Background: Transanal irrigation (TAI) is a well-established bowel management therapy for patients with neurogenic bowel dysfunction (NBD). Recent studies have also shown good results in patients with functional constipation and fecal incontinence. Navina™ Systems is a relatively new medical device for TAI therapy, available in the EU since 2016. In the UK, Navina Systems is supplied via a medical device home delivery system from the manufacturer (Wellspect HealthCare, Sweden).

Aims of study:
- Which indications are prescribed Navina Systems in the UK
- Adherence to Navina Systems in the Wellspect home delivery system
- Reasons for discontinuing Navina Systems
- Distribution of discontinuing Navina between indications

Materials and methods
The Wellspect home delivery system has a standardised approach for customer follow-up via phone once a medical device arrives to the home. All users are registered on the service by their healthcare professional (HCP). If the patient has decided to stop the therapy s/he is asked about the reason. Also, last delivery date is tracked in the system.

Results

- After a median time of 7.8 months, 86% of the patients are still using Navina Systems, and there are no differences in adherence between different indications.

- The distribution of patients being prescribed Navina Systems were 51% functional bowel (constipation and/or fecal incontinence), 23% multiple sclerosis (MS), 14% spinal cord injured (SCI), 7% cauda equina, spina bifida, diabetes, Parkinson’s disease, stroke, cancer, and 5% of the patients have unknown indications. A majority were prescribed Navina™ Smart (86%) compared with Navina™ Classic.

- No difference in adherence between indication groups
  - We see no difference in adherence between the indications groups which does not agree with previous publications that show a significant difference in adherence between the different indication groups (2). Possible reasons behind this finding include 1) shorter follow-up time in our material, introduction of a different TAI device which is electronically operated (Navina Smart), or 2) that the patients are monitored through the Wellspect home-delivery system.

- Further studies are ongoing to elucidate the reason for the higher adherence at 8 months with Navina Systems.

Concluding message
Navina in the UK delivered through the Wellspect home delivery system seems to have a high adherence after 8 months. The reason for this needs to be further investigated.

References

Interpretation of results

Main indication is functional bowel
The majority of studies on the effect of TAI is done in a cohort of patients with NBD. It is therefore interesting to note that the main indication for prescribing Navina Systems is functional bowel (functional constipation and functional fecal incontinence). To our knowledge there are no indications in the literature of how TAI-device prescription is divided between indications. The results from this study may be a good indication that prescribers consider Navina Systems suitable for patients with several kinds of bowel dysfunction and not only NBD.

Overall adherence higher than other studies
At a median follow-up time of 7.8 months we show an adherence of 86%. This is somewhat higher than what have been shown before; expected adherence at 8 months for patients with NBD is around 75% (1).