

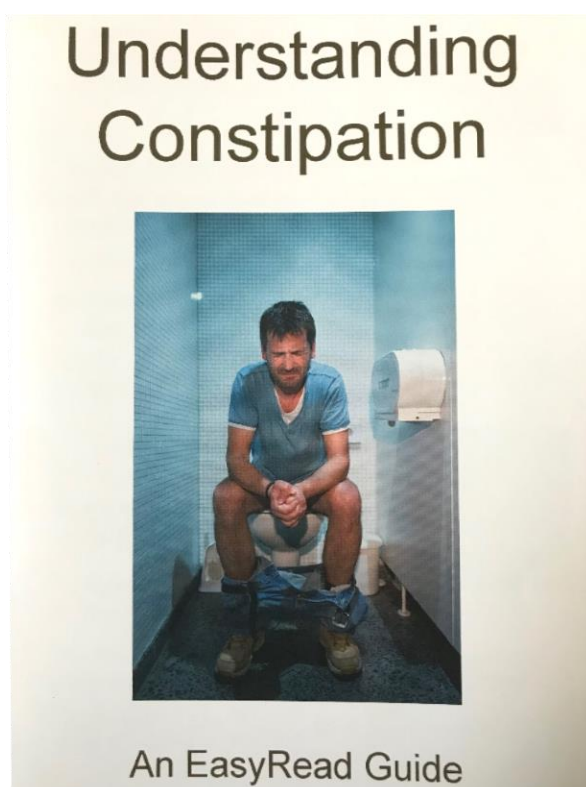


# Grab guide:

## Constipation - Let's talk about poo!

**Nationally there have been several deaths of people with learning disabilities linked to constipation and locally we know that people are regularly admitted into hospital with constipation related issues.**

The BDCFT Learning Disabilities Health Support Team & Continence service therefore want to make sure that people with learning disabilities, their families and support providers are aware that constipation is a serious health concern. This guide explains why people with learning disabilities are at risk of constipation and some things we can all do to reduce these risks.



### **What makes people with learning disabilities more at risk of constipation?**

- Some medications people take can cause constipation especially things like anti-convulsant & antipsychotics.
- Lack of exercise opportunities means people can have very sedentary lifestyles.
- Poor diet - limited fibre & poor fluid intake make constipation more likely
- Poor physical mobility, postural issues and poor toileting facilities all increase likelihood of constipation.

## Bristol Stool Chart

|        |  |   |
|--------|--|---|
| Type 1 |  | Separate hard lumps, like nuts (hard to pass)   |
| Type 2 |  | Sausage-shaped but lumpy                        |
| Type 3 |  | Like a sausage but with cracks on its surface   |
| Type 4 |  | Like a sausage or snake, smooth and soft        |
| Type 5 |  | Soft blobs with clear-cut edges (passed easily) |
| Type 6 |  | Fluffy pieces with ragged edges, a mushy stool  |
| Type 7 |  | Watery, no solid pieces. <b>Entirely Liquid</b> |

When sitting on the toilet, use a little step to put your feet on so your knees are higher – this can help your posture and make it easier to use the loo

Have a hot drink in the morning when you first get up – this can help get things moving

Constipation can be bad for your health – get medical advice if you are worried

Try to keep active and move around

## What are we doing across Bradford district?

### With people with learning disabilities?

Raising awareness with co-produced easy read & audio leaflet – see [www.btm.org.uk](http://www.btm.org.uk)

Training for people with learning disabilities & families – input from physio, nursing and dieticians to cover all aspects of constipation. Contact Waddiloves 01274 497121 for dates.

### With health & social care providers?

Using Constipation pathway within the LD Health team to highlight those people most at risk

Training for service providers – input from physio, nursing and dieticians to cover all aspects of constipation. Contact Waddiloves 01274 497121 for dates

Raising awareness at workforce development groups and learning disability focused networks

### In primary care?

Raising awareness with GP's, practice nurses and district nurses. Prompts in annual health check template

### In secondary care?

Working with local hospitals to identify people who have repeat admissions for constipation related issues so more can be done to support in the community and avoid admissions in first place.