

TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

NAME OF THE EVENT – “SEMINAR ON OCCASION OF WORLD CONSTIPATION AWARENESS MONTH DECEMBER 2022”

ORGANIZER – Tilak Maharashtra Vidyapeeth, Nursing Department

DATE AND TIME – 30 December 2022 Time 10.00 am

PARTICIPANTS – 1st year B. B. Sc. Nursing Student

VENUE – 1st year B. B. Sc. Class

Constipation Awareness Month, a global healthcare event that has been observed annually throughout December. Various organizations both global and local join together during this month to conduct awareness campaigns and activities with the aim to educate people about the condition, its complications, and preventive measures for constipation.

Importance for Constipation Awareness

Constipation is a frequent gastrointestinal condition that affects people of all ages, with a prevalence of around 20% in the general population and 29.6% in children. Constipation is more common in the elderly than in the younger population. Elderly women suffer from severe constipation more frequently (two to three times) than male counterparts. In India, 22% of adults suffer from constipation, where 59% of them complain of severe constipation and 27% complain of constipation associated with certain co morbidities, according to the 2018 Gut Health Survey.

CENTRAL OBJECTIVE:

World constipation awareness month December 2022 and its campaign aim to raise awareness regarding causes of constipation, constipation is a symptom not a disease, complications of constipation, the importance of normal bowel movement and prevention of constipation.

ACTIVITIES:

On the occasion of world constipation awareness month December 2022, Institute of Nursing Education and Research, Tilak Maharashtra Vidyapeeth, under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER), Mr. Vaibhav Kamble (Clinical Instructor, INER, TMV) and Ms. Shilpa Karawande (Clinical Instructor, INER, TMV) conducted the seminar on constipation

awareness. Students from B.B.Sc. Nursing 1st year have attended the seminar. Seminar presented by Mr. Vaibhav Kamble in classroom of 1st year B.B.Sc. Nursing. Students are attentive for seminar.

TOPIC ADDRESSED:

Seminar on constipation awareness month depicted various aspects such as-

- Causes of constipation: Low fibre diet, Caffeine abuse, Overuse of alcohol, Medications, Endocrine disorders, Neurologic disease, Psychological issues
- Misconcepts regarding constipation- like it is a symptom not a disease.
- Complications of constipation- Abdominal discomfort or cramps, poor quality of life, haemorrhoids, anal fissures, damage to the pelvic floor, rectal prolapsed, volvulus
- The importance of normal bowel movement
- Prevention of constipation- Increase daily water intake, reducing the intake of excessive meats and dairy products, eating a diet rich in fiber, not ignoring the urge to defecate, staying active throughout the day to improve peristaltic movement, increase physical exercise, trying medication or other techniques to manage stress, avoid consuming alcohol and caffeine, maintenance of regular schedule for bowel evacuation, habit of taking last meal at least 2 hours before bed

More awareness and understanding about the constipation and its prevention amongst the students help to provide effective care to patient and also help them to teach patient and patient's family in hospital settings and people in community.


Mr. Vaibhav Kamble

Clinical Instructor


Ms. Heera Bhalerao

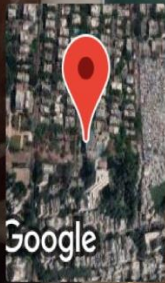
Programme coordinator


Prof. Dr. Madhuri Shelke

Principal



GPS Map Camera



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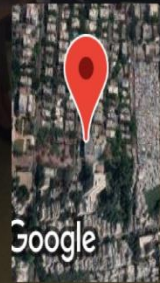
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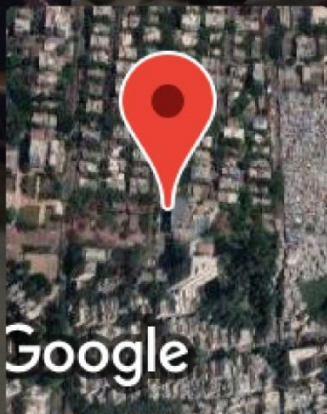
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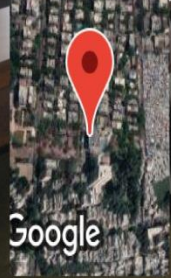
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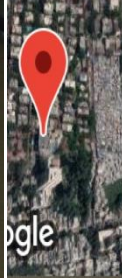
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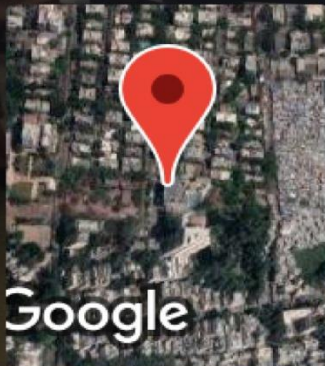
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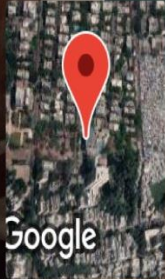
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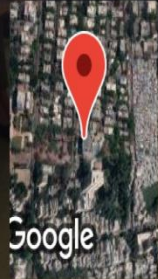


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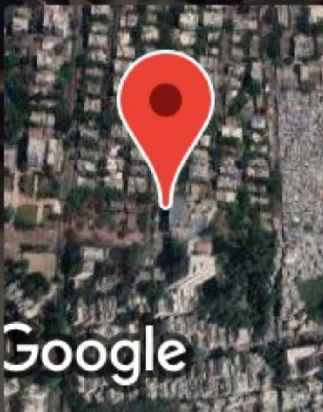


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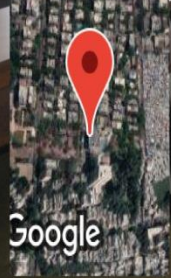


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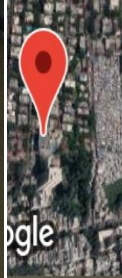
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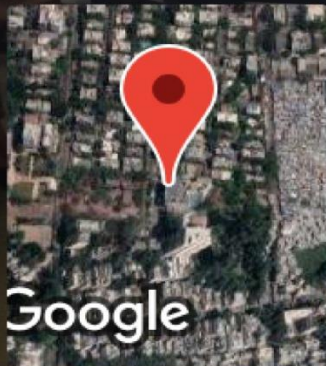
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