

# The Manual for The Consensus



[www.spreadhealth.in](http://www.spreadhealth.in)



# Registration



Voting for the Consensus will be on the following electronic platform: ***www.spreadhealth.in***



First, you need to register yourself



Log in to ***www.spreadhealth.in***



Click on "***SPREAD Research & Innovation Initiative***"



***"Click here to participate in the consensus activity"***



It will open a registration window in the bottom of which it will show "***Do you wish to register for a new account for consensus***"



Please click on it and fill in the details and submit



After that, administrator may take 1-2 days to confirm it after which, you will be able to log in

# Registration (pictorial)



www.spreadhealth.in

Log in

Email:

\_\_\_\_\_

Password:

\_\_\_\_\_

**CONTINUE**

Do you wish to register for a new account for consensus?



Before voting, it is good to be familiar with the literature by viewing the Consensus library



For this, click on ***“SPREAD Digital Medical Education Initiative”***



Then, click on the Consensus Library you wish to study



It may ask for the password



It is same as your membership password emailed to you by the SPREAD Consensus Team



If you open the Library after logging in as a Member using your user name and password, it may not ask for the password again



# 5 Consensus Library (pictorial)



www.spreadhealth.in

Shanti Public Educational & Development Society (with Research, SPREAD)

Tele Conversation Slot

Home Who we are Spread Services Spread in Media Gallery eNewsletters Videos Web Links Contact Us

**SPREAD Patient Education Initiative**  
Patient Education is a cornerstone for successful healthcare

**SPREAD HealthCare Initiative**  
In the face of scarcity of health professional & their time, it will

**SPREAD Research & Innovation Initiative**  
SPREAD is involved in population research in digestive health

**SPREAD Digital Medical Education Initiative**  
SPREAD encourages development of digital medical library to

**News & Events**  
SPREAD has successfully completed a study on digestive health on rural population in Jaunpur, Uttar Pradesh  
House-to-house survey was undertaken by trained interviewers using translated-validated Rome III and hospital anxiety and depression questionnaires. Prevalence and risk factors of functional gastro-intestinal disorders in a rural Indian population

Welcome, Library

Spread Library  
An Educational Initiative

Home Books Thesis Journals Newsletter Contacts

**Spread Library Special Offers**  
A small beginning for providing huge content under an umbrella  
This should not be confined to text books only. Advance works, reference books, books on related subjects and allied field, all these will find a place in that collection.

**Categories** → **Journals**

- Anatomy
- Internal medicine
- Gastroenterology
- Physiology
- Pharmacology
- Microbiology
- Dentistry
- Periodontics
- Indian Constipation Consensus
- Library

**Tropical Gastroenterology**  
Title: Tropical Gastroenterology  
Type: pdf  
Added On: 0000-00-00  
146201618384738.pdf

**Journal of Gastroenterology and Hepatology**  
Title: Journal of Gastroenterology and Hepatology  
Type: pdf  
Added On: 0000-00-00  
Ghoshal\_et\_al\_2016-Journal\_of\_Gastroenterology\_and\_Hepatology.pdf

**Indian Journal of Gastroenterology**  
Title: Indian Journal of gastroenterology  
Type: link  
Added On: 0000-00-00  
ghoshal2013.pdf

**Indian Journal of Gastroenterology**  
Title: Indian Journal of Gastroenterology  
Type: pdf  
Added On: 0000-00-00  
ghoshal2018 (2).pdf

**Gut and Liver**  
Title: Gut and Liver  
Type: pdf  
Added On: 0000-00-00

**Gastroenterology research**  
Title: Gastroenterology research

**Indian Journal of Gastroenterology**  
Title: Indian journal of Gastroenterology  
Type: pdf

**Journal of Clinical and Diagnostic Research**  
Title: Journal of Clinical and Diagnostic Research

# Voting



Vote only after receiving email from the SPREAD Consensus Team to do so



Vote only once and not repeatedly



To do so, log in to ***www.spreadhealth.in***, click on ***"SPREAD Research & Innovation Initiative"***



***"Click here to participate in the consensus activity"***



Provide your user name & password (emailed to you)



Consensus statements can be seen if the voting has started



Click on each statement to vote for it. Vote on 3 aspects, (i) whether you agree to this statement, (ii) what is the level of evidence (study consensus library), and (iii) recommendation

# Voting (pictorial)



Spread | Submit Consensus

Welcome Uday C Ghoshal

- Indian Consensus on Chronic Constipation in Adults (Version 1)

