

# Constipation should be managed

While, A. (2021) 'Constipation should be managed' **British Journal of Community Nursing** July 2021 26(7):362

This commentary piece considers how constipation remains a taboo subject despite the significant impact it can have on quality of life. Exploring the Cost of Constipation report (2020) it highlights the financial burden on healthcare services alongside the physical and mental effects on individuals.

Using the outcomes of the Delphi study, it discusses the role of the district nurse and how they may have greater access to this key patient group.

## Areas for reflection

- What opportunities exist to assess constipation in patients who may be reluctant to disclose their symptoms?
- How can we communicate the various benefits of good bowel care to other healthcare professionals who may not be aware of the impact of constipation?

For more information on the Cost of Constipation report and the Bowel Interest Group, please click [here](#).

