



# BOWEL MANAGEMENT & CONSTIPATION Virtual Training

Check [The Central PA HCQU](#) website for upcoming training information.

There are five major health issues identified in people with intellectual disability/autism (ID/A) that can lead to serious illness, infections and sometimes death. They are called the Fatal Five: choking/aspiration, **constipation**, dehydration, seizures, and sepsis.

Bowel movements are different for each person. Healthy people can have bowel movements anywhere from 3 times a day to 3 times a week. What's most important is to know what's normal for the individuals you support. **Bowel management** is an issue for many individuals.

Constipation is difficulty having a bowel movement or when you have fewer bowel movements than usual. The stool can be hard, dry, and sometimes painful to pass. **Constipation** can lead to serious health issues and death.

Identifying and managing constipation in people with intellectual disabilities is crucial **to reduce the risk of complications.**



## 2nd

February

1:00 PM – 2:00 PM

## Bowel Management & Constipation

### Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 280 390 527 891

Passcode: ZytD4z

[Download Teams](#) | [Join on the web](#)

REGISTRATION NOT REQUIRED

ATTEND AS A GROUP OR INDIVIDUALLY

*Participants must complete entire session for certificate of attendance.*

*This training information is intended to be a general overview, or a review of information previously provided by a Health Care Provider. This training is not intended to replace medical advice.*

