

The Neurogenic Bowel - Pathophysiology, Assessment and Management
Conservative management - lifestyle and rehabilitative treatments
ICS Annual Meeting Montreal Canada
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Patient examination (Drake 2013, Unger 2014, Bauer 2012)

Social and family

- Caregiver availability
- Patient anxiety or depression related to bowel routine

Cognitive ability - Mini mental test

Bowel habits

- 2 week bowel diary
 - <http://www.aboutibs.org/store/viewproduct/PDD>
 - http://bowelcontrol.nih.gov/stool_diary_508.pdf
 - <http://www.health.qld.gov.au/mass/docs/resources/continence/boweldiary.pdf>
 - <http://www.med.umich.edu/1libr/MBCP/BowelDiary.pdf>
- Frequency of bowel movements and fecal incontinence
- Consistency of bowel movements - Bristol stool
- Current and past management - laxatives, fiber, enema, suppository, evacuation methods
- Common aggravating factors - foods, fluids, medications, stress, other circumstances that increase or decrease bowel activity
- Specific sensations related to need to defecate: abdominal fullness, increased spasticity, autonomic dysreflexia
- Sensation of incomplete bowel emptying
- Pain with defecation
- Position on the toilet, aids used (swatty potty)
- Initiation of defecation
 - Voluntary, spontaneous
 - Increased intra-abdominal pressure abdominal straining
 - Stimulated evacuation digital stimulation

Physical Examination (NICE 2012, Drake 2013)

- Sensation of S2-5: sharp/dull, light touch
- Reflex S4 - anal wink
- Skin irritations
- Function
 - ROM of lower body for positioning on the toilet
 - Mobility for ambulation to the bathroom and transfers on and off toilet
 - Finger dexterity for undressing, hygiene
 - Length of the patient's arms and ROM - ability to reach rectal area
 - Strength in the upper and lower extremities
 - Sitting balance

- PFM function
 - Digital PFM examination for weakness or spasm per rectum
 - Superficial EMG assessment of PFM for contraction and valsava test for paradoxical PFM contractions during bearing down

References

Bauer SB, et al. International children's continence society's recommendations for initial diagnostic evaluation and follow-up in congenital neuropathic bladder and bowel dysfunction in children. *Neurourol and Urodynam* 2012;31:610-614.

Drake MJ, et al. Neurological urinary and faecal incontinence chapter in *Incontinence* Eds Abrams, Cardozo, Khory and Wein. 5th Ed International Consultation on Continence 2013.

NICE Guideline 148 - Urinary Incontinence in Neurological Disease 2012

Unger CA, et al. Neuroanatomy, neurophysiology, and dysfunction of the female lower urinary tract: a review. *Female Pelvic Med and Reconstructive Surg* 2014;20(2):65-75.