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Keep smooth defecation for the elderly



To deliver intelligent and holistic medicine and to provide the best healthcare Compassion Quality Innovation Accountability

All information above has been reviewed by Gastroenterology specialists
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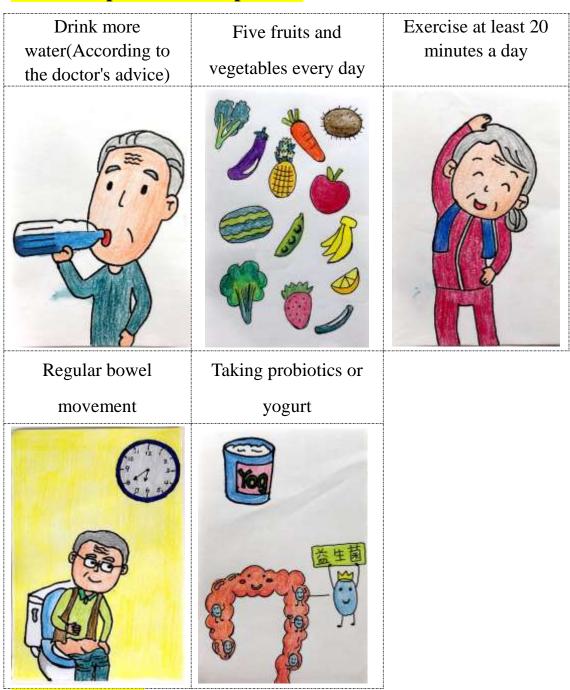
A. What is constipation?

Under normal diet, there is no defecation for more than three days, or it is necessary to solve the problem and solve the granule-like hard stool. A feeling of incomplete emptying, and the symptoms last for a while, it is called constipation.

B. Common causes of constipation?



C. How to prevent constipation?



D. Conclusion:

If the above methods still can not improve constipation, it is recommended that doctors consult and detail the condition, in order to truly correct the symptoms; to maintain a happy mood is the only way, appropriate exercise, adequate drinking water and a balanced diet, is the secret of regular health.

E. Reference:

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 https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=571&pid=882
 Walke, M., P., Sakharkar, S. (2021). Review on Constipation in Adults. *International Journal of Current Research and Review,13* (10), 84-88
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Let us take the quiz to make sure you understand

1. Constipation refers to not having a bowel movement for more than
three days, or having to exert great effort to pass a stool, or passing out
granular hard stool, and being unable to pass a stool when you want to.
☐Yes ☐No ☐Don't know
2.Insufficient fiber intake and drug side effects are common causes of
constipation in the elderly.
☐Yes ☐No ☐Don't know
3.Reading a newspaper or using your cell phone while going to the toilet
can help relax your mind and help you have a bowel movement.
☐Yes ☐No ☐Don't know
4.Psychiatric diseases, neurological diseases or muscle diseases,
endocrine or metabolic diseases, and gastrointestinal system diseases
may cause constipation problems.
□Yes □No □Don't know
5. Constipation can be improved by drinking more water, supplementing
with fruits and vegetables, and exercising appropriately.
□Yes □No □Don't know