

This concept of functional constipation and its management, was presented as a part of symposium on functional constipation at very first International Pediatric Gastrohepatology Transplant and Nutrition Conference held at Jaipur INDIA on feb 14,2016. Though seems weird to believe that fibres cant cure constipation, it's a recommendation from international societies to have only normal fibre and normal water intake for treatment of constipation. Also, stopping milk for two months trial is also a recommendation made by the consensus. Based on same, here is the logic and reasoning of how and what causes so called functional constipation.

Please feel free to comment or review. Read more at [www.hardpoop.tk](http://www.hardpoop.tk)

Contact for further details or leave your question at [www.pediatricianonline.in](http://www.pediatricianonline.in)

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## FUNCTIONAL CONSTIPATION: FUNCTIONAL PERSPECTIVE

Treating to the point: Diet, Basin and Pipe concept

PGHTN

Thankful to the THEME

# Consensus controversies and perspectives 2016

Dr Kondekar at international PGHTN Jaipur 3/4/2016

WHEN WE COME ACROSS A NEW IDEA... WE DON'T SAY EUREKA... WE SAY  
IT SOUNDS SO STUPID.. I CANT BELIEVE .. HOW IS IT POSSIBLE?... IMPOSSIBLE.  
BUT THERE IS A STRONG CONSENSUS FROM TWO NATIONAL BODIES  
BACKING THE CONCEPT OF "NO HIGH FIBRE IN CONSTIPATION"

## Guidelines and Consensus

- Surely I am not repeating ROME III,
- But worth following and judiciously modifying it

**Evidence-based recommendations from ESPGHAN and NASPGHAN for evaluation and treatment of functional constipation in infants and children**

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## Defining Functional Constipation

- Not anatomical
  - Not physiological
  - Not biochemical
  - Not neurological
  - Not organic
  - Not genetic
  - May be not psychological
- HISTORY  
PHYSICAL  
EXAMINATION  
MILESTONES  
ALARM SIGNS  
DIETARY HISTORY  
ARE KEY TO  
DIAGNOSIS OF  
FUNCTIONAL  
CONSTIPATION**

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Obviously: Then what is it?

- PURELY FUNCTIONAL...
- No reason?
- DOES IT MEAN IDIOPATHIC?
- CERTAINLY NOT!@

## SURELY THERE IS A REASON

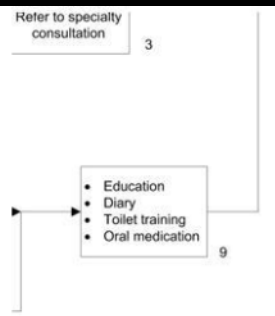
- Often not searched studied discussed
- Nor investigated
  
- We often investigate to find out Causes related to non functional causes

## Can there be a [Functional ] Aetiology?

- In a child who is walking talking running toddler with normal speech and no developmental delay?
  
- In a child who is school going and excelling in studies?
  
- In a formula fed infant; who did not have it since birth?

## Trying to redefine. . . EDUCATE

- If nothing is wrong, its functional
- The function is wrong!



Its an important step to counsel parents of a constipated child ; why there is THE BLOCK..

Its no fair to tell them, evaluated lots... we don't have any clue.....

## The "Function" is at fault

- Either due to over load
- Or due to issues in sluggish flow, sluggish digestion, absorption, or excretion ...
- Of food items
- **Why does it get sluggish? When we have ruled out almost all aetiologies?**
- [if there is an aetiology. Wont it be obvious?]
  
- So whats blocking my basin? **Obviously?**

# Treating to the point

- CONCEPT OF DIET, BASIN AND BLOCKED PIPE

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*why is my basin blocked?  
is it functional? structural? organic?*



@drkondekar

*if i empty a cold drink  
bottle in basin, probably  
it will pass through..  
if i pour sugar or  
electrolytes... it will pass..  
then what gets stuck  
when a drainage pipe  
gets blocked?*

*the function that is not  
studied heavily:  
is DIET*

*so if i know what i am putting  
in basin will pass through,  
i know what wont pas  
through.*

**ITS NOT THE BASIN BUT THE PIPE IS JAMMED. .... HENCE ENEMAS DO HELP.**


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## The function is at fault

- Either due to over load
  - Or due to issues in sluggish flow, sluggish digestion, absorption, or excretion ...
  - Of food items
- 
- **A SECOND THOUGHT...**

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## Perspective: what should be normal diet IN CHILDREN?

