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Chronic Idiopathic Constipation: Therapeutic Options — Issue 3

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PROGRAM DESCRIPTION

Although chronic idiopathic constipation (CIC, also known as functional constipation) is common, it is not inconsequential. It can carry a heavy sociomedical burden and have a profound negative impact on quality of life—problems that are compounded by late or inaccurate diagnosis and, all too often, inadequate or inappropriate management. In some cases, patients refrain from complaining about bowel problems out of embarrassment or a sense that they can manage them on their own. In other cases, clinicians fail to proactively ask about bowel symptoms or to listen fully to patients' accounts of nonprescription treatment strategies they have already tried without success. In this podcast, a noted expert illustrates a patient-centric, stepwise approach to care that directs effective treatment to the patient's specific complaints, thus reducing diagnostic delays and improving treatment adherence, thereby enhancing treatment outcomes and patient satisfaction.

INTENDED AUDIENCE

Clinicians who treat individuals with irritable bowel syndrome/chronic idiopathic constipation (IBS/CIC), including gastroenterologists, internal medicine and family physicians, gynecologists, pharmacists, and nurse practitioners (NPs) and physician assistants (PAs) who work in gastroenterology, gynecology, or primary care settings

LEARNING OBJECTIVES

After participating in this activity, learners should be better able to:

- Implement individualized treatment plans for patients with chronic idiopathic constipation (CIC) that incorporate data from randomized controlled trials and evidence-based recommendations
- Utilize patient-centric counseling strategies for patients with CIC to support prompt identification of inadequate or poorly tolerated therapy and support long-term therapeutic adherence

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