

CONSTIPATION AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This Constipation Awareness course provides delegates with a clear understanding of the gastrointestinal system and the signs, causes, and treatment of constipation. The course explores anatomy, physiology, assessment tools like the Bristol Stool Chart, and the safe use of laxatives, suppositories, and enemas. Delegates will also learn how to support individuals through dietary and lifestyle interventions. This course is ideal for carers, healthcare assistants, and support staff working in residential, community, or clinical settings

Introduction

- Introduction and course overview

Course Programme

- Anatomy and function of the GI tract and large intestine
- Understanding normal defecation and positioning
- Assessment tools and the Bristol Stool Chart
- Causes, symptoms, and complications of constipation
- Medications that may cause constipation
- Treatment options: diet, hydration, and activity
- Overview of laxatives: types, uses, and precautions
- Suppositories and enemas: when and how they're used
- Summary, Q&A, and course evaluation

Suitable for:

Care



"An estimated 14% of adults in the UK experience constipation" BDA