OPEN ACCESS)

### **Epidemiology and Management of Chronic Constipation in Elderly Patients**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4459612/pdf/cia-10-919.pdf>

This article includes a number of important considerations for assessment and treatment of chronic constipation in older adults. (OPEN ACCESS)

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### Living with Constipation – Older People’s Experiences and Strategies With Constipation Before and During Hospitalization

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4848391/pdf/QHW-11-30732.pdf>

The objective of the study described was to explore how older patients experience constipation and the strategies they used to deal with the condition before and after hospitalization. **(OPEN ACCESS)**

### Constipation: Advances in Diagnosis and Treatment

<https://jamanetwork.com/journals/jama/fullarticle/2481010>

This article discusses the choice of treatment for chronic idiopathic constipation (CIC) and Opioid-Induced Constipation (OIC). **(OPEN ACCESS)**

### Constipation in Elderly Patients with Noncancer Pain: Focus on Opioid-Induced Constipation

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5012150/pdf/40266\\_2016\\_Article\\_381.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5012150/pdf/40266_2016_Article_381.pdf)

This review focuses on opioid-induced constipation (OIC) and includes recommendations for evaluating risk, patient assessment and treatment. **(OPEN ACCESS)**

### Bowel Care in Palliative Care

[http://www.virtualhospice.ca/Assets/Bowel%20Care%20in%20Palliative%20Care\\_Daeninck%20%20Hearson\\_2011\\_20120823142151.pdf](http://www.virtualhospice.ca/Assets/Bowel%20Care%20in%20Palliative%20Care_Daeninck%20%20Hearson_2011_20120823142151.pdf)

This pdf presentation includes highlights from the Canadian Consensus Document on the management of Constipation in Palliative Care (2010) and the WRHA Palliative Care Program Algorithm for constipation assessment and management. **(OPEN ACCESS)**

### Imaging of Constipation and its Complications

<https://www.intechopen.com/online-first/imaging-of-constipation-and-its-complications>

The authors review what information is provided by imaging modalities and include details regarding imaging protocols and technical parameters. **(OPEN ACCESS)**

### Anorectal Physiology/Pathophysiology in the Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3910254/pdf/nihms538407.pdf>

The aim of this article was to discuss the latest advances in age-related changes in anal sphincter morphology and function, changes in cellular and molecular biology, alterations in neurotransmitters and reflexes, and their impact on functional changes of the anorectum in the elderly. **(OPEN ACCESS)**

### Fecal Impaction

<https://link.springer.com/article/10.1007%2Fs11894-014-0404-2>

The authors provide an overview of a not routinely discussed topic which is often underdiagnosed in the elderly population. **(PAID ACCESS)**

### Fecal Impaction: A Systematic Review of its Medical Complications

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4709889/pdf/12877\\_2015\\_Article\\_162.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4709889/pdf/12877_2015_Article_162.pdf)

This systematic review was undertaken to create a classification of fecal impaction complications based on published clinical cases. **(OPEN ACCESS)**