

Start	End	Topic	Speakers
08:35	08:45	Introduction to the workshop	Paula Iguialada Martinez
08:45	09:05	Incidence and pathophysiology of anorectal dysfunction	Alexis Schizas
09:05	09:25	Overview of conservative management of anal incontinence and defecatory difficulties	Paula Iguialada Martinez Emily Hoile
09:25	09:45	Trans-anal irrigation: why and how?	Carlene Igbedioh
09:45	10:05	Trans-anal irrigation: take it back to clinical practice and 'tricks of the trade'	Paula Iguialada Martinez Carlene Igbedioh Emily Hoile
10:05	10:35	Break	None
10:35	11:25	Interactive workstations (small groups): practice with the TAI systems	Paula Iguialada Martinez Carlene Igbedioh Emily Hoile Alexis Schizas
11:25	11:35	Discussion & Questions	Paula Iguialada Martinez Carlene Igbedioh

### **Aims of Workshop**

The aim of this workshop is to gain an in-depth knowledge of the use of transanal irrigation (TAI) in the management of anorectal dysfunction.

At the end of the workshop the participants should be able to:

### **Educational Objectives**

Anal incontinence and defecatory difficulties occur in about 18% of the population and have a considerable impact on health cost and quality of life. First line management is conservative treatment due to low risk and high rate of success with completion of therapy.

This workshop will provide an overview of the published literature with strong focus on level 1 evidence, on the incidence, pathophysiology and conservative management of anorectal dysfunction. This workshop will focus primarily on the 'hands on' training of Transanal irrigation (TAI).

It is also an opportunity to continue to raise awareness of bowel dysfunction in a society that predominantly focuses on urinary incontinence.

### **Learning Objectives**

Understand the anatomy of the lower gastrointestinal tract, the incidence and the pathophysiology of anorectal dysfunction.

### **Target Audience**

Bowel Dysfunction, Conservative Management

### **Advanced/Basic**

Intermediate

### **Suggested Learning before Workshop Attendance**

- Emmanuel, A., Krogh, K., Bazzocchi, G. et al. Consensus review of best practice of transanal irrigation in adults. *Spinal Cord* 51, 732–738 (2013). <https://doi.org/10.1038/sc.2013.86>
- Rao, S. S. C., Benninga, M. A., Bharucha, A. E., Chiarioni, G., Di Lorenzo, C., & Whitehead, W. E. (2015). ANMS-ESNM Position Paper and Consensus Guidelines On Biofeedback Therapy for Anorectal Disorders. *Neurogastroenterology and Motility: The Official Journal of the European Gastrointestinal Motility Society*, 27(5), 594–609. <http://doi.org/10.1111/nmo.12520>
- Bliss D, Mimura T, Berghmans B, et al., eds. Assessment and conservative management of faecal incontinence and quality of life in adults. In Abrams P, Cardozo L, Wagg A, & Wein A, Eds. *Incontinence*, 6th ed. Bristol, UK: International Continence Society; 2017
- Wald A, Bharucha AE, Limketkai B, Malcolm A, Remes-Troche JM, Whitehead WE, Zutshi M. ACG Clinical Guidelines: Management of Benign Anorectal Disorders. *Am J Gastroenterol*. 2021 Oct 1;116(10):1987-2008.