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This article reveals a project on establishing the effectiveness of an acupressure programme designed and carried out for our clients with constipation, and how this programme was integrated into the conductive education system in which the clients were under. The protocol of this acupressure programme was based on the theories of Traditional Chinese Medicine for treating constipation in the paediatric population. Various selection criteria were set up, and alternate experimental and control periods were arranged. Several indicators were chosen to examine the changes of the bowel habits or other health-related issues in the clients. The satisfaction level of the parents was also evaluated after the programme. According to the results obtained, positive trends were noted in the bowel habits of the clients and the satisfaction level of the clients. Owing to the limited number of clients participating in this study and relatively short research period, this study can be viewed as preliminary to larger scale research later.

The project also gives an insight on how the acupressure programme can be implemented into the clients' daily living under the Conductive Education System. This programme is integrated into the tasks and daily routine of the clients regarding the application of acupressure skills and the coordination of building up clients' bowel habit. Team approach was also employed with liaison between different professionals in order to maximize the effects of the programme. Through this seamless cooperation, it is hoped that the problem of constipation in our clients can be eased and their health and development can be enhanced.



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