

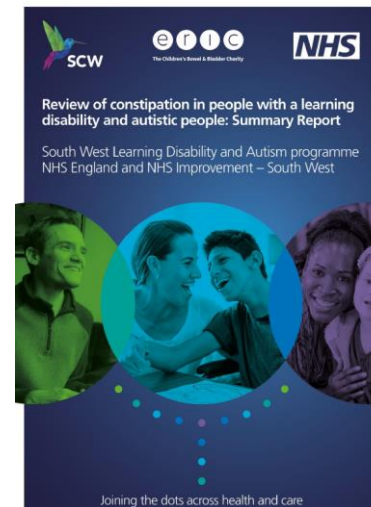
Managing Constipation in Children & Young People Constipation in adults with a learning disability and/or autistic people

NHS England and NHS Improvement



Findings:

- Activity data suggest that people with a learning disability and / or autism are overrepresented in acute admissions for constipation, when compared with the general population.
- Over the period analysed (Apr 18 – Mar 21) 80% of admissions for a primary diagnosis of constipation for individuals with a learning disability and / or autism were via emergency routes.
- Half of all admissions for constipation are for children and of these children in the age 5-9 range account for the highest percentage of admissions
- Primary procedure has been recorded in in only 25% of cases.
- It is suggested that future exploration of this topic should be aimed at understanding the patient pathway in relation to non-elective admissions.



Review of constipation in people with a learning disability and autistic people

Annex A – Rapid Evidence Review

NHS England learning disability and autism programme
NHS England and NHS Improvement

October 2021 v1.0



Managing Constipation in Children & Young People (Learning Disability and Autism)

– Plan on a Page



What we will do

Our vision is for:

- Healthcare professionals to have a better understanding of constipation in CYP and know how to manage it better
- Parents and carers to have a better understanding of constipation in their children
- Adolescents to have a way of discussing their bowel issues in a safe, confidential and sensitive environment.

The way we work

- Putting the child first
- Listening to parents & carers
- Working collaboratively

Inputs:

- National Bladder & Bowel Health Group (NBBH)
- National bladder & bowel charities
- Community Pharmacy
- Primary Care health Professionals
- Learning Disability & Autism Team, NHS England/ Improvement South West
- Mental Health Team, Eating Disorder Lead NHS England/ Improvement South West
- Specialist learning disability services
- Paediatrics
- Dietetics
- Midwifery/maternity
- Health Education England
- Public Health England
- CYP Programme Team, NHS England/Improvement South West
- Patient/carer

How we will do it

Activities:

- Developing resources for HCPs who see CYP with constipation, including education and an infographic
- Developing resources for parents/carers of children with constipation including education and web-based resources
- Promoting resources for educational establishments on CYP with constipation
- A resource for adolescents to confidentially engage with advice on managing constipation
- Link into annual health checks for people with learning disabilities
- Link into education and healthcare plans and any other health and care intervention opportunity

Outcomes:

- Fewer children and young people to suffer from constipation
- Improvement in the quality of life for children and young people and their families
- Improvement in education as children and young people can focus more in educational establishments
- Prevention of constipation related comorbidities
- Increased public awareness of CYP constipation and how to access support
- Increasing knowledge and/or awareness for Health Care Professionals to support children & young people with constipation
- Refer to PCF Children's Continence Commissioning Guide Appendix 5 for outcomes and key indicators
<http://www.paediatriccontinenceforum.org/resources/childrens-continence-commissioning-guidance/>

How we will know if we have made a difference

- Reduction in conditions associated with constipation (pilot approach to be considered)
- Reduction in emergency admissions and outpatient appointments from constipation and related comorbidities
- Effective use of NHS money as a result of decrease in emergency admissions and investment in longer term management
- Increase in parent/carer confidence in managing CYP constipation (revisit parent/carer survey)
- Increase in HCP confidence in managing constipation (pilot approach)
- Access appropriate evidence based resources.
- Audit the number of children who present in primary care who leave with a prescription for macrogols (in line with NICE guidelines)
- Continence service and patient case studies

Co-design and Collaboration Sub-groups



The focus has been on developing care pathways and resources.

This has been split into four priority groups;

1. GP Engagement - General Practice Constipation Pathway
2. Health promotion, prevention and early intervention
3. Unplanned admissions
4. Transition to adult services

The groups are led by ERIC & BBUK with healthcare professionals across a range of disciplines being involved.