- Chronic constipation (CC) is common in India
- CC is commoner in females than male
- CC is common in elderly
- Stool frequency is higher and forms softer in India
- There is mismatch between patient-perceived and physician-defined constipation
- Constipation should be defined in India by stool forms and other constipation symptoms and patient's perception rather than stool frequency
- Bristol stool types I-III increases diagnostic sensitivity of CC in India than type I-II as defined in Western countries
- Abdominal bloating is common and pain less frequently associated with CC
- Functional constipation (FC) is commoner than IBS-C in India as pain is less in frequency and severity in India

**News & Events**

SPREAD has successfully completed a study on digestive health on rural population in Jaunpur, Uttar Pradesh

House-to-house survey was undertaken by trained interviewers using translated-validated Rome III and hospital anxiety and depression questionnaires, [Frequency and risk factors of functional gastro-intestinal disorders in a rural Indian population](#)

SPREAD has supported the study on Bengali translation of Enhanced Asian Rome III questionnaire, which has been published (<https://www.ncbi.nlm.nih.gov/pubmed/26690730>)

SPREAD is planning to start a digital library for medical professional with limited access to scientific information

SPREAD has made low and high FODMAP diet chart for patients with IBS, who may benefit from avoiding the high FODMAP foods, and the link is [Visit Fod Map Chart](#)

<http://www.ncbi.nlm.nih.gov/pubmed/27262283>

Indian Consensus on Chronic Constipation in Adults (Version 1)

- Indian Consensus on Chronic Constipation in Adults (Version 1)

Chronic constipation (CC) is common in India

|      |  |                       |
|------|--|-----------------------|
| I.   | Accepted Completely (AC)               | <input type="radio"/> |
| II.  | Accepted With Some Reservation (AWSR)  | <input type="radio"/> |
| III. | Accepted with major Reservation (AWMR) | <input type="radio"/> |
| IV.  | Rejected With Reservation (RWR)        | <input type="radio"/> |
| V.   | Rejected Completely (RC)               | <input type="radio"/> |

Level of Evidence \*

|       |   |                       |
|-------|---|-----------------------|
| I.    | Evidence obtained from at least one randomized, controlled trial                      | <input type="radio"/> |
| II-1. | Evidence obtained from well-designed controlled trials without randomization          | <input type="radio"/> |
| II-2. | Evidence obtained from well-designed cohort or case-control randomization             | <input type="radio"/> |
| II-3. | Evidence obtained from comparison between time or places with or without intervention | <input type="radio"/> |
| III.  | Opinion of respected authorities, based on clinical experience and expert Committees  | <input type="radio"/> |

Recommendation

Based on the quality of evidence, the grade of recommendation will be decided as follows:

|    |  |                       |
|----|--|-----------------------|
| A. | There is good evidence to support the statement  | <input type="radio"/> |
| B. | There is fair evidence to support the statement  | <input type="radio"/> |
| C. | There is poor evidence to support the statement but recommendation made on other grounds | <input type="radio"/> |
| D. | There is fair evidence to refute the statement   | <input type="radio"/> |
| E. | There is good evidence to refute the statement   | <input type="radio"/> |

Add Refrencers

# Commenting on the statements



You should comment on each statement with appropriate reference



To do so, click on “Add” button at the bottom of the statement page



***"Click here to participate in the consensus activity"***



Provide your user name & password (emailed to you)



Consensus statements can be seen if the voting has started



Click on each statement to vote for it. Vote on 3 aspects, (i) whether you agree to this statement, (ii) what is the level of evidence (study consensus library), and (iii) recommendation



# 9 Commenting (pictorial)



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**Recommendation**

Based on the quality of evidence, the grade of recommendation will be decided as follows:

- A. There is good evidence to support the statement
- B. There is fair evidence to support the statement
- C. There is poor evidence to support the statement but recommendation made on other grounds
- D. There is fair evidence to refute the statement
- E. There is good evidence to refute the statement

**Add Refrencers**

**Add**

**Submit**

**After completion, click on submit**

**Provide first author's name & initial here (e.g. Dorssman D)**

**Provide title of the paper here**

**Give comment here**

**Provide Journal's name, year, volume & page number**

**To give more comments and references, click here**

**Add**

**Submit**

Reference Writeup

Author Name

Title

Journal Name

Year

Volume

Page No

Remove