

Prevention of Constipation among Elderly Attending Geriatric Clubs in Fayoum City

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By

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Abstract

Constipation is a very common complaint among older persons. It is defined as defecation less than three times a week or straining on defecation at least a quarter of the time. Constipation can be classified into two types: functional and recto sigmoid outlet delay. **The aim** of this study was to evaluate the effect of prevention program of constipation among elderly attending geriatric clubs at Fayoum governorate. **Design;** A quasi – experimental design was used. **Setting;** the study was conducted at geriatric clubs of the elderly in fayoum city.. **Sample;** the study involved all elderly clients with constipation (n = 98). **Tools;** one tool was used to collect data.: An interviewing questionnaire was used to assess, First part:

socio demographic. Second part: medical history. Third part: Clients knowledge. Fourth part: Clients habits. Fifth part: Clients practices. Six part: checklist was prepared to assess home environment as reported by elderly clients. **Results;** the mean age of elderly was 71+3.23. Positive statistically significant relation of total knowledge, total practice and health habits in pre and post program. and moderate environment as well, while no statistically significant difference was detected between elderly knowledge and their gender, living place, level of education and age. **Conclusion:** The study concluded that health prevention program led to improvements in the elderly knowledge, practices and health habits regarding the constipation problem, with subsequent improvements in their complaints and complication. **Recommendation:** The study recommended that implementation of the developed health prevention program in similar settings, with future research to assess its long term effects.

Key words: constipation, elderly, geriatric clubs

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