

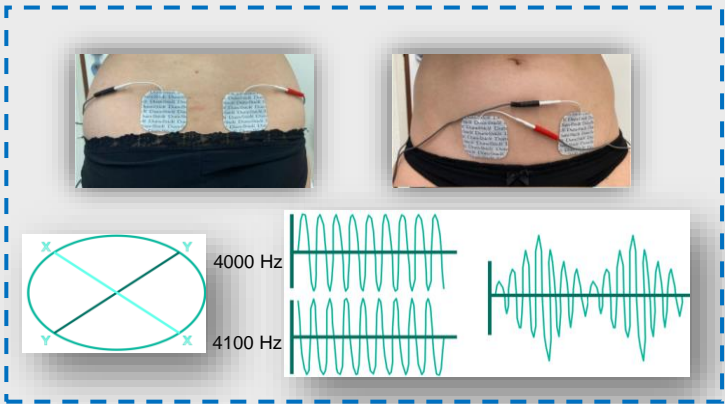
Interferential electrical stimulation improves bowel function, stool consistency and QoL in children with chronic pelvic floor dyssynergia-type constipation

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Background

Many children with pelvic floor dyssynergia (PFD)-type constipation remain resistant to standard treatments. While interferential therapy (IFT) is well-established for slow transit constipation, its role in PFD is unclear. This study aimed to assess the effectiveness of IFT in treating therapy-resistant PFD-type constipation in children.



Methods

Baseline investigations were performed to identify patients with PFD.

Primary outcomes:



Defecation frequency
(normal range $\geq 3/W$)



Soiling episodes
50% reduction



Consistency
Bristol 3-4-5
>50% bowel movements

Our secondary outcome measures were:

- a reduced use of oral laxatives and bowel washouts
- an improved rectal sensation on anal manometry
- improvement in gastro-intestinal and general quality of life scores for children and parents

Stimulation regimen:

STOP water enemas

3*/W,
20 minutes



After three months, therapy was increased or decreased depending on the results.

Results

This pilot study, conducted at a tertiary care center, included 15 children (6 girls, 9 boys) aged 8-15 years (mean 11,4 years), with chronic PFD-type constipation.

Results	Baseline	12 months	P-value
Mean defecation frequency (times/week)	6,1	8,3	0,17
Mean consistency (times per week normal/total times per week)	0,7	0,95	0,01
Mean soiling episodes (times/week)	2,4	0,7	0,08
Patients using laxatives (%)	75	41	0,02
Patients using bowel enemas (%)	83	8	<0,01
Patients using any form of therapy (%)	100	50	/
Mean score gastro-intestinal QoL patient	69	82	0,01
Mean score gastro-intestinal QoL parent	65	83	0,01
Mean score general QoL patient	64	78	<0,01
Mean score general QoL parent	58	77	<0,01
First sensation anal manometry (mmHg)	55,73	33,18	0,03
Urge to defecate anal manometry (mmHg)	122	93	0,02

Conclusion

IFT is easy to use, non-invasive and can be administered at home. IFT added to standard medical treatment for patients with PFD-type constipation can significantly improve bowel function, stool consistency and QoL.