



Corporate press release

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FIRST COLLABORATIVE TREATMENT GUIDELINES FOR THE MANAGEMENT OF CONSTIPATION AND FAECAL IMPACTION IN OLDER AUSTRALIANS NOW AVAILABLE

For the first time, Australia's healthcare professionals and carers have access to clinical best practice guidelines to identify, assess and treat constipation and faecal impaction in older people following today's launch of *IMPACT Bowel Care for the Older Patient*.

Developed by a multi-disciplinary team of ten leading experts and chaired by gastroenterologist Professor Peter Gibson, *IMPACT Bowel Care for the Older Patient* is a one stop shop for the treatment of constipation and impaction. It contains a comprehensive, practical and easy-to-use set of guidelines, assessment tools and treatment pathways.

"Since constipation and faecal impaction can be treated by a number of different healthcare professionals, this is an excellent resource because for the first time it draws on the experience of a team of experts with a range of clinical skills and expertise," Professor Peter Gibson said.

"This means the resource will be relevant for each person involved in treating the condition - whether they are an aged care nurse, pharmacist, GP or specialist," Professor Gibson said.

"Constipation is a common occurrence amongst older Australians – for example, up to 60% of people living in residential nursing homes will be affected³ - so it's exciting we now have a single resource that provides clear practical guidance for all healthcare professionals and carers who have to manage this problem for their patients."

Although it affects children and adults of all ages, constipation, faecal impaction and faecal incontinence are particularly prevalent in the older population.^{1,2,3} However, constipation is not a natural part of ageing so no one needs to put up with the discomfort of constipation when there are many treatment options available.^{1,4}

"Constipation is a painful problem, which significantly reduces the quality of life for people affected," said Dr Rod Beckwith, GP with expertise in servicing aged care facilities, and member of the scientific panel who developed the resource,.

“It may result from other significant medical causes⁵ so it’s important for GPs and other healthcare professionals to have access to a resource like this so they can correctly identify, assess and treat the condition,” Dr Beckwith said.

IMPACT Bowel Care for the Older Patient has been developed by an independent working party with the support of an unrestricted educational grant from Norgine Pty Ltd.

Healthcare professionals can call 1800 636 000 toll free to request a copy.

Information for media:

Interview opportunities are available with the following:

- Professor Peter Gibson, Gastroenterologist, Box Hill Hospital, Vic
- Dr Rod Beckwith, GP, Wyoming, NSW

To organise an interview or for more information contact:

Stephen Richardson	T: 02 9513 8569	M: 0438 262 869	E: s.richardson@haystac.com.au
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¹ McCrea GL, Miaskjowski C, Stotts N et al. Pathophysiology of constipation in the older adult. *World J Gastroenterol* 2008; 14(17): 2631–8.

² De Lillo AR and Rose S. Functional bowel disorders in the geriatric patient: constipation, fecal impaction and fecal incontinence. *Am J Gastroenterol* 2000; 95(4): 901–5.

³ Kinnunen O. Study of constipation in a geriatric hospital, day hospital, old people’s home and at home. *Aging (Milano)* 1991; 3(2): 161–70.

⁴ Hsieh C. Treatment of constipation in older adults. *Am Fam Physician* 2005; 72: 2277–84.

⁵ Ginsberg DA, Phillips S, Wallace J et al. Evaluating and managing constipation in the elderly. *Urol Nurs* 2007; 27(3): 191–200, 212.

Norgine

Norgine is an independent, successful European specialty pharmaceutical company that has been established for over 100 years and has a direct presence in all the major European markets. Norgine employs over 1,200 people.

Norgine’s focus is the development and marketing of pharmaceutical products that address significant unmet clinical needs in areas such as gastroenterology, hepatology and pain management. The company currently markets a range of products in its key therapeutic areas such as MOVICOL[®] for the treatment of constipation and faecal impaction, MOVIPREP[®] a new generation of bowel cleansing preparation and KLEAN-PREP[®] for bowel preparation prior to colonoscopy.

Norgine is active in research and development and currently has products in various stages of clinical development. Norgine manufactures most of its own products in Hengoed in Wales and Dreux in France.

Norgine’s web site www.norgine.com