

## PERISTEEN TRANSANAL IRRIGATION SYSTEM IN TREATING ADULT PATIENTS WITH BOWEL DYSFUNCTION: KFSH-D EXPERIENCE

### Hypothesis / aims of study

To evaluate the efficacy and safety of the Peristeen© Transanal Irrigation system in treating faecal incontinence/soiling or chronic constipation in Adults with Neurogenic causes or due to chronic idiopathic constipation.

### Study design, materials and methods

A retrospective study of all adult patients with faecal incontinence/soiling, or chronic constipation who were referred to our centre in incontinence clinic and put on Peristeen© Transanal Irrigation system for management from January 2009 till December 2015.

A validated faecal continence scoring system (Rintala and Lindahl, 1995) was used to assess bowel function and social problems before and 6 months after treatment with Peristeen© (scoring system attached where 20 points are the highest).

All Patients were included males and females. Only those who missed follow up less than 6 months were excluded from the study. Length of follow up in months, patients satisfactions (fully satisfied, partially satisfied or not satisfied), and complications related to the procedures were all assessed.

### Results

A total of 20 patients were included in the study. All patients were diagnosed with Neurogenic Bladder Disorder with bowel dysfunction (soiling, constipation or both) due to MMC or SCI due RTA.

16 males (80%) and 4 were females (20%).

The median age was 21 (Range: 15-61)

No one was fully satisfied (0 %), 16 were partially satisfied (80%) and 4 were not satisfied (20%) (All due to discomfort with the system and also no change in symptoms)

The median follow up time was 22.5 months (4-42).

The median score of the Faecal continence improved from 5.5(3-13) to 14(5-17) out of 20 (p Value < 0.0001)

No complications (bleeding, perforation or infection) were reported among all patients who used the system.

One patient died during follow up due to other cause (sickle cell crises).

### Interpretation of results

The results show that satisfaction with the treatment is overall high with around 80% of patients. The improvement in symptoms according to the faecal continence score system were statistically significant comparing before and after treatment (<0.0001 P value).

There were no complications recorded which support the safety of the system

### Concluding message

The study shows that Peristeen© Transanal Irrigation system is safe and effective modality in treating faecal incontinence/soiling or chronic constipation in patients with neurogenic causes and/or Spinal cord injuries with good overall patients' satisfaction

TABLE 1: Faecal continence scoring system (Rintala and Lindahl, 1995, [10]).

<b>Ability to hold back defecation</b>	
Always	3
Problems less than 1/week	2
Weekly problems	1
No voluntary control	0
<b>Feels/reports the urge to defecate</b>	
Always	3
Most of the time	2
Uncertain	1
Absent	0
<b>Frequency of defecation</b>	
Every other day to twice a day	2
More often	1
Less often	1
<b>Soiling</b>	
Never	3
Staining less than 1/week, no change of underwear required	2
Frequent staining, change of underwear often required	1
Daily soiling requires protective aids	0
<b>Accidents</b>	
Never	3
Fewer than 1/week	2
Weekly accidents often require protective aids	1
Daily accidents require protective aids during day and night	0
<b>Constipation</b>	
No constipation	3
Manageable with diet	2
Manageable with laxatives	1
Manageable with enemas	0
<b>Social problems</b>	
No social problems	3
Sometimes (foul odors)	2
Problems causing restrictions in social life	1
Severe social and/or psychic problems	0

Disclosures

**Funding:** NONE **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** IRB COMMITTEE, KING KHALED RESEARCH CITY, KING FAHD SPECIALIST HOSPITAL-DAMMAM SAUDI ARABIA **Helsinki:** Yes **Informed Consent:** Yes