

The Effects of a Constipation Prevention Program on Incidence and Severity of Constipation in Hospitalized Elderly undergoing Hip Surgery *

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Abstract

Purpose: To examine the effects of constipation prevention program on incidence and severity of constipation in hospitalized elderly undergoing hip surgery.

Design: Quasi-experimental design.

Methods: The sample consisted of 60 hospitalized elderly undergoing hip surgery. The control group (n = 30) received usual care, whilst the experimental group (n = 30) participated in a constipation prevention program. Data were collected by the following instruments: the daily defecation record form, the bowel pattern assessment form, and the constipation risk assessment form. Constipation was evaluated by the frequency of defecation from the first to the fifth postoperative day, from 3 days before surgery to 5 days post operation, and the first day for defecation postoperatively, Data were analyzed by using descriptive statistics, Chi-square test, and Independent t-test.

Main findings: The elderly who participated in the experimental group had statistically significant lower incidence of constipation postoperatively and less severity of constipation than those in the control group ($p < .01$ and $p < .05$, respectively).

Conclusion and recommendations: The results indicated that the constipation prevention program for hospitalized elderly with hip surgery was effective in reducing the incidence and severity of constipation. The program should be recommended as a tool to improve quality of care for hospitalized elderly who are at risk of developing constipation.

Keywords: constipation prevention, hip surgery, hospitalized elderly

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