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CHILD AND ADOLESCENT MENTAL HEALTH IN CHANGING TIMES: OPPORTUNITIES AND CHALLENGES!

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Title- Case reports of Two Children with Encopresis and Functional Constipation

Dr. Purushotham A¹, Dr Vijaya Raman².

1-Fellow in Child Psychiatry, 2- Professor in Clinical Psychology, Dept of Psychiatry, St Johns Medical College , Bangalore.

Introduction-

Encopresis is diagnosed in children over age of four years who pass formed or semi-formed stools in their underwear and is usually secondary to dysfunctional toileting pattern¹. Constipation is present in approximately 95% of children referred for treatment of encopresis, indicating that retentive encopresis is far common².

Case details-

- Two children aged eight years and ten years presented with complaints of soiling of clothes with feces from last two years and three years respectively.
- They both were previously well toilet trained. History revealed frequent constipation with irregular bowel habits. Most of the times they were not aware of the soiling of their clothes and felt embarrassed when noticed by family members or friends. They avoided going to school and had decreased peer interactions.

They were diagnosed with Encopresis with functional constipation.

Management-

- Psychoeducation was undertaken regarding the soiling process to the parents that the problem is not due to laziness.
- Bowel cleansing by laxatives was done and high fiber diet was recommended.
- Regular toileting schedule with the child sitting on the toilet for atleast ten minutes twice a day was advised following meals.
- Monitoring and motivating with reinforcers and rewards was done

Both children achieved adequate control over the bowels with reduction in soiling of undergarments in a month's time.

Conclusion-

Encopresis with functional constipation is not uncommon in children especially in the out patient clinics. Often it is commonly unrecognized and needs screening. Regular bowel training programs provide a success rate of about 75%¹. Successful treatment of encopresis must address the constipation that underlies most cases.

Conflict of Interest- None

References-

1. Schonwald A, Rappaport L. Consultation with the specialist: Encopresis: Assessment and management. *Pediatr Rev* 2004;25:274.
2. Rockney, R. Encopresis. In: *Developmental Behavioural Pediatrics*, 3rd ed, Levine, MD, Carey, WB, Crocker, AC (Eds), WB Saunders, Philadelphia 1999. p.413.