

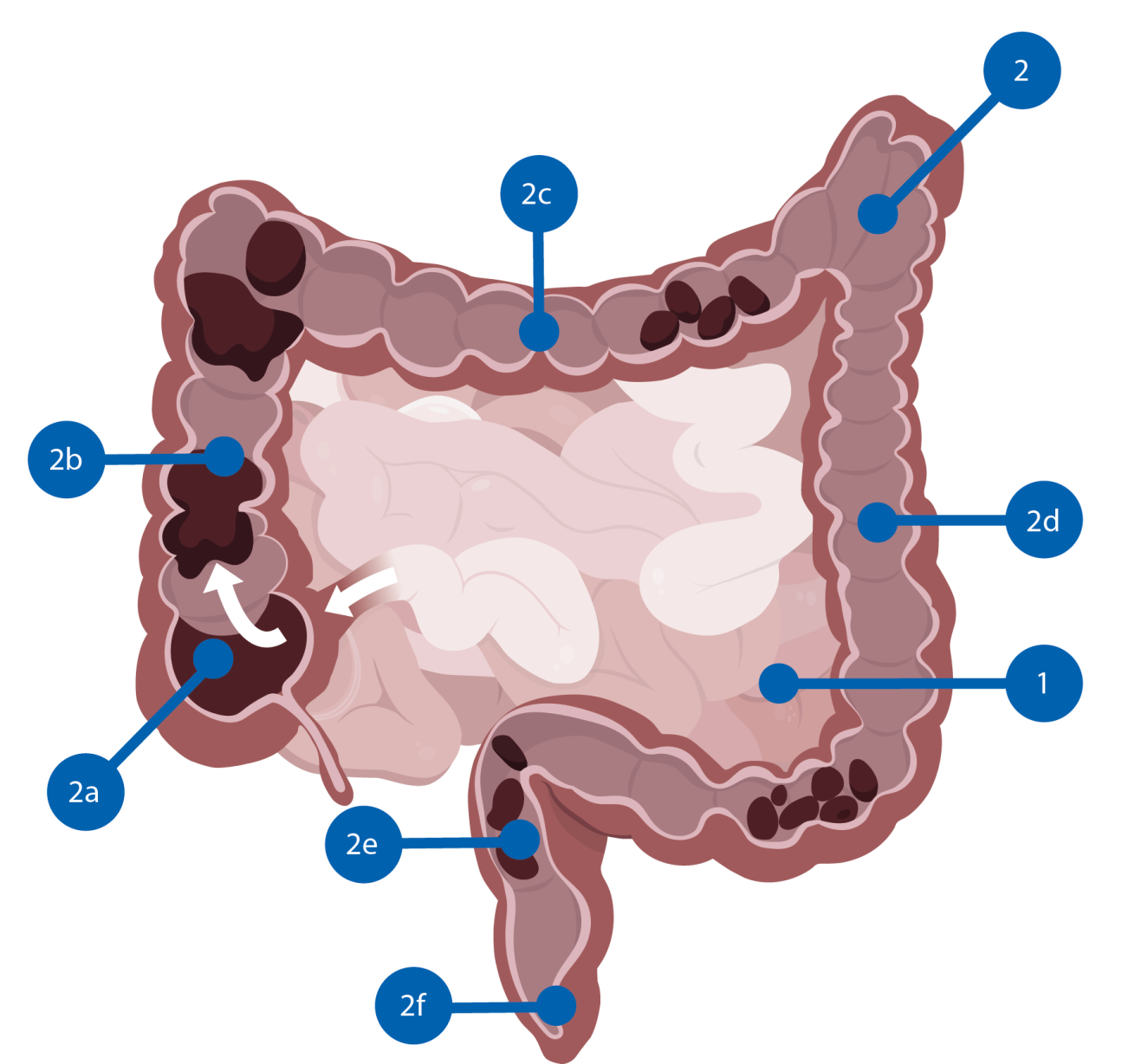
1 Small intestine

2 Large intestine

2a Caecum

2b Ascending colon

2c Transverse colon

2d Descending colon

2e Rectum

2f Anal canal

This section presents a short introduction to how your digestive tract works. After food has been digested in the stomach, it passes into the small intestine (ileum), the main function is to absorb nutrition. The digested food moves into the colon.

The digestive tract

The colon absorbs salts and water and converts the remains into faeces. The transit time through the colon is about 1 to 3 days. Faeces is stored in the rectum, until a signal to the brain is given to defecate, and the faeces then exits through the anal canal.

What happens when it doesn’t work?

