

Peristeen® NBD Score for the adult patient

The Neurogenic Bowel Dysfunction Score¹



Introduction to Neurogenic Bowel Dysfunction Score¹ for the adult patient

The Neurogenic Bowel Dysfunction Score¹, also known as the NBD score has been designed to help healthcare professionals evaluate the effectiveness of their patient's current bowel management routine by assessing the impact it has on the patient's quality of life.

Just by your patient answering 10 questions, the NBD score can help you determine which patients may be candidates for using Peristeen® Anal Irrigation.

The NBD score consists of 10 questions and is a symptom-score where each symptom is weighted based on its impact on quality of life. The scores from each question are added together and a total score is calculated.

The maximum score is 47 while minimum is 0.

Score	Severity of bowel dysfunction
0-6	Very Minor
7-9	Minor
10-13	Moderate
14+	Severe

How to use the NBD score

Once the questionnaire has been completed and reviewed, look at the patient's total score. A score of 7 points or more suggests that the patient's bowel management routine is affecting their quality of life and that they might benefit from an alternative method.

If their score is 10 points or more, consider introducing them to Peristeen® Anal Irrigation. Please note that regular contact with a healthcare professional in the initial stages of using the system is strongly advised.

Once the patient has settled into a good routine, usually after 3 months, a patient follow-up where the questionnaire is completed again should be carried out, usually after 3 months. The score should be lower than before, indicating an improvement in quality of life.

We hope this NBD score will be a useful tool in your practice.

Please note: This NBD score is not suitable for the pediatric system. Please refer to the NBD Score for the pediatric patient.

The Neurogenic Bowel Dysfunction Score¹ for the adult patient

Patient Name: _____ Date: _____

Question	Score
1. How often do you have a bowel movement? <input type="checkbox"/> Daily (score 0) <input type="checkbox"/> 2-6 times per week (score 1) <input type="checkbox"/> Less than once per week (score 6)	
2. How much time do you spend on each bowel movement? <input type="checkbox"/> Less than 30 min. (score 0) <input type="checkbox"/> 31-60 min. (score 3) <input type="checkbox"/> More than an hour (score 7)	
3. Do you experience uneasiness, sweating or headaches during or after a bowel movement? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
4. Do you take medication (tablets or suppositories) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
5. Do you take medication (drops or liquid) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
6. How often do you use digital evacuation? <input type="checkbox"/> Less than once per week (score 0) <input type="checkbox"/> Once or more per week (score 6)	
7. How often do you have involuntary bowel movements? <input type="checkbox"/> Daily (score 13) <input type="checkbox"/> 1-6 times per week (score 7) <input type="checkbox"/> Once a month (score 6) <input type="checkbox"/> A few times a year or less (score 0)	
8. Do you take medication to treat fecal incontinence? <input type="checkbox"/> Yes (score 4) <input type="checkbox"/> No (score 0)	
9. Do you experience uncontrollable gas? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
10. Do you have peri-anal skin problems? <input type="checkbox"/> No (score 0)	
Total score (between 0-47)	

General satisfaction

Please mark the scale with a (x) to represent your general satisfaction with your bowel management. (Total dissatisfaction = 0 / Perfect satisfaction = 10)

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

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Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare.

Our business includes ostomy care, urology and continence care and wound and skin care. We operate globally and employ more than 10,000 people.

Indication: The Peristeen® Anal Irrigation System is intended to instill water into the colon through a rectal catheter, which incorporates an inflatable balloon, inserted into the rectum to promote evacuation of the contents of the lower colon. The Peristeen Anal Irrigation System is indicated for use by children (2 years - <12 years old), adolescent (12 years - < 18 years old), transitional adolescent (18 - <21 years old) and adult patients with neurogenic bowel dysfunction who suffer from fecal incontinence, chronic constipation, and/or time-consuming bowel management procedures.

Contraindications: Peristeen Anal Irrigation must not be used in the following situations: known anal or colorectal stenosis, colorectal cancer, radiotherapy to the pelvis, and recent abdomino-perineal surgery, active inflammatory bowel disease, diverticulitis and ischaemic colitis, chronic and complex diverticular disease, abdominal, anal or colorectal surgery within the last 3 months, within 4 weeks of endoscopic polypectomy, recent colonic biopsy, recent endoscopic mucosal resection (EMR) and recent endoscopic sub-mucosal dissection (ESD), severe autonomic dysreflexia, or during Spinal cord shock phase. In patients who are pregnant and have not used the system before*. Since the list is not exhaustive, the healthcare professional should always consider individual patient factors as well.

*If the patient is pregnant and has never used anal irrigation before, they should not start the irrigation procedure during pregnancy.

Warning: Anal irrigation procedure should always be carried out with care. Bowel perforation is an extremely rare, but serious and potentially lethal complication to anal irrigation and will require immediate admission to a hospital, often requiring surgery. See the device manual for complete user instructions, contra-indications, warnings, precautions, and potential complications/adverse events. For further information, call Coloplast Corp at 1-866-293-5349 or consult the company website at www.coloplast.ca

