

CURE MY CONSTIPATION!

~ A Post-Surgical Cry for Help ~

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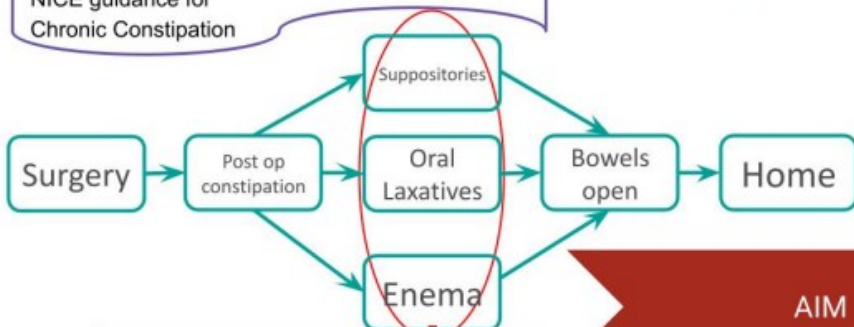
"Do not use rectal medications for disimpaction unless all oral medications have failed and only if the child or young person and their family consent."

NICE guidance for Chronic Constipation

"But why do I have to take so many medicines?"

I don't know what to prescribe to help this child

"I don't want anything up my bottom!"



PROBLEM:

A variable cocktail of oral & rectal medications are given post surgery causing patient & parental **anxiety**.

This precipitates more **pain** and **discomfort** in an already **vulnerable** child.

AIM

By August '21
All children should be prescribed only one laxative for post-op constipation. The aim is to reduce their anxiety and discomfort which will consequently shorten hospital stay.

METHOD

Collate data over 3 month period

- Present data
- Inform MDT
- If results successful, produce Post-op Constipation management Guideline

All patients admitted for any Surgery from 01-March to 31-May 2021 with an inpatient stay of > 5 days.

Inclusion: Only patients given sodium picosulphate

Exclusion:

- (1) Laxatives given 'as required'
- (2) Laxatives refused by patient
- (3) Laxatives prescribed for <24 hours

Data collected retrospectively from drug charts and notes uploaded on NoteOn.

Two-stage Scoliosis surgeries counted as two separate procedures.

65 surgeries in total (56 spinal, 2 sarcoma, 7 other) had picosulphate management between 53 patients.

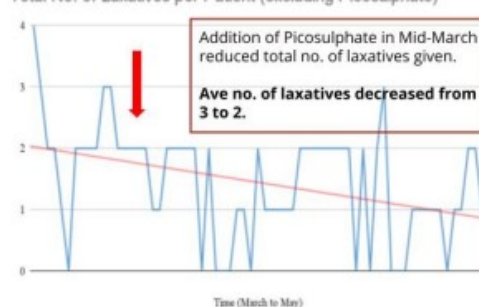
FINDINGS

Sodium **docusate** was most prescribed laxative with senna, movicol and lactulose as additional.

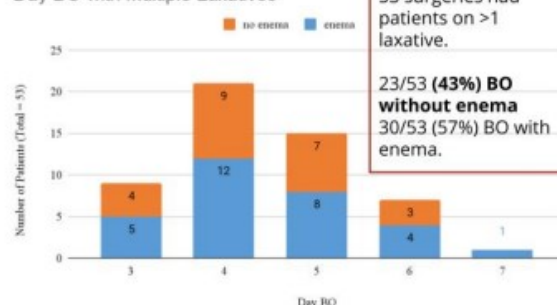
Bowels opened on Day 4 on average regardless of number of laxatives / if enema was given or not.

Senna is the cheapest laxative (10p tablets or 16p liquid per day). Picosulphate is the next cheapest (17p per day)

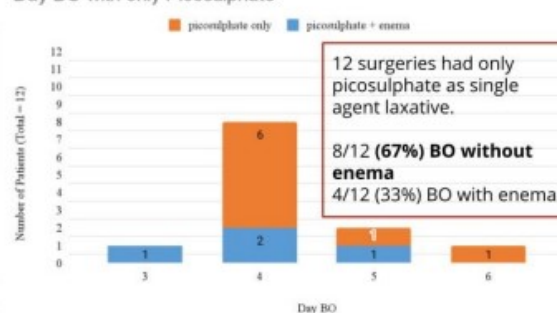
Total No. of Laxatives per Patient (excluding Picosulphate)



Day BO with Multiple Laxatives



Day BO with only Picosulphate



Picosulphate is an easy once daily dose to remember

It could save how much for the NHS per patient?!

"I actually like the taste of picosulphate!"

Cost of Laxatives