The digestive tract is controlled by the nervous system that goes through the spinal cord to the brain. If the neural pathways are interrupted, due to a central neurological disease or damage to the spinal cord or brain, the bowel may not work properly. As these nerves also control the bladder, many people with neurogenic bowel dysfunction also suffer from bladder problems.

**Faecal incontinence is another common problem for people with neurogenic bowel dysfunction. The condition is characterised by involuntary release of faeces. You can become incontinent from constipation, where watery stool passes an impacted mass of hard stool, causing lea­kage. It is not uncommon to suffer from both of these disorders simultaneously.**

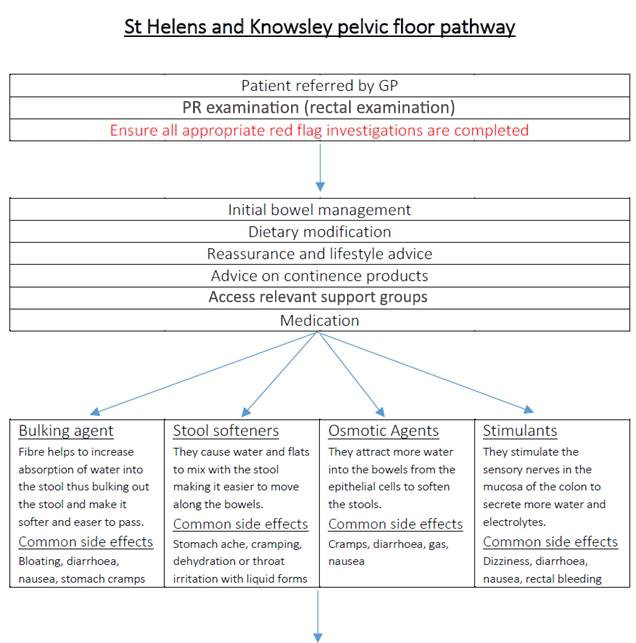
**Conditions or injuries that put people at high risk of neurogenic bowel dysfunction are spinal cord injuries, multiple sclerosis, Parkinson’s disease, spina bifida and diabetes type 1, but there are many other causes as well.**

**Faecal incontinence**

**Constipation**

**Constipation is very common if you have neurogenic bowel dysfunction. Constipation is characterized by infrequent and irregular bowel movements, resulting in hard, dry stools, which are difficult to pass. Constipation can cause the bowel to stretch and the muscles to weaken over time, or cause nerve damage leading to faecal incontinence.**

**Neurogenic bowel dysfunction can lead to constipation, faecal incontinence and/or defecation problems. Many of those affected spend a considerable amount of time trying to manage this problem.**



**Nurse or therapist led training**

If no improvement after three months may be considered for specialist management – Pelvic Floor Colorectal Triage

Bowel retraining/ Dietary Manipulation

Pelvic floor muscle training

**MDT Recommendations**

Posterior Tibial Nerve Stimulation (PTNS)

Transanal Irrigation

Biofeedback

Surgery e.g. VMR / Sphinkeeper / Botox

**Patient details please use address ograph were possible**

**Patient name**

**……………………………………………………………………………………………………………**

**Date of birth**

**……………………………………………………………………………………………………………**

**Hospital number**

**…………………………………………………………………………………………………………..**

**Address**

**………………………………………………………………………………………………………….**

**………………………………………………………………………………………………………….**

**GP surgery**

**………………………………………………………………………………………………………..**

**Presenting complaint**

|  |
| --- |
|  |

**History of presenting complaint**

|  |
| --- |
|  |

**Laxatives**

Please circle

**Stimulant**  Senna Picolax Bisacodyl

**Bulk forming** Fybogel

**Osmotic laxatives** Lactulose Movicol Laxido

**Enemas** Micralax Phosphate Arachis oil

**Constipating agents** Codeine phosphate Loperamide

**Other Medication**

|  |
| --- |
| Prescribed |
| Over the counter etc. |

**Alcohol Yes No**

|  |  |  |
| --- | --- | --- |
|  |  |  |

Units per week **………………………………………………………………………………….**

|  |
| --- |
|  |

**Smoking Yes NO**

|  |
| --- |
|  |

**Weight …………………………………………………………………………………………….**

**Incontinence (please circle most appropriate)**

**Passive –** You leak faeces liquid/solid without noticing

**Urge –** You pass faeces due to an inability to hold or the urge to open bowels

**Post-defecation seepage –** you leak moisture after opening your bowels, often straining and visiting the toilet several times without much result

**1**

**Have you ever discussed your bowel problems with anybody?**

A/ Family B/ GP

C/ Specialist D/ Other health professionals

**2**

**Ladies please answer**

A/ How many children have you given birth to?

B/ How many vaginal deliveries have you had?

C/ Were forceps or instruments used?

D/ Did you tear or have an episiotomy?

