

How to Cite:

Al-Fatlawi, M. M. A., & Mohammad, S. J. (2022). Impact of demographical characteristics on senior persons' knowledge concerning constipation treatment at the nursing home in the Al-Kut city. *International Journal of Health Sciences*, 6(S1), 5806–5810.
<https://doi.org/10.53730/ijhs.v6nS1.6091>

Impact of demographical characteristics on senior persons' knowledge concerning constipation treatment at the nursing home in the Al-Kut city

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Abstract---Introduction: Constipation is a frequent ailment that is especially widespread in the elderly, with up to 40% of community-dwelling individuals reporting symptoms. Methods: quasi-experimental study design was carried out (Dar Al-Shafaa governmental home and Basmat Al-Rahma privet nursing home). (Dar Al-Shafaa governmental home and Basmat Al-Rahma privet nursing home). The current research will run from December 4, 2020, until January 15, 2022. To meet the study's goals, a non-probability (purposive) sample of (57) senior citizens (27) for the case group and (30) nursing home residents for the control group was chosen. Results: The results finding reported that female gender has been associated with increased prevalence of constipation among older people. Conclusions :The study concluded that the majority of senior persons', regardless of their age, gender, or level of education, had experienced constipation, and that senior persons' who are single have a higher frequency of constipation than others. In general, senior persons do not differ in terms of constipation length, but the study group does.

Keywords---Nutritional, Senior Person, knowledge, Constipation Management.

Introduction

Constipation is a clinical diagnosis made based on symptoms of insufficient stool evacuation, difficulty passing stool, or a combination of the two. Other symptoms include hard stools, stomach bloating, discomfort, and distention. It is one of the most often encountered gastrointestinal illnesses in clinical practice in Western nations (Vriesman et al., 2020). It is more prevalent in female patients and has a higher incidence with age. Constipation has been linked to significant declines in quality of life, can result in significant individual healthcare costs, and places a strain on healthcare delivery systems (Fosnes, et.al, 2019). Constipation is a prevalent condition among the aged worldwide, and it is related to comorbidities and adverse effects on quality of life. The prevalence of constipation varies between research, owing mostly to the nonuniformity of diagnostic criteria. However, between 15% and 30% of adults over the age of 60 are diagnosed with constipation (Drossman, 2019). Constipation is a frequent ailment that is especially widespread in the elderly, with up to 40% of community-dwelling individuals reporting symptoms (Werth, & Christopher, 2021). (Fosnes, et.al, 2019). Prevalence has been observed to reach up to 80% among residents of nursing facilities (Werth, & Christopher, 2021). (Fosnes, et.al, 2019). Chronic constipation can result in a variety of issues, including fecal impaction, urinary retention, hemorrhoids, anal fissures, and fecal incontinence, and it can have a detrimental effect on one's health-related quality of life (Heine RG, 2020). The purpose of this study was to measure the effect of demographic factors on senior persons' knowledge of constipation treatment in nursing homes.

Methodology

At two nursing home centers in Al-Kut City, a quantitative, quasi-experimental study design was carried out (Dar Al-Shafaa governmental home and Basmat Al-Rahma privet nursing home). (Dar Al-Shafaa governmental home and Basmat Al-Rahma privet nursing home). The current research will run from December 4, 2020, until January 15, 2022. To meet the study's goals, a non-probability (purposive) sample of (57) senior citizens (27) for the case group and (30) nursing home residents for the control group was chosen. The instrument is organized into three sections: socio-demographic factors, a test of senior citizens' knowledge of multiple-choice questions, and a test of senior citizens' constipation indicators (severe, mild, and never) (severe, mild, and never). The instrument's content validity has been evaluated by a team of specialists. Cronbachs' Coefficient alpha equation = 0.70 was utilized to determine the instrument scale's dependability. Data was gathered through a structured interview using a questionnaire format, and it was analyzed using descriptive and inferential statistical methods.

