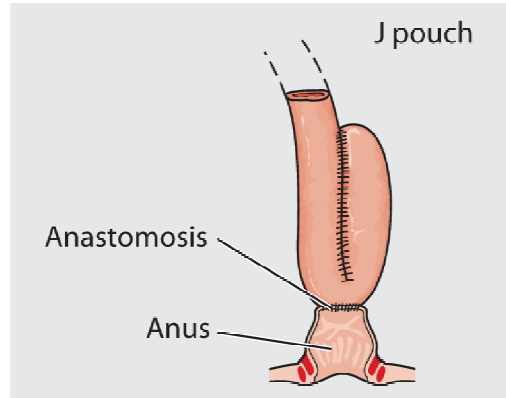
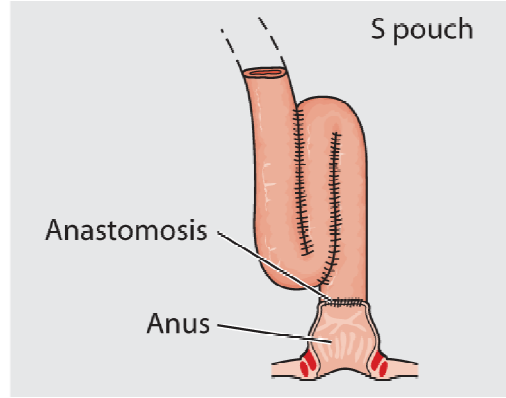
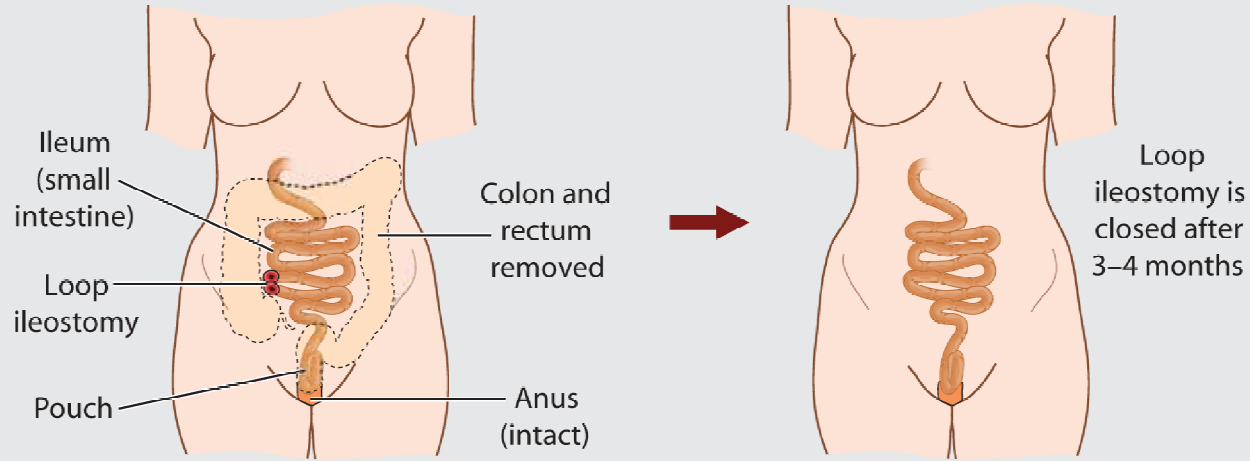


