



Soiling management in patients with habitual constipation

Maryam Ghavami Adel¹, Mamak Shariat²



¹Associate Professor, Tehran University of Medical Sciences, ² Professor, Mamo-Fetal-Neonatal Research Center

Constipation is a very common problem in the pediatric population. It can be treated with simple things such as dietary changes and laxatives. But it can be intractable to medical management either. In severe not managed form it can be presented as overflow incontinence. This can be very bothering both for children and parents. Bowel management program with a defined protocol can have a dramatic effect on patients overflow incontinence. But this needs special consideration on teaching the family and patients.

Material and Method- It's a prospective study on 15 patients from 2016-2018. Patients older than 3 with habitual constipation confirmed either by history, physical exam or barium enema included. Patients with anorectal malformation or other structural anomalies have been excluded. The main complain of the patients was soiling. If there was a fecal impaction disimpaction performed and after precise parents training, the patients put on laxative and bowel management program. It was performed daily for a month then one other day for another month and twice a week in the third month.

Results- Mean age of patients was 4.97 ± 1.3 years and their symptom duration is 14.9 ± 7.7 months. There are 10(66.7%) girls and 5(33.3%) boys. All patients had a good response and after 2.6 months (± 1.07) and were clean with normal defecation. There was a meaningful relation between age and duration of management (>52%) by increasing the age the management duration has been increased. (P value=0.043, $r=0.529$) There was no relation between duration of management and sex and duration of symptoms. (P value=0.518 and 0.290 accordingly)

Conclusion- Bowel management program although first introduced for fecal incontinence in ARM patients and other structural anomalies. It can also be a good way to control soiling in patients with intractable constipation, regardless of sex and age, who don't response to routine medical management. Family training plays an important role in good results.