

Speakers:

Marlene Powell
Independent Continence Specialist
Bath

Karen Irwin
CNS Bowel Dysfunction
Bolton PCT

Title of presentation:

NICE guidelines for the management of faecal incontinence (FI)

Introduction:

FI is the involuntary loss of solid or liquid stool, a condition that affects up to 1 in 10 people at some time in their lives.

The new national standards call for healthcare professionals to actively ask people in high-risk groups about whether they have any signs of faecal incontinence. The guideline outlines treatments that can manage or sometimes cure the condition as well as strategies to help people cope with the condition where it is not treatable.

The key recommendations include:

A full assessment, including a medical history should be carried out in order to find out the cause of FI and provide the most appropriate treatment.

Advice about practising pelvic floor exercises and changing diet and lifestyle
People who report or are reported to have faecal incontinence should be offered care to be managed by healthcare professionals who have the relevant skills, training and experience and who work within an integrated continence service.