E/ What was the weight of your largest child?

F/ Have you had a hysterectomy? Please select abdominal vaginal

**3**

**Have you ever had surgery on your bowel or anus?** Please select

A/ Removal and re-joining of part of your bowel

B/ An anal fistula

C/ Operation on anal muscle

D/ Operation on haemorrhoids or skin tags

E/ Prostate operation or radiation

F/ Pelvic radiation

**4**

**Have you ever had anal injuries?** (Trauma, accidental or abuse)

A/ Yes B/ No

**5**

**Do you ever experience loss of control of your bladder** (When coughing sneezing laughing or physical activity)

A/ Yes B/ No

**6**

**Do you get urgency to pass urine**

A/ Yes B/ No

**7**

**Do you have any of the following medical problems:**

A/ Crohns/ colitis B/ Irritable bowel C/ Diabetes

D/ Stroke E/ Neurological condition F/ Reduced mobility

**The Neurogenic Bowel Dysfunction score – NBD Score**

1. How often do you defaecate?

Daily (score 0)

2-6 times per week (score 1)

Less than once per week (score 6)

2. How much time do you spend on each defaecation?

Less than 30 min. (score 0)

31-60 min. (score 3)

More than an hour (score 7)

3. Do you experience uneasiness, sweating or headaches during or after defaecation?

Yes (score 2)

No (score 0)

4. Do you take medication (tablets) to treat constipation?

Yes (score 2)

No (score 0)

5. Do you take medication (drops or liquid) to treat constipation?

Yes (score 2)

No (score 0)

6. How often do you use digital evacuation?

Less than once per week (score 0)

Once or more per week (score 6)

7. How often do you have involuntary defaecation?

Daily (score 13)

1-6 times a week (score 7)

3-4 times a month (score 6)

A few times a year or less (score 0)

8. Do you take medication to treat faecal incontinence?

Yes (score 4)

No (score 0)

9. Do you experience uncontrollable flatus?

Yes (score 2)

No (score 0)

10. Do you have peri-anal skin problems?

Yes (score 3)

No (score 0)

Total score (between 0 and 47)

TOTAL SCORE

Date:

General satisfaction

Please mark the scale with a cross (x) to represent your general satisfaction with your bowel management.

(Total dissatisfaction = 0 / Perfect satisfaction = 10) 0 1 2 3 4 5 6 7 8 9 10

Severity of bowel dysfunction

Score 0-6: Very minor / Score 7-9: Minor / Score 10-13: Moderate /Score 14+: Severe

**11 – Do you go to the toilet more than once per day? Yes / No**

**Red flag symptoms Yes No**

|  |  |  |
| --- | --- | --- |
|  |  |  |

**Details ……………………………………………………………………………………………………**

**…………………………………………………………………………………………………………………**

**………………………………………………………………………………………………………………..**

**Investigations Yes No**

|  |  |  |
| --- | --- | --- |
| **Flexible sigmoidoscopy** |  |  |
| **Colonoscopy** |  |  |
| **CT Colonoscopy** |  |  |
| **U/S Abdo** |  |  |
| **Proctogram** |  |  |
| **Endo anal u/s** |  |  |
| **Transit Studies** |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Comments** ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Examination**

