

# Transanal Irrigation

- perhaps the solution to bowel problems

# Introduction



- **Transanal irrigation (TAI) since 1550 before Christ**
- **Available for persons with SCI during the last 30 years**
- **Not available for all persons with SCI in the need of TAI**
- **Knowledge lacking on pros and cons of TAI**
- **RYK have produced a number of videos with subtitles in several languages**
- **Landing page ([tai.ryk.dk](http://tai.ryk.dk))**

# Who and what is RYK?



- RYK - Spinal-Cord Injured Denmark
  - An organisation of persons with SCI
  - National coverage
  - 1500+ members (paying membership fee)
  - Established in 1972
  - Collaborating with relevant politicians, public authorities and private companies
- **Prioritizing**
    - Peer-support
    - RYK-magazine
    - Long life specialized rehabilitation
    - Seminars
    - Information
    - Health politics and initiatives at national, regional and local level
    - Independent Living Schemes (Personal Assistance)
    - Accessibility
    - Cars
    - Membership involvement (