



**WORKING TO
WELLBEING**



But I can't poo at work?!

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What we'll cover:

Common symptoms and why many of these aren't necessarily bowel related

How will these impact on work ability

What measures – both practical and cultural - are commonly helpful in these situations



Crohn's

Pancreatic
Insufficiency

Diverticulitis

Ulcerative
Colitis

Bowel
cancer

Irritable
Bowel



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Joint Pain

Physical Tiredness

Cognitive Fatigue

Abdominal Pain

Stress/anxiety

**What else might
be going on?**

What does that mean?

- Difficulty with
 - Long meetings
 - Travel
 - High pressure situations
 - Working hours:
 - May need more regularity OR more flexibility
 - Social/informal meetings – food and drink
 - Tight or tailored clothing

So how can I help?

I can't tell you! Okay okay, I can, but as stated, there is no one fit solution.

Listen to the person. They know what they need.

Increase access to toilets – and ideally private toilets.

Improve flexibility – if a person knows they CAN go, reduces the need to go

Respect boundaries – a person may need to eat or move at set times

Meetings:

Keep them short and snappy (I'm sure everyone would appreciate this anyway!)

Have a system for being excused discreetly

Communicate with the team - they don't need to know everything but a professional succinct message along the lines of 'so-and-so has a health condition and may need to excuse themselves unexpectedly and/or more often than expected' can go a long way.

Normalise wellness – moving regularly, stretching, adjusting positions, comfortable positions, hot water bottles at work,

Encourage 'water your own grass' thinking amongst the team – many folks with bowel conditions worry about others' opinions but if the team culture is to not comment on others' business then it's less stressful.

**Questions?
Discussion?**