

Educational Course Based on Conservative Management

Women suffering from anal incontinence (AI) will reduce their symptoms through conservative management in a group-based educational course given by nurses and physical therapists

Abstract # 395

Context & Purpose

In Denmark the conservative management of anal incontinence (AI) takes place in hospitals. City of Copenhagen has developed a local educational course, to meet the women with AI, close to home.

This poster demonstrates management methods and results of the women's outcome from participating in the educational course.

The conservative management approach consisted of simple methods and techniques, which the women could easily incorporate into their AI management. The women were educated on following topics with the aim to attain a soft and solid stool as well as a complete rectal defecation:

- The use of Psyllium Husks
- Glycerin suppository and testing of rectal irrigation
- Anal plugs and use of Loperamide
- Pelvic floor function and exercises

Outcome based on interviews

I feel the taboo was broken. The ability to do something about the problem improved one's quality of life

Now I can sleep naked again

Module 1	Module 2	Module 3
<ul style="list-style-type: none">• Bowel function and anatomy• Conservative management of AI• Assistive devices in the management of AI	<ul style="list-style-type: none">• Adjustment of management• Taboo and life with AI• Pelvic floor exercises as a part of the treatment of AI	<ul style="list-style-type: none">• Adjustment of management• Other treatment options

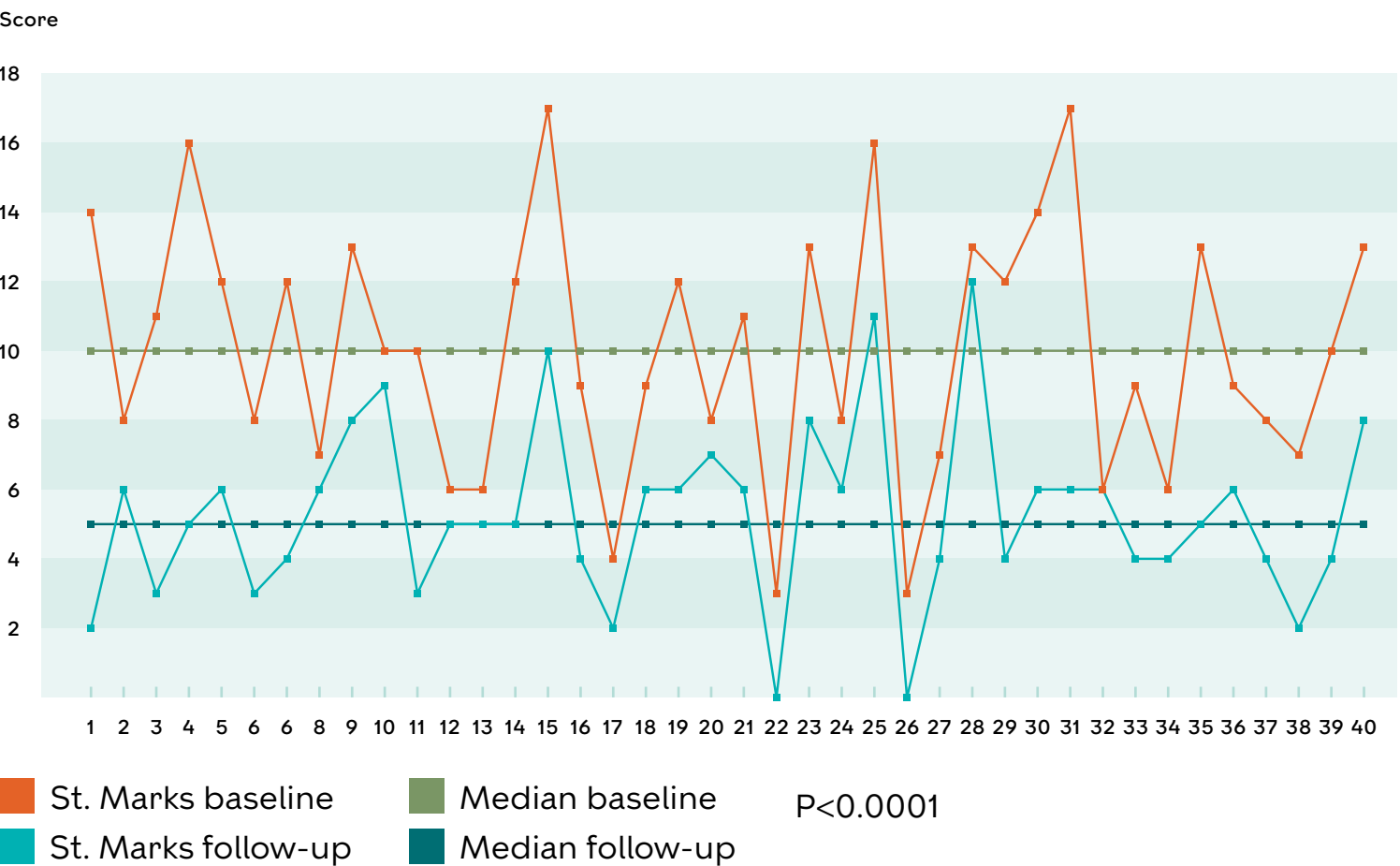
I have been to the dentist for the first time in 4 years due to fear of leakage

I thought I was the only one in the world with AI

This was the first time I talked about it, my doctor doesn't even know



Outcome based on the St. Marks incontinens score



Outcome based on questionnaire

The participants rated the following topics most valuable:

- 90,0%** to meet other women with the same issue
- 87,5%** to acquire practical techniques to handle their symptoms
- 72,5%** to receive instructions in pelvic floor exercises