

SUMMARY

Constipation is one of the most common chronic digestive complains. Exact etiology is unclear in the majority of cases and is thought to be idiopathic in origin. Constipation is a clinical diagnosis and investigations are rarely warranted, unless clues are found in the history or physical examination or poor response to therapy. Key steps in the management include education, rectal disimpaction, maintenance therapy and follow up.

The aim of this work was to study the epidemiological features of chronic idiopathic constipation in children attending pediatric out patient clinic of Benha university hospital. As well as to study the different sociodemographic factors. This work was done through cluster random sampling by using a questionnaire in the period from April 2010 to January 2011.

It was found that constipation is more prevalent among females (63%) than males (37%) and more common in children of an urban area (68%) than children of rural area (32%). In addition constipation is more common in low social class than high social class, and more among those who had positive family history of constipation.

The incidence of constipation was more in those who had history of allergy, prolonged intake of iron containing medication, antacids intakes and in those with history of anal wounds .It was also more among inactive children and in children who preferred intake foods of low dietary fibers and excessive tea.

Constipation was significantly higher in children exposed to stressful life events.

Constipation was also proved to decrease the scholastic performance in the studied children.

CONCLUSION

We can conclude that constipation is a major problem that is related to life style with a genetic background impact. Thorough history and clinical examination are important to guide the practitioner to the diagnosis and further workup or referral to specialist.