Results

1-Age: Analysis of such characteristic depicts that the study sample does not present any significant difference relative to their age groups as being old age for the benefit of the study findings in term of their comparison (Table 1-1). In a study of such nature, it is beneficial to have subjects with this age limit.

Constipation is often associated with getting older. Aging causes the gut to slow down, so poop does not pass through as quickly. Also, an older person is more likely to be taking medication that may interfere with their usual pooping habits (Galan, 2017).

Table (1-1)
Distribution of the Study Sample by Age Groups

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Age /years	60-65 years old	15	55.6	13	43.3	0.130
	66-70 years old	8	29.6	13	43.3	
	>70 years old	4	14.8	4	13.3	
	Total	27	100.0	30	100.0	
	<i>Mean± SD</i>	65 ± 4.110		65 ± 4.126		

Gender: Findings out of the statistical data analysis reveal that the subjects, in the present study, have experienced the problem regardless of their gender differences (Table 1-2). It has been reported that female gender has been associated with increased prevalence of constipation among older people (Gandell et. al., 2013).

Table (1-2)
Distribution of Study Sample by Gender

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Gender	Male	16	59.3	15	50.0	0.099
	Female	11	40.7	15	50.0	
	Total	27	100.0	30	100.0	

Marital Status: With regard to such characteristic, the study indicates that most of the subjects are predominantly single (unmarried) (Table 1-3). This is something that can be interpreted in a way that this reflects the nature of these individuals' distribution. Support for such finding is presented in the work of Lee and his colleagues who find out that there are significant differences in the proportions of never-married status (25.7%, 38.2%, 36.8% and 45.9%; $P = 0.030$, respectively) (Lee et. al., 2014).

Table (1-3)
Distribution of the Study Sample by Marital Status

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Marital Status	Married	2	7.4	2	6.7	0.112
	Single	12	44.4	12	40.0	
	Divorced	8	29.6	6	20.0	
	Widow	5	18.5	10	33.3	
	Total	27	100.0	30	100.0	

Education level: With regard to their education level, the study findings have not demonstrated significant differences between seniors at the current study (Table 1-4). This finding presents a fact that low educated senior persons develop cases of constipation more than those of other educational categories due to their literacy about such health problem.

Table (1-4)
Distribution of Study Sample by Education

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Education Level	Primary school	10	37.0	14	46.7	0.078
	Secondary school	12	44.4	13	43.3	
	Institute	5	18.5	3	10.0	
	Total	27	100.0	30	100.0	

Previous Work: Analysis of data within this regard indicates that seniors are presenting differences among them relative to the issue of previous work (Table 1-5). High levels of stress at work can cause or aggravate constipation. Researchers have identified various connections between the brain and stomach that may lead to constipation symptoms (Nall, 2019).

Table (1-5)
Distribution of Study Sample by Previous Work

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Education Level	Unemployed	20	74.1	6	20.0	0.028
	Employed	7	25.9	24	80.0	
	Total	27	100.0	30	100.0	

Duration of Constipation: Relative to the variable of duration of constipation, the study findings reveal that seniors are not different as far as the study is being concerned with this issue (Table 1-6). It has been reported in the literature that a normal bowel motion frequency is anywhere from three times a day to every other day. Most people notice a pattern in their bowel habits. People tend to poop at about the same time each day.

Table (1-6)
Distribution of Study Sample by Duration of Constipation

	Classification	Study		Control		<i>p-value</i>
		Freq.	%	Freq.	%	
Duration	<1 year	7	25.9	4	13.3	0.063
	1-2 years	15	55.6	7	23.3	
	>2 years	5	18.5	19	63.3	
	Total	27	100.0	30	100.0	

Conclusion

The study concluded that the majority of senior persons', regardless of their age, gender, or level of education, had experienced constipation, and that senior persons' who are single have a higher frequency of constipation than others. In general, senior persons do not differ in terms of constipation length, but the study group does.

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