



An Adult Peristeen Assessment Tool

A joint project by Sue Ryder Specialist Nurse Pelvic Floor Dysfunction,
Department of Surgery, Central Manchester Foundation Trust
& Polly Weston, Team Lead South Cumbria Continence Service,
Cumbria Partnership Foundation Trust.



Introduction

Peristeen Anal Irrigation - how it works Anal irrigation helps you empty your bowels by introducing warm water into the bowel via the rectum. The lower part of the bowel is emptied so efficiently, it reduces not only the risk of constipation by preventing the build-up of stool, but also the risk of having a bowel accident. Used routinely, daily or every other day, anal irrigation offers you the confidence to do more in your everyday life.

Anal irrigation is used by a wide range of people from children to adults, however before starting on Peristeen, a thorough examination by your doctor and/or nurse is compulsory.

Aim

Polly and I are experienced Specialist Nurses in the field of Pelvic Floor Dysfunction and Continence and we see the huge benefit anal irrigation offers as a valuable treatment option for patients with bowel dysfunction to improve their quality of life. Feedback from various parts of the country were that nurses wanted an Adult Peristeen® Assessment Tool to help them in their clinical practice. So we decided our goal was to help all nurses throughout the United Kingdom enable their patients establish an effective bowel care routine, prevent faecal incontinence and constipation and improve quality of life by designing an easy to use assessment tool.

Design

When designing this tool, thinking about anal irrigation as a possible treatment option for their patients, we wanted it to be user friendly, not time consuming and a tool that is workable document and a guide to help patients and nurses decide if this is the right treatment for them. Good record keeping is an integral part of nursing and midwifery practice, and is essential to the provision of safe and effective care (NMC, April 2010).

Quality of Life and improving patient care

In clinical practice QOL instruments may be used with other forms of assessment, giving valuable information that can indicate areas in which a person is most affected and help the practitioner in making the best choices in patient care. In addition they may be used to measure change in quality of life over the course of treatment (WHO, 1997). Our assessment tool uses the Cumbria Quality of Life score and the Cumbria Patient Journey Score 'scales' to help nurses evaluate this treatment option by improving bowel control and quality of life. This demonstrates to governing bodies such as the DoH, CQC, RCN, NMC that we are meeting measurable quality of life standards when providing patient care.

Summary

Continence treatments are very low on most healthcare provider budgets. So many GP's, Doctors and Nurses still don't know anything about this treatment called 'anal irrigation'. Peristeen anal irrigation has been available on UK prescription since April 2007. I can categorically state that there is still a huge amount of people in our country with bowel dysfunction, chronic constipation and faecal incontinence who have suffered for years and no-one has offered them a solution. It feels great to create and share a national tool, which is now being officially printed to help all UK nurses in this assessment process.

My patients describe anal irrigation treatment as "their new best friend!", "I have had the confidence to go on holiday for the 1st time in years", "I have finally stopped being so scared of having accidents, you don't know Sue how much this has changed my life for the better!".

A nurse's time is precious with today's work pressures, many Continence Advisors have contacted me to say how easy and helpful this tool has been to use.

Positive good role model nurses share their valuable experience, ideas and good practice.

