

## **What Nurses Need To Know About Constipation**

### **Including DRE and DRF (Refresher)**

**Lecturers: Sarah Aungiers & Michelle Henderson**

**Continence Lead Nurse Continence Service & Bowel Specialist Nurse, Durham  
Constipation Service**

08:30	Registration & coffee
08:45	Welcome & introductions
09:00	Constipation / Anatomy & physiology (refresher questionnaire)
09:30	Neurogenic bowel dysfunction
10:00	Assessment of bowel dysfunction including DRE
10:30	Refreshment break (simulation practice)
11:00	Treatment of constipation- <ul style="list-style-type: none"><li>• Step 1 Conservative methods</li><li>• Step 2 Digital stimulation / suppositories / enemas</li><li>• Step 3 Transanal Irrigation</li><li>• Step 4 Surgical intervention</li></ul>
12:30	Feedback & questions
12:45	Practical assessments / NMC revalidation
13:00	Close