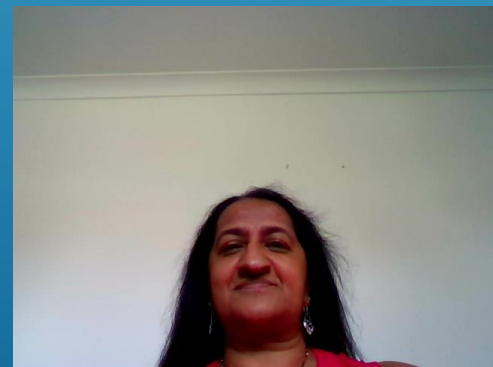


PAEDIATRIC UPDATES FOR GPS AND PRIMARY CARE








Sandhia Naik

Consultant Paediatric Gastroenterology

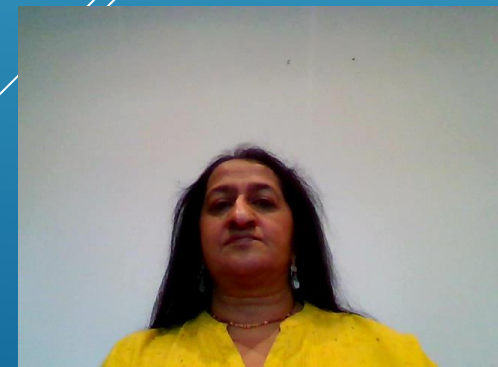
Royal London Hospital



Bristol Stool Chart

| | | |
|--------|---|--|
| Type 1 |  | Separate hard lumps, like nuts (hard to pass) |
| Type 2 |  | Sausage-shaped but lumpy |
| Type 3 |  | Like a sausage but with cracks on its surface |
| Type 4 |  | Like a sausage or snake, smooth and soft |
| Type 5 |  | Soft blobs with clear-cut edges (passed easily) |
| Type 6 |  | Fluffy pieces with ragged edges, a mushy stool |
| Type 7 |  | Watery, no solid pieces. Entirely Liquid |

CONSTIPATION



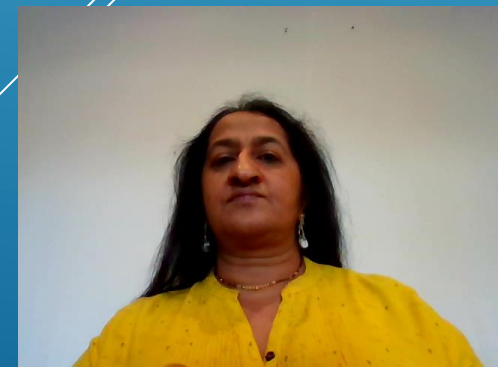
PRESENTATION/SYMPTOMS

- ▶ Variable 5-30% childhood 50% OPD 50% wean meds 1 year

Detailed History-what do parents mean by constipation

- ▶ Infrequent stooling
- ▶ Inability to pass stool
- ▶ Pellets, large stool,
- ▶ Stool withholding
- ▶ Strain
- ▶ Overflow/Soiling/diarrhoea
- ▶ Abdominal Pain
- ▶ Offensive flatulence
- ▶ Rectal bleeding

NB ROME IV CRITERIA FOR DETAILED DEFINITION



AGE GROUPS

Age < 6 months

Formula Fed

Wrongly Diagnosed/labelled

Mainly lack Water

(Allergy-age 6 weeks Bloody stools)

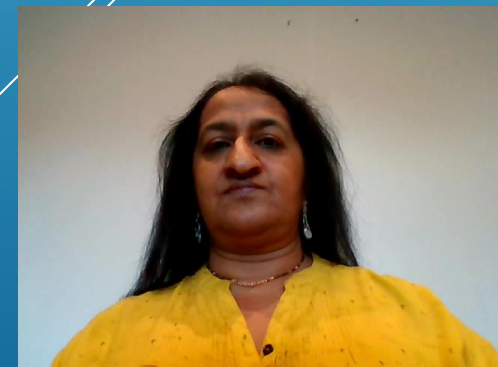
> 6 months/Toddlers

Common onset of weaning

Fluid Fibre Fruit

Straining

Allergy derm/resp



DIAGNOSIS

▶ NICE GUIDELINE CG99 – published 26 May 2010 , Updated 13 July 2017

▶ Detailed History and Examination

▶ RED FLAGS

- ▶ Abnormal neurology
- ▶ Failure to pass meconium

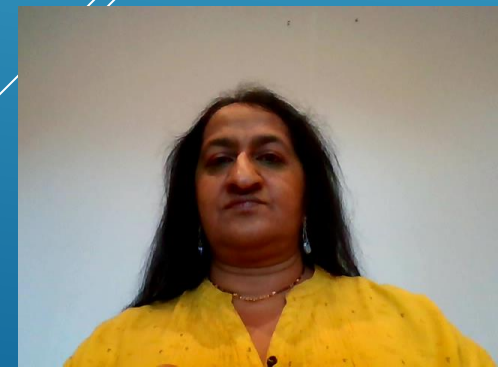


▶ Amber Flags

- ▶ Abdominal Distension and Vomiting
- ▶ Family History
- ▶ Resp or derm symptoms ? ? allergy



