



# Pediatric constipation

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## Rationale

Constipation is a common problem in children. It is important to differentiate functional from organic causes, recognizing that the vast majority of children do not have an organic cause for constipation.

## Causal Conditions

(list not exhaustive)

- Neonate and Infant
  - a. Dietary
  - b. Anatomic (e.g., Hirschsprung disease)
- Older child
  - a. Dietary
  - b. Psychologic
  - c. Anatomic (e.g., bowel obstruction)
  - d. Neurologic
  - e. Endocrine/metabolic
  - f. Other (e.g., celiac disease, cystic fibrosis)

## Key Objectives

Given a child who presents with constipation, the candidate will diagnose the cause, severity, and complications, and will initiate an appropriate management plan.

## Enabling Objectives

Given a child who presents with constipation, the candidate will

- list and interpret critical clinical findings, including
  - a. clinical features that help to distinguish functional from organic;
  - b. the social and psychological effects of chronic constipation;
- list and interpret critical clinical investigations, including:
  - a. the possibility that no investigation may be necessary;
- construct an effective initial management plan, including
  - a. initial and long-term therapy including laxatives, diet, and education;
  - b. multidisciplinary approach as needed.