

Scientific/Clinical Workshop

Workshop Title

Abdominal Functional Electrical Stimulation (ABFES) for the treatment of Neurogenic Bowel

Workshop Responsible

Christine Singleton (Birmingham Community Healthcare NHS Foundation Trust)

Speakers

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Abstract

The aim of the Workshop is to share our clinical experience using Abdominal Functional Electrical Stimulation (ABFES) to improve constipation in individuals with neurological conditions. Constipation affects 73% of people with Multiple Sclerosis as well as reduces the quality of life due to patients reporting they feel 'out of control'.

We will give an overview of neurogenic bowel dysfunction highlighting the scale of the problem for neurological conditions. Current treatment options will be described including the use of ABFES. Our ABFES treatment protocol will be shared describing how people with neurological conditions self-administer ABFES at home for 30 minutes twice daily for six weeks with self-determined titrated dose thereafter for as long as required.

The range of outcome measures utilised by the 2 clinical sites will be described together with an analysis of their results.

We are planning a practical demonstration and tips for ABFES use with workshop attendees participating if desired to gain an understanding of the application of the ABFES treatment option.

Discussion: Our clinical activity found statistically significant and clinically meaningful reductions in self-reported constipation symptoms with ABFES, which were maintained over time. These findings are consistent with previous studies.

We will facilitate a discussion on the application of ABFES treatment to explore the possible underlying mechanism and use with other pathologies.

1. Learning outcomes for the Workshop include
2. Understanding the extent of the problem of constipation for people with neurological conditions
3. Awareness of the treatment options including ABFES
4. An overview of treatment data and its analysis
5. Take part in a practical opportunity for ABFES treatment application
6. Participate in an interactive discussion to explore underlying mechanisms