

# New consensus review of best practice of transanal irrigation in adults

## Objective of the new consensus review

A consensus expert review of the treatment modality of transanal irrigation (TAI).

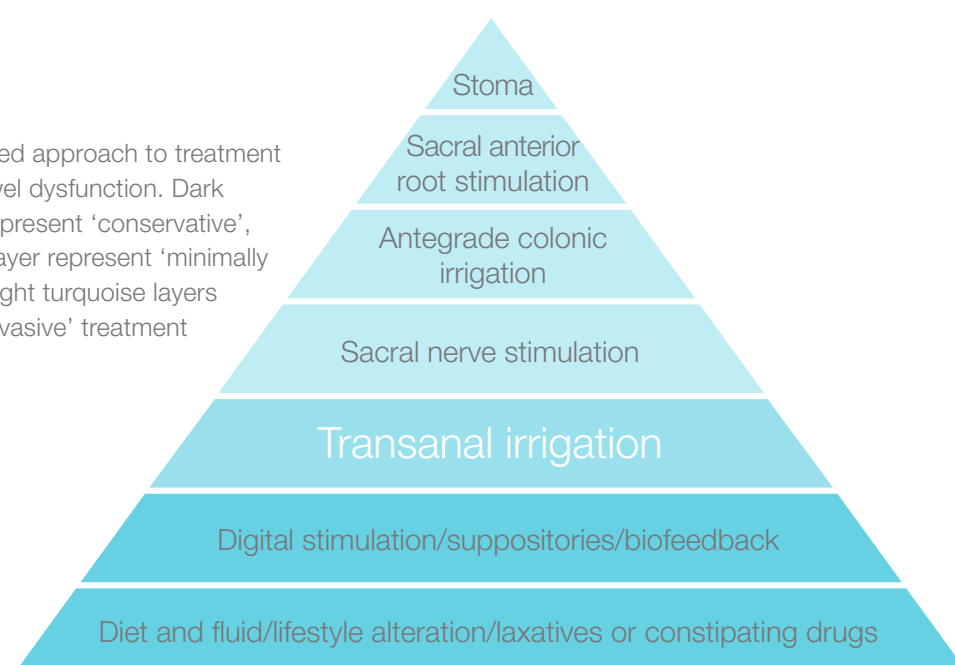
## Methodology

12 specialists from a range of disciplines and with experience prescribing and monitoring patients using TAI worked together assimilating emerging literature and rapidly accruing clinical expertise.

## Result

The consensus review places TAI as the standard treatment option following conservative treatment of neurogenic bowel dysfunction (NBD) patients. The authors emphasise the need for careful patient selection taking clinical history and indications and contraindications into account. Directly supervised training by experienced health care personnel and sustained follow up to improve adherence are key to optimising the TAI outcome.

A proposed stepped approach to treatment of neurogenic bowel dysfunction. Dark turquoise layers represent 'conservative', middle turquoise layer represent 'minimally invasive' and the light turquoise layers represent 'more invasive' treatment options\*



\*Consensus review of best practice of transanal irrigation in adults

AV Emmanuel, K Krogh, G Bazzocchi, A-M Leroi, A Bremers, D Leder, D Van Kuppevelt, G Mosiello, M Vogel, B Perrouin-Verbe, M Coggrave, P Christensen and members of the working group on Trans Anal Irrigation from UK, Denmark, Italy, Germany, France, and the Netherlands. Spinal Cord 2013, 1-7

# Is your current treatment of neurogenic bowel dysfunction effective?

Faecal continence is a requisite for participation in all areas of adult life. In fact, the impact of Neurogenic Bowel Dysfunction (NBD) is rated significantly higher than other aspects of spinal cord injury<sup>1</sup>

**Many patients with spinal cord injury (SCI) have moderate-to-severe symptoms associated with NBD**



4 out of 10 patients have symptoms of constipation<sup>1,2</sup>



5 out of 10 patients spend more than 30 minutes emptying their bowels<sup>3</sup>



More than 7 out of 10 patients suffer from faecal incontinence<sup>2</sup>

## The NBD score is a validated tool to assess the effectiveness of your bowel programme

Bowel management can be a delicate and difficult subject to talk about. Furthermore, it can be difficult to measure the severity of NBD and subsequent improvements after initiating or altering a bowel management treatment.

The NBD score is calculated from a validated symptom based questionnaire developed to measure the level of neurogenic bowel dysfunction in spinal cord injured patients<sup>4</sup>.

## How the NBD score can help

The questionnaire contains ten questions regarding bowel symptoms and results in a total score between 0 and 47 points. This score corresponds to the severity of a patient's colorectal disorder.

The questionnaire is useful for assessing any change in bowel dysfunction over time or after change in treatment regimen.

The NBD questionnaire is simple to use and can be filled out by you or your patient as preferred.

Utilise the score on an ongoing basis, to follow the progress of a patient's current bowel programme.

See more at [www.nature.com](http://www.nature.com), search NBD score.

### References

1. Coggrave M et al. Management of neurogenic bowel dysfunction in the community after spinal cord injury: a postal survey in the United Kingdom. *Spinal Cord* 2009;47:323-333
2. Krogh K et al. Colorectal function in patients with spinal cord lesions. *Dis Colon Rectum* 1997;40:1233-1239
3. Glickman S et al. Bowel dysfunction in spinal-cord-injury patients. *The Lancet* 1996;347:1651-1653.
4. Krogh K, Christensen P, Sabroe S, Laurberg S. Neurogenic bowel dysfunction score. *Spinal Cord*. 2006;44:625-631