- |                      | RDA                   | WHATS GIVEN |
|----------------------|-----------------------|-------------|
| ▪ Carbohydrates      | 70%                   | ---         |
| ▪ Fats               | 10%                   | ---         |
| ▪ Proteins           | 10%                   |             |
| ▪ Vitamins           | FRACTIONS             |             |
| ▪ Minerals           | FRACTIONS             |             |
| ▪ Fibres?            | ADULTS 25-50 GM A DAY |             |
| ▪ Water              | TOTAL 1-2L/DAY        |             |
| ▪ Animal CASEIN milk | NOT NEEDED            | >20%        |
- WHATEVER WE ADD EXTRA IS AT THE COST OF CARBOHYDRATES .
- SUGARS BEING SOLUBLE ARE EASY TO ABSORB AND PASS THROUGH THAN PROTEINS AND INSOLUBLE FIBRE THAT WILL REDUCE APPETITE BY FILLING.**
- 

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## DIETARY FANATISMS

- Give animal milk daily twice a day for growing kids
- Give heavy proteins, dry fruits, vegetables, fibres, to children
- Fat restriction, protein powder plus milk fanaticism about morning health drink
- REMEMBER WHATEVER WE ADD EXTRA IS AT THE COST OF CARBOHYDRATES AND causes sluggish digestion.

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Dietary fanatisms reduce easy to absorb diet load,

Increase nitrogen and peptide load,

Increase casein load and  
increase fibre load  
causing sluggish motility...

That causes heavy water absorption by colon,  
hardening the stools.

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Proteins are the hardest bond to digest.. primarily they are phosphate bonds... consume high energy

## OFCOURSE

- \* **Sugars** are easy to digest and absorb and help **make stools loose** by osmosis much easily than fibres.
- \* Enzymes needed for digestion of increased dietary proteins peptides **fall deficient** and complex diet gets stuck. **phosphate bond most difficult** to be broken.
- Just try adding proteins and fibres to blocked basin **model and compare** with another basin with added sugar model.

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## SO IT WASN' T A SURPRISE

- Heavy Fibres And Heavy Water Intake Doesn't Help In Functional Constipation
- Milk Restriction Does.
- **That reflected in the recent consensus easily with votes , though low evidence.**

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Question 6: What is the additional effect of the following nonpharmacological treatments in children with functional constipation?

- 6.1 Fiber
- 6.2 Fluid
- 6.3 Physical activity
- 6.4 Prebiotics
- 6.5 Probiotics
- 6.6 Behavioral therapy
- 6.7 Biofeedback
- 6.8 Multidisciplinary treatment
- 6.9 Alternative medicine



(12) Based on expert opinion, a 2-4 weeks trial of avoidance of cow's milk protein may be indicated in the child with intractable constipation.

Voting: 6, 6, 7, 7, 8, 8, 8, 9

22) Based on expert opinion, we recommend a normal fluid intake in children with constipation.

Voting: 9, 9, 9, 9, 9, 9, 9, 9

(21) We recommend a normal fiber intake in children with constipation.

Voting: 6, 8, 9, 9, 9, 9, 9, 9

Evidence-based recommendations from ESPGHAN and NASPGHAN for evaluation and treatment of functional constipation in children 2014

Refer to specialty consultation

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Purely functional constipation

- Education ✓
- Dairy
- Toilet training
- Oral medication

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NEED TO ADD DIET PLAN CHANGE: SERIOUSLY.

## SYMPTOM DIARY

- Reinforces education
- Helps in compliance with diet, medicines and discomfort awareness and recovery both
- Helps in **avoiding therapy deviation** by felt judgements at times due to increased frequency of motions
- **A 2-3 months daily one time 5 second recall diary**

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### 5 SECOND DAILY RECALL SYMPTOM ,DIET AND TREATMENT DIARY

Date					
Stool passed					
Hard?					
Painful?					
Standing?					
Bristol grade					
Milk restriction					
Protein excess					
Fibre excess					
Water excess					
PEG					
LACTULOSE					
Suppository					
ENEMA					

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When the function is dietary

diet is functional  
in functional constipation.

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## SO WHAT DIET CAN CONSTIPATE KIDS?

- Anything that is unedible!@
- Anything that is hard to digest or break.
- Anything that is hard to cook or takes long time to cook.
- Examples: insoluble fibres, seed extracts, seed containing fruits-pomegranate, hard seeds- dry fruits,
- **Excess protein diet** [health drinks], **difficult to cook protein diet**[arhar dal, hard meat, **difficult to digest protein diet**- milk casein dominant diet, **low calorie diet** etc

CONTROVERSIES AND BELIEVES NOW SEEM ILLOGICAL.

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## Guaranteed approach:

- Once we follow diet and diary
- The PEG / Lactulose of 100 days therapy shouldn't fail
- Unless the constipation is "non functional "or has "Alarm Signs".
- And there: we need evaluations.

## TAKE HOME MESSAGE

- Its important to understand that root of functional constipation is **more in diet than in disease**
- **"Dietary fanatisms of excess"** is likely to be key cause for sluggishness of gut, causing stasis.
- **Indigestion and ibs** are likely to be close friends of constipation, there may be a need to consider **comprhensive diet management** in all these.

Thank you PGHTN

For opportunity to shake...

Consensus controversies and perspectives 2014

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UNDERSTOOD THE CONCEPT? DON'T FORGET TO POST A REVIEW

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