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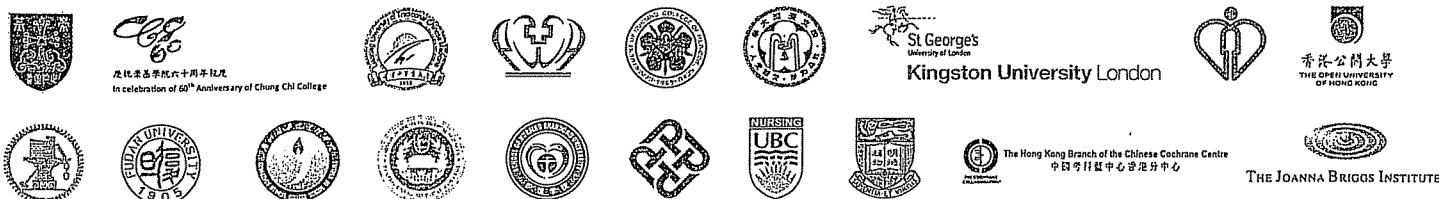
Issues, Challenges, and Future Directions of Evidence-based Healthcare

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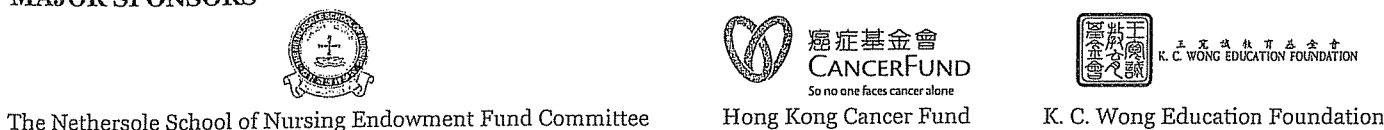
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Lifestyle pattern and constipation in older adults in Hong Kong

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Purpose of the study: Constipation has been consistently reported as one of the common problems in the older population. Although relevant education on raising the public's awareness have been delivered through various means, the high prevalence remains and reliance on laxatives for relieving the symptoms is not uncommon in this age group. This survey study therefore aims to examine the association of constipation and lifestyle pattern in older adults in the local community.

Methods: This cross-sectional survey is part of a larger study for developing and testing the effectiveness of an evidence-based care protocol for managing constipation and preventing its recurrence. Data collection was conducted in a subacute ward in a local hospital. Findings from this survey will inform the design and focus of the care protocol through taking into considerations the needs and concerns of the older adults.

Results and discussions: Although data collection is still in progress, preliminary analysis has provided us with a fuller picture about the precipitating factors of constipation in the local older population. Among the 93 patients who met the inclusion criteria, 25 of them had functional constipation, according to the Rome III criteria, giving a prevalence rate of 26.9%. Preliminary results showed that there was no significant difference in age, self-care ability, fibre intake and level of exercise between the constipated and non-constipated patients, but yet lack of fluid intake, with an average of about 700ml, was a common problem among the constipated patients.

Conclusions: Often, the design and content of an evidence-based care protocol is grounded on available research evidence of various interventions and clinical expertise. With an intention to enhance the cultural relevance and hence the effectiveness of the care interventions, this survey was simultaneously conducted in the process of protocol development to reveal the relationship between lifestyle pattern and constipation.