



THE FREQUENCY OF THE SPREAD OF FUNCTIONAL CONSTIPATION IN CHILDREN IN THE BUKHARA REGION

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Abstract

According to various authors, the prevalence of constipation among the adult population of highly developed countries varies from 4 to 45%, and among children - from 0.7 to 34%. In the UK, according to researchers, 34% of children aged 4 to 7 years suffered from constipation. According to research data published in recent years in the Russian Federation (RF), the incidence of constipation in children is about 25-30%. It is believed that 10 to 25% of children suffer from constipation, but its true prevalence in children is unknown due to the low prevalence of parents in this regard to the doctor.

Keywords: children, constipation, defecation, fecal stones.

Purpose of the study

To study the frequency and structure of functional constipation in children permanently residing in the Bukhara region.

Materials and Methods

To study the frequency and distribution of constipation in children, retrospective data from the ChMPMC(Children's multiprofile medical center) of the Bukhara region for 2018-2020 were used. Statistical processing of the case histories of 295 sick children with constipation treated in the Department of Gastroenterology and Surgery was done.

Results and Discussion

The results of a retrospective study of the data showed that during the studied period of the ChMPMC(Children's multiprofile medical center) of the Bukhara region, 295 children were hospitalized with a diagnosis of Chronic constipation. Constipation in children aged 4-7 years (43%) was more common than in other age categories. 25% of the incidence was observed among children 7-12 years



old. Of all surveyed children, 174 cases (58.9%) of constipation were registered among boys and 121 cases (41%) - among girls.

When analyzing the prevalence of constipation in children at the place of residence, urban patients ranked first (79%). The maximum number of children with constipation in rural areas was in the Jandar, Gijduvan, and Ramitan districts of the Bukhara region (34%, 33%, and 27%, respectively).

Of all those treated, 20 (6.7%) were diagnosed with Hirschsprung's disease. In 5 cases (1.7%), patients with Hirschsprung's disease were operated on.

Conclusions

1. Constipation remains a serious problem in modern pediatrics. And in our study, constipation in children aged 4-7 years (43%) was found in greater numbers than in other age categories, and among boys (58.9%) constipation was more common than among girls (41%).
2. In children of the urban population, constipation is registered 2 or more times more.
3. In some children (6.7%), chronic constipation is caused by congenital anomalies of the colon (Hirschsprung's disease, dolichocolon, dolichosigma, colon duplication).

Relevance: The problem of protecting the health of mothers and children is at the center of the attention of scientists all over the world [3,9,17]. In the modern world, the urgency of the problem of constipation is due to the steady increase in its prevalence both among the adult population and among children.

Constipation affects the quality of life of patients, which, in the absence of adequate lifestyle changes and nutritional correction, as well as appropriate therapy, progressively decreases [5,8,10]. In this regard, the problem of timely diagnosis and treatment of patients with constipation is very relevant.

According to various authors, the prevalence of constipation among the adult population of highly developed countries varies from 4 to 45%, and among children - from 0.7 to 34%. A systematic review of 21 epidemiological studies estimated the population incidence of constipation in the populations of Europe and Oceania, which were 17.1% and 15.3%, respectively. Even higher estimates of the prevalence of constipation were obtained in studies conducted in Latin America, some countries of Western Europe, and Russia [5,11,12]. In the UK, according to researchers, 34% of children aged 4 to 7 years suffered from constipation. According to research data published in recent years in the Russian



Federation (RF), the incidence of constipation in children is about 25-30%. It is believed that 10 to 25% of children suffer from constipation, but its true prevalence in children is unknown due to the low prevalence of parents in this regard to the doctor [1,6,7,13].

Constipation clinic is an intestinal disorder that manifests itself as signs of difficult, infrequent, and incomplete defecation. The main criteria for constipation are:

- 1) 2 or fewer bowel movements within 6-7 days;
- 2) overflow of feces in the intestines;
- 3) pain and difficulty in the act of defecation;
- 4) an increase in the diameter of the fecal cylinder;
- 5) the presence of fecal stones in the rectum;
- 6) the occurrence of blockage of the toilet by an enlarged fecal cylinder [2,4,15,16].

Purpose of the Study

To study the frequency and structure of functional constipation in children permanently residing in the Bukhara region.

Materials and Methods

To study the frequency and distribution of constipation in children, retrospective data from the ChMPMC of the Bukhara region for 2018-2020yy were used. Statistical processing of the case histories of 295 sick children with constipation treated in the Department of Gastroenterology and Surgery was done. In addition, we used an oral survey of parents who applied for outpatient counseling about constipation in their child and filled out questionnaires.

Statistical processing of the obtained results was carried out by classical mathematical methods of variation statistics using the Statistica for Windows software package.

Results and Discussion

The results of a retrospective study of data for 3 years showed that in the period from 2018-2020, 295 children diagnosed with Chronic constipation were hospitalized for inpatient treatment in the department of gastroenterology and surgery of the ChMPMC(Children's multiprofile medical center) of the Bukhara region.