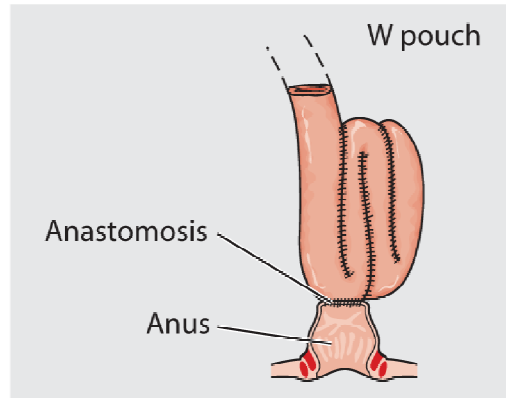
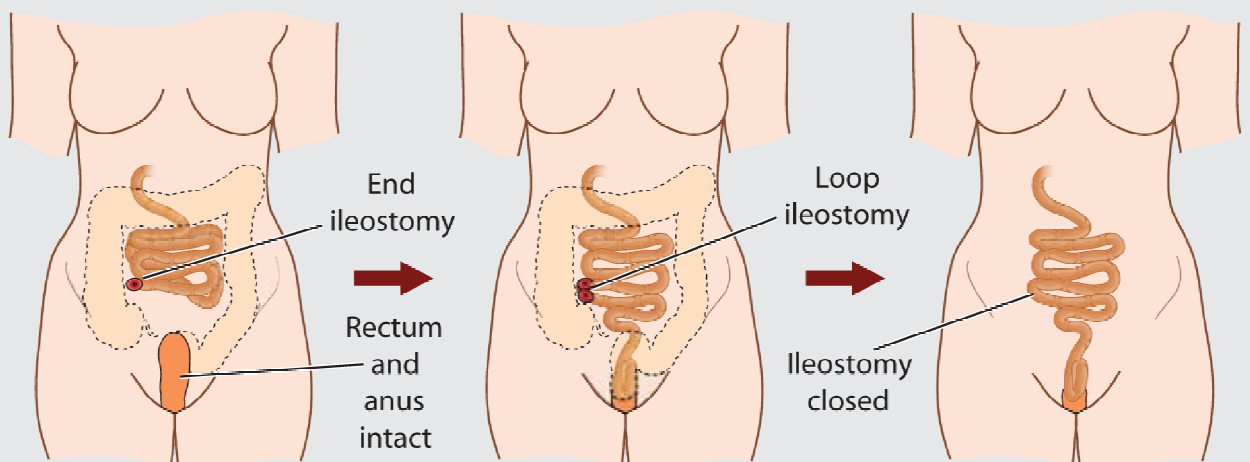
# Pouch Function and Biofeedback

Ellie Bradshaw CNS Biofeedback,  
St Marks Hospital, Harrow

### 2-stage proctocolectomy



### 3-stage proctocolectomy



# What is Biofeedback?

- Behavioural Therapy
- Bowel and muscle retraining
- Widely advocated as a first line non invasive treatment for constipation, evacuation disorders and faecal incontinence (NICE, 2007)

# What Does Biofeedback Involve?

- Advanced assessment
- Patient education
- Bowel and muscle retraining
- The teaching of practical techniques to control and improve bowel symptoms
- Psychological support

# How Does This Relate to Pouch Function?

- Literature shows that a “good pouch function” is often related to aspects such as: lower frequency of pouch emptying, ease of evacuation and faecal continence
- Conversely, pouch “dysfunction” can be said to include increased frequency of pouch emptying, evacuatory problems and faecal/ mucus incontinence (or leakage)

# Biofeedback and Pouch Dysfunction

- Pouch Frequency – Loperamide useage, anal skincare, dietary advice, pouch training
- Evacuatory Dysfunction – evacuatory positioning and techniques, use of Medina catheters and water irrigation
- Faecal/ Mucus Incontinence – improving external anal sphincter tone and pelvic floor muscles

# Urge Resistance

- Urge Deferral – Training to improve pouch capacity and behavioural response
- Requires education of pouch positive bowel anatomy
- Understanding of continence mechanisms
- Insight into brain/bowel signals

# Evacuatory Techniques

- Humans are designed to open their bowels squatting – this makes complete evacuation anatomically and gravitationally easier
- The position can be emulated using a low foot stool, with elbows on knees and back straight
- To reduce risk of straining the Brace Pump technique can be utilised

# Pelvic Floor and Sphincter Exercises

- Teaching isolation of the External Anal Sphincter and the Pelvic Floor Muscles as a group
- Using exercise programmes to promote strength, endurance and fast response of the muscles
- These exercises may also act as a preventative for future problems with compromised continence

# Biofeedback – Does It Work for Pouch Patients?

- There is very little research
- Anecdotally, it can work as a useful addition to pouch nurse support
- If NICE (2007) has tentatively pointed towards the positive effect of Biofeedback for IBS – as well as for constipation, evacuatory dysfunction and faecal incontinence (for which we have an 80% improvement rate) – it may well work for Pouch Patients

# Key Points

- Biofeedback in the Gastrointestinal Speciality involves behavioural therapy and bowel and muscle retraining
- It involves many of the practical strategies that are suggested by Pouch Care Nurses in improving pouch function