NICE constipation guideline.pdf



TREATMENT

Age < 6 months

Increase Water

Breast feeding Counsellor

Avoid Multiple feed changes

Lactulose-occasionally

Avoid Stimulants

> 6 months/Toddlers

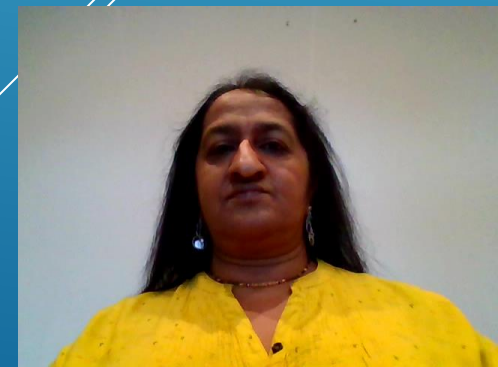
Increase Water

Diet- Fibre Fruit

Macrogol

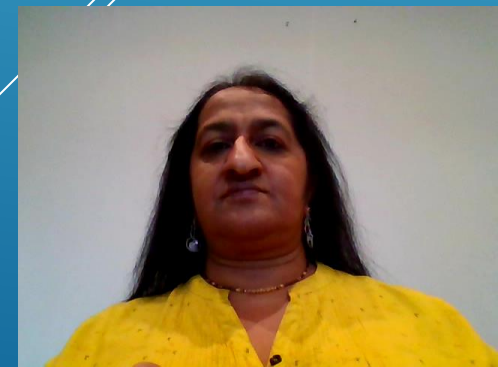
Use Stimulant early for straining

Toilet Training



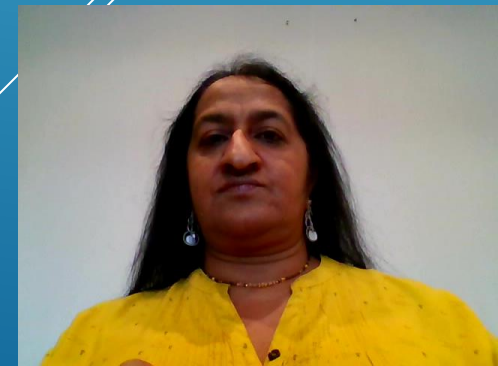
TREATMENT

- ▶ Lifestyle
 - ▶ Diet-Fluid Fruit Fibre
 - ▶ Behavioral-Toilet Training
 - ▶ Immobility- computer games
- ▶ Pharmacological
 - ▶ Assess need for Disimpaction before maintenance
 - ▶ Earlier use stimulant with Macrogol
 - ▶ Slow wean
 - ▶ Realistic expectation
- ▶ Surgical