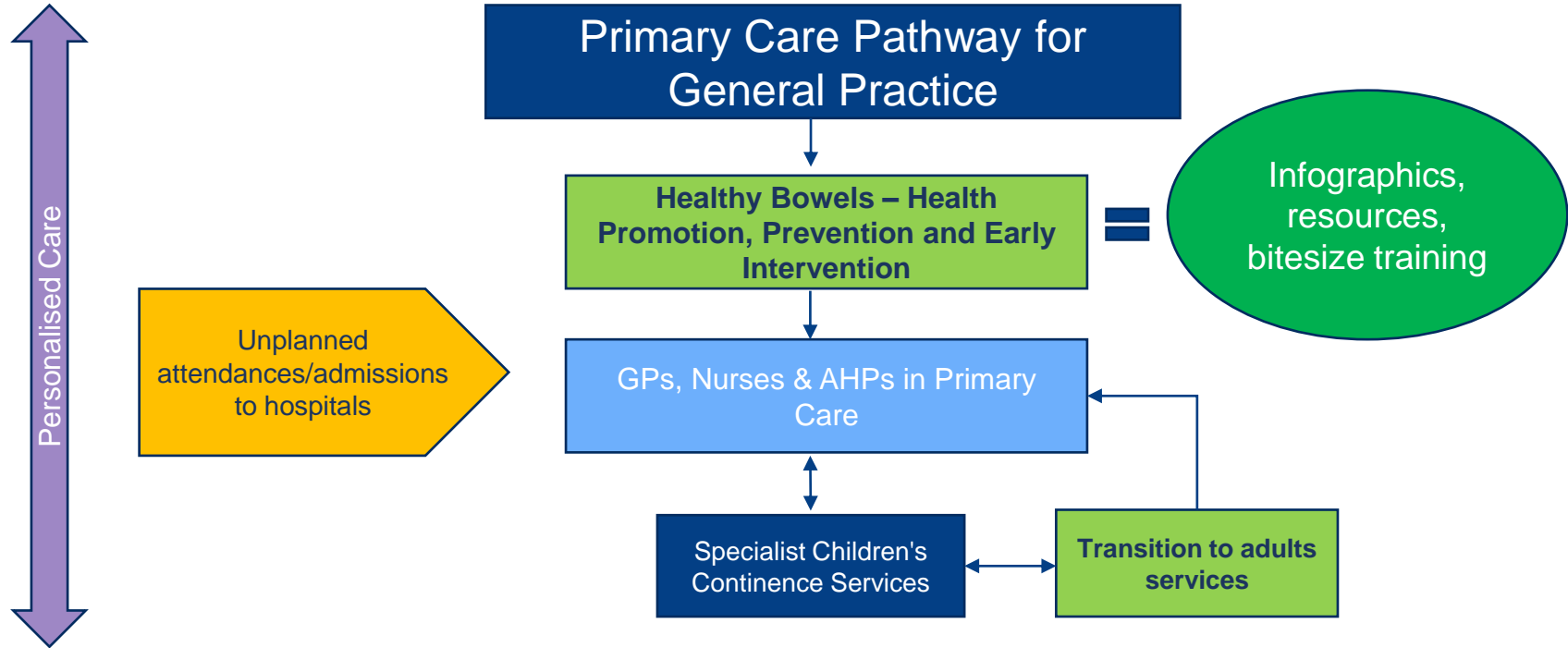
An infographic for GP's based on the 'Principles of Managing Constipation in General Practice.



Children & Young People's Constipation Pathway



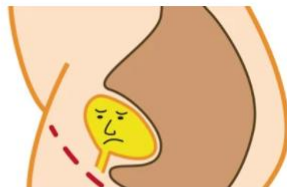
Designed for Integrated Care Systems



Consulting with all 152 parent/carer forums across the country on these resources



Poo problems - where to start?



Advice for children with constipation



Pooper Highway



Withholding



Bowel problems resources



Bowel problems: FAQs



Constipation in adults with a learning disability and/or autistic people



Our aims, what good should look like-

- An annual review to include vulnerability to constipation with a safety checklist or a constipation questionnaire.
- If indicated, an individualised bowel care plan or 'My Poo Plan' is created.
- Prescribing clinicians are provided with laxative prescribing guidelines which have been endorsed by an expert panel and are easy to reference.
- Families and cares are offered an educational package on managing constipation.

Care Pathway

- The person, family or carer is offered a constipation questionnaire or safety checklist.
- The questionnaire/safety checklist is fed back to a named professional who develops an individualised bowel care plan (My Poo Plan). This includes advice on diet, appropriate exercise and toileting.
- The GP reviews the laxative guidelines and the My Poo Plan and adjusts the laxatives as indicated. Laxative guidelines are currently in draft, these are based on general laxative guidelines.
- This care pathway is reviewed annually.
- Families and carers are offered additional easily accessible training if required.