**Findings** ………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………..

**Anal Tone**

Skin Tags

Piles

Internal Pile Prolapse/Mucosa

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**Rectocele**

Perineal Scar

Perineal Decent

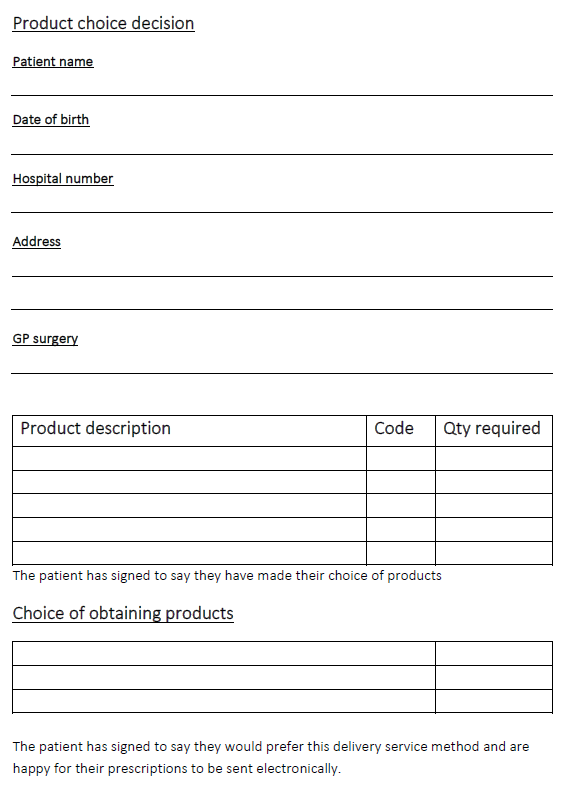
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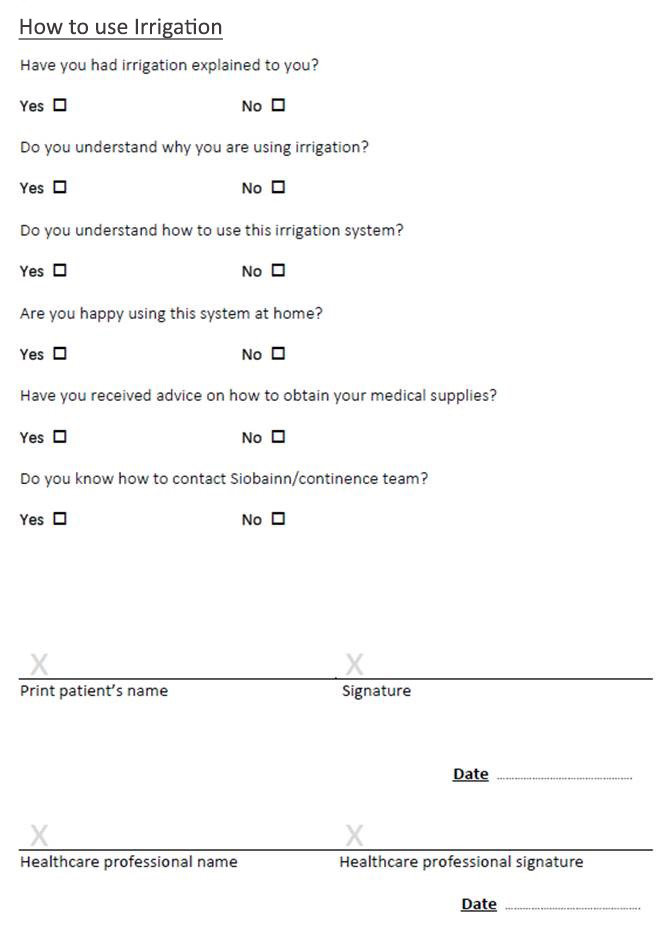
**Recto Rectal intussusception**

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**Anorectal Physiology Yes No**

Readings ……………………………………………………………………………………………………………………………………………………………………………………………………………………





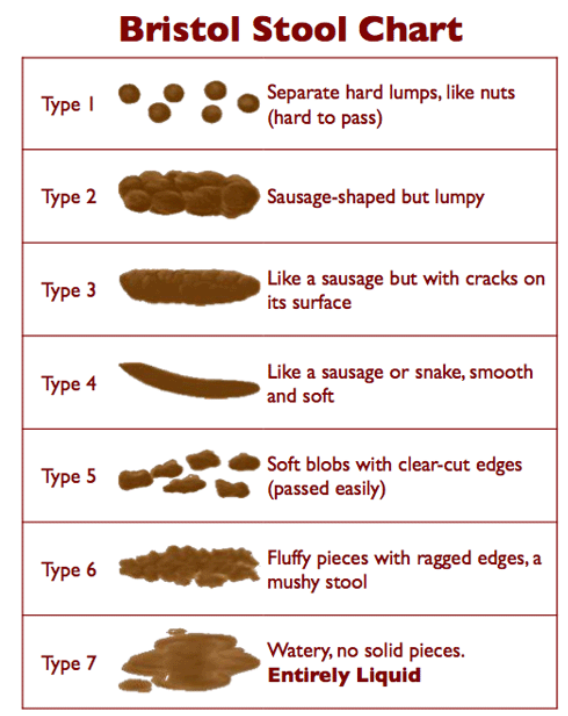












**Bowel Dysfunction Score Tracker:**

In the below table, please record your monthly bowel dysfunction score.

Use the same questions completed previously in the passport.

Please record the number of your score in the relevant box.

MONTH

NBD Score

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14+ |  |  |  |  |  |  |  |  |  |  |  |  |
| 10-13 |  |  |  |  |  |  |  |  |  |  |  |  |
| 7-9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 0-6 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

**Notes**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjilcrYnsrVAhUpzoMKHUnBBoYQjRwIBw&url=http://healthjobsuk.com/job/UK/Merseyside/St_Helens/St_Helens_Knowsley_Teaching_Hospitals_NHS_Trust/Oncology/Oncology-v762365&psig=AFQjCNG8mE9WI7SgB_jW0R3q8YZy53xmOw&ust=1502371116924797)

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