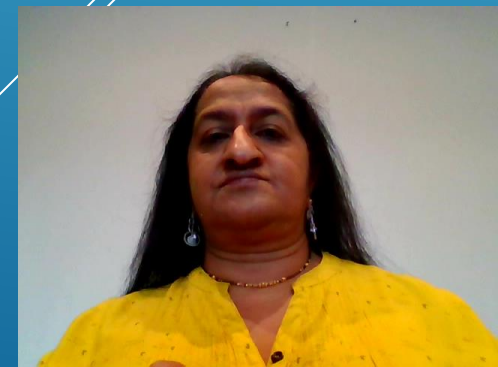


REFERRAL FOR REFRACTORY CONSTIPATION

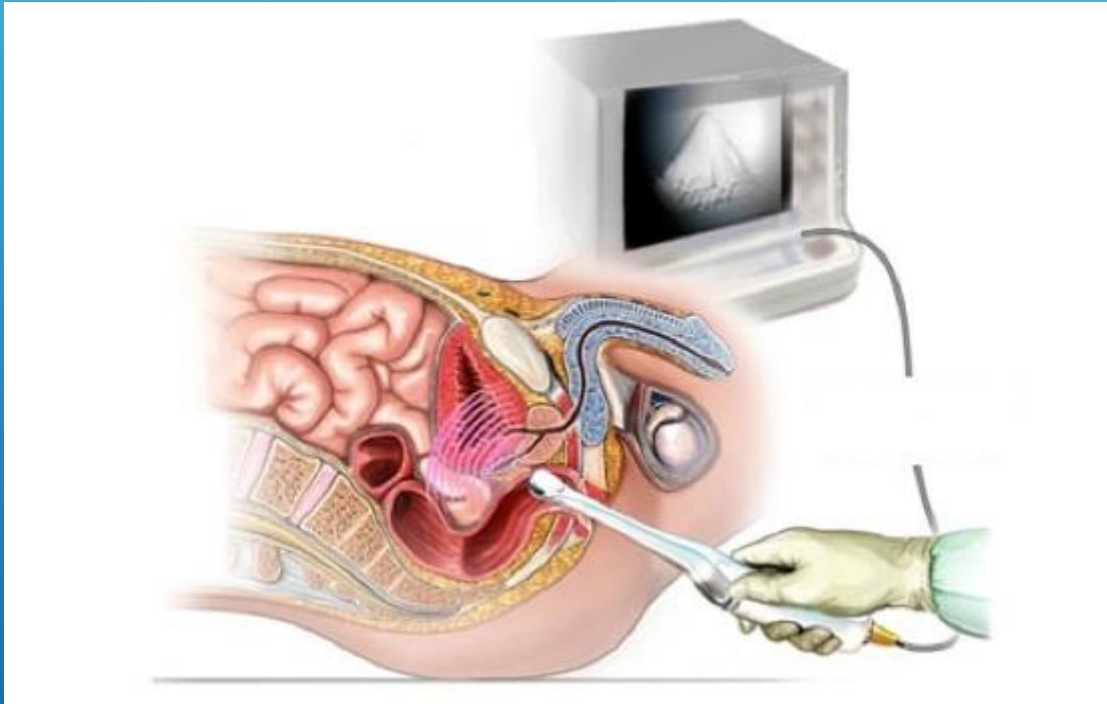
- ▶ Red Flag
- ▶ No improvement despite macrogols and stimulants
- ▶ Compliance check



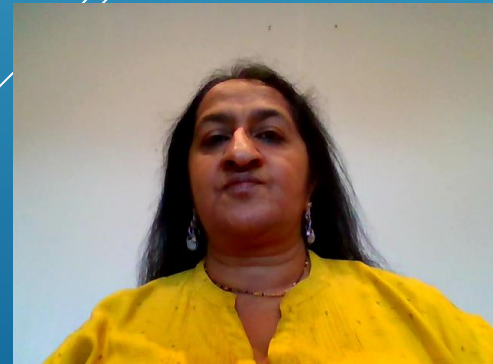
TRANSIT MARKER STUDIES



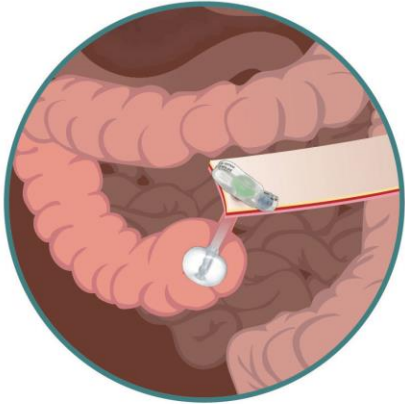
USS



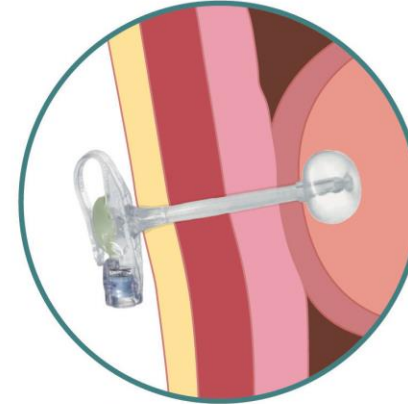
PERISTEEN



ACE

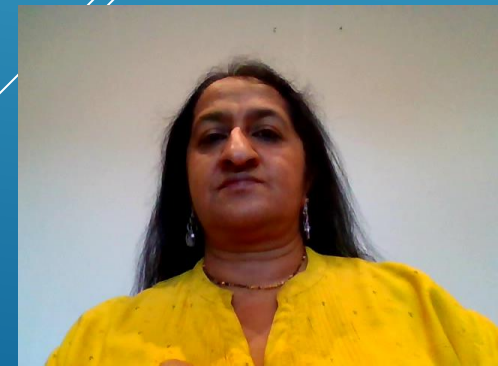


Appendicostomy



Cecostomy

MiniACE® – Now in 10F!



SUMMARY CONSTIPATION

- ▶ Childhood Constipation is common
- ▶ Parental Education and reassurance , manage expectations
- ▶ Dietary and Behavioral Manipulation important
- ▶ Disimpaction before maintenance
- ▶ Consider Earlier addition of stimulant to macrogol
- ▶ Patience with weaning
- ▶ Advice before referral

