

# The impact of chronic constipation in adults

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## Abstract

Constipation affects nearly everybody from time to time. But when it becomes chronic, constipation is a more complicated condition that can often be misunderstood and cause those affected a lot of distress. This article examines why chronic constipation in adults is an underestimated condition and outlines some potential solutions for better care.

## Areas for reflection

- This article outlines a number of NICE recommended treatments for constipation. How well are NICE guidelines followed in your area and how can we raise the profile of evidence-based treatments?
- It is suggested that healthcare professionals do not take chronic constipation seriously. Is this an issue in your area and how can we encourage colleagues to identify and treat patients more effectively.

This article refers to the NICE guidelines for Peristeen. You can find out more information [here](#).