Distribution of constipation by age. Table 1

Age of children	2018-2020	%
1-3 years	68	23
4-7 years	127	43
7-12 years old	73	25
12-18 years old	27	9.1
Total	295	100

As can be seen from the tables, constipation in children aged 4-7 years (43%) was found in greater numbers than in other age categories. 25% of the incidence was observed among children 7-12 years old. (Table 1)

Of all surveyed children, 174 cases (58.9%) of constipation were registered among boys and 121 cases (41%) - among girls. (Fig. 1)

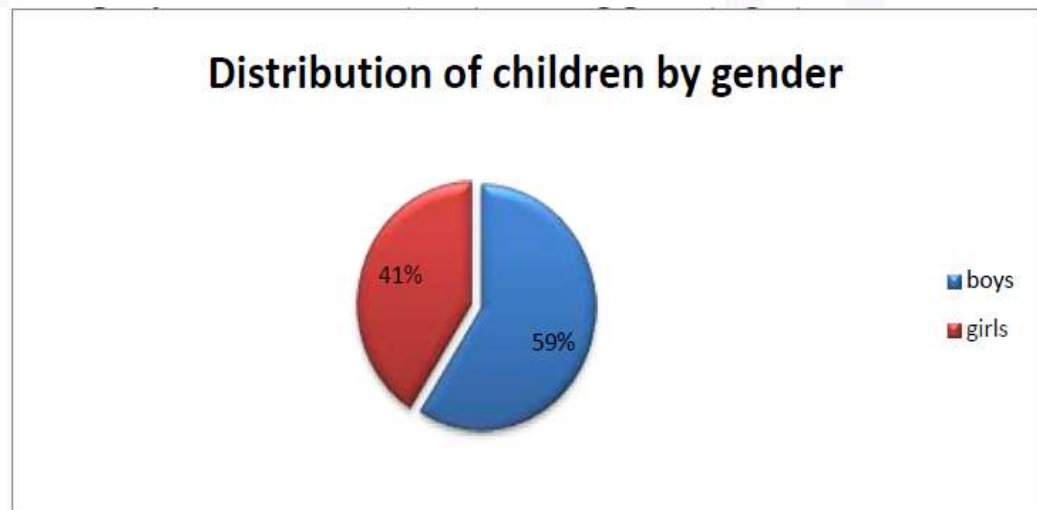


Fig. 1 Distribution of constipation by gender

When analyzing the prevalence of constipation in children at the place of residence, urban patients ranked first (79%). The maximum number of children

with constipation in rural areas was in the Jandar, Gijduvan, and Ramitan districts of the Bukhara region (34%, 33%, and 27%, respectively) (Fig. 2).

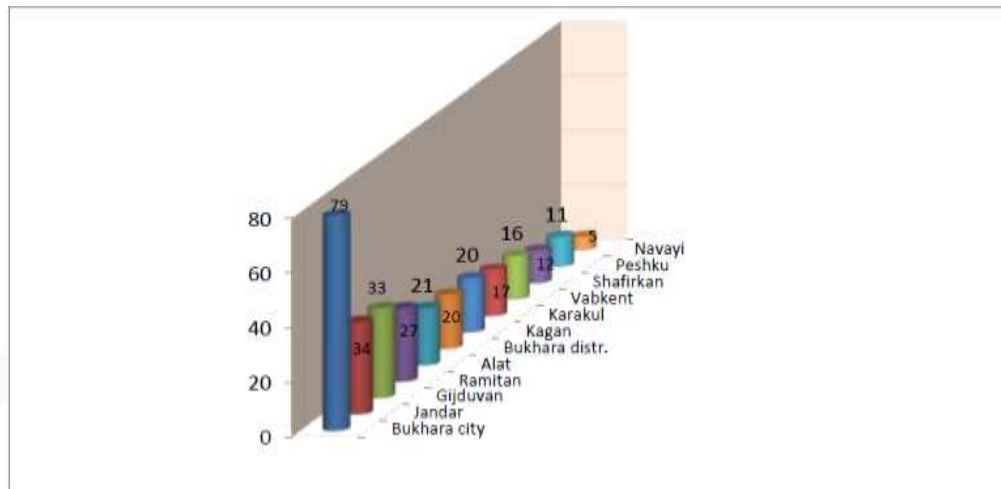


Fig. 2 Distribution of constipation by regions (districts) of the region

It was also found that in almost half of children suffering from constipation in the first year of life, they were artificially fed or resorted to early mixed feeding. 60-70% of one parent also had constipation. It was found from verbally interviewed parents that 27% of children who attend kindergarten and school do not go to defecate while they are at kindergarten or school. Constipation was also diagnosed in young children who often visit a neurologist and intake sedatives.

Complaints of patients and their parents were about a rare, painful, difficult bowel movement, an increase in the volume of the abdomen, moodiness, poor appetite, halitosis, apathy, frequent stimulation of the anus by parents, and the introduction of suppositories, a long stay in the toilet of older children and blockage of the toilet after visiting it. Examination of the children revealed pallor of the skin, the lining of the tongue, an increase in the volume of the abdomen, tightness on palpation of the sigmoid colon, a rare visit to the pot or toilet, dense feces in the form of "fecal stones" or "hard sausage".

In 2018-2020yy, 236 (80%) patients were treated in the surgery department and 59 (20%) in the gastroenterology department. Of all those treated, 20 (6.7%) were diagnosed with Hirschsprung's disease. In 5 cases (1.7%), patients with Hirschsprung's disease were operated on, however, complications such as anal incontinence or encopresis were encountered.



Conclusions

1. Constipation remains a serious problem in modern pediatrics. And in our study, constipation in children aged 4-7 years (43%) was found in greater numbers than in other age categories, and among boys (58.9%) constipation was more common than among girls (41%).
2. In children of the urban population, constipation is registered 2 or more times more.
3. In some children (6.7%), chronic constipation is caused by congenital anomalies of the colon (Hirschsprung's disease, dolichocolon, dolichosigma, colon duplication).

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