

BILATERAL TRANSCUTANEOUS POSTERIOR TIBIAL NERVE STIMULATION FOR FUNCTIONAL ANORECTAL DISORDERS

Hypothesis / aims of study

Reports indicate that nerve stimulation therapies improve symptoms of the patients with fecal incontinence (FI) (1-3). Not small numbers of FI patients are complicated with functional anorectal disorders as functional anorectal pain and evacuation difficulty. The aim of this study is to investigate the effects of bilateral transcutaneous PTNS in patients with functional anorectal disorders.

Study design, materials and methods

Patients who complain more than 6 month continuous symptoms of fecal incontinence, anorectal pain or evacuation difficulty were enrolled in this study. Patients were received 30 minutes of low voltage of stimulation ranging from 0 to 60 mA, 200 micro seconds and 10 Hz. All patients were evaluated before and after 12 times stimulations.

Results

75 patients (31 male, mean age 59.3) completed the treatment. The mean episodes of FI significantly decreased from 4.7 to 1.5 ($p = 0.04$). An improvement of >50% in the episodes of FI was seen in 76.2% of the patients. The mean Wexner's score significantly decreased from 10.2 to 6.9 ($p = 0.04$). The mean generic score of FI quality of life improved from 2.7 to 3.1 but no significant ($p = 0.06$). The mean visual analogue scale of pain significantly decreased from 5.3 to 2.3 ($p < 0.01$). An improvement of >50% in the visual analogue scale was seen in 66.7% of the patients. The mean number of days of pain per month significantly decreased from 24.8 to 9.9 ($p < 0.01$). Constipation Scoring System decreased from 9.7 to 7.2 but no significant ($p = 0.63$). Patient Assessment of Constipation Quality of Life was significantly improved from 2.8 to 2.0 ($p < 0.01$).

Interpretation of results

Bilateral PTNS improves symptoms of FI, functional anorectal pain and constipation significantly.

Concluding message

Our findings suggest that bilateral PTNS may improve symptoms for patients with functional anorectal disorders. PTNS holds promise to be an effective, patient friendly, safe and cheap treatment.

References

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Disclosures

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