

# 6<sup>th</sup> World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

## Medication review and constipation in long-term care institute residents

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**Background & Objectives:** Elderly in long-term care institute are suffering from constipation and most of them are using psychological medication to treat insomnia, anxiety, or even psychotic conditions as well. This study is one of pilot studies of “Medication review and constipation problem solving for elderly with chronic disease” research. The purpose of this pilot study was to evaluate the prevalence of psychological medication used and the association of constipation among the elderly residents of a nursing home.

**Patients & Methods:** A total of 48 residents older than 65 years were enrolled in this study. The following variables were gathered: age, gender, body mass index (BMI), length of stay, functional level of ADL, somatic and psychiatric diseases, number of medications, and medication use. The use and dosage of laxatives were also recorded. Bowel function was collected on Bristol Stool Form Scale.

**Results:** Constipation prevalence is high in this sample of 48 elderly subjects (n=26, 54.2%). The amount of total daily drug used was 10.4±6.5. The items and amount of drugs used were correlated to constipation incidence. Prevalence of psychological medication is high (n=28, 58.3%). The most used psychological drug is sedatives (n=22, 45.8%). Other categories of drugs, such as CV drugs, were most used drugs. Usage of laxatives were also high by the residents due to constipation (n=26, 54.2%). The most frequently used laxatives were senna glycoside, and magnesium oxide. Furthermore, quantity of physical activities were also correlated to constipation incidence ( $p=0.023$ ,  $\chi^2=5.185$ ) and CV diseases was correlated to constipation.

**Conclusions:** This study suggested that amounts and items of drugs used, quantity of physical activities, diseases and CV drugs likelihood have some association with residents' constipation. To improve constipation condition, a coordinated approach with involvement of physicians, nurses, dieticians and pharmacists is needed.

## Biography

Chi-Wen Peng is a pharmacy student of College of Pharmacy and Health Care, Ta-Jen University of Technology, Taiwan. Her research interest is on natural products analysis of Chinese herb medicines for her independent study, and recently, she proceeds the pharmaceutical care of elderly in the long-term care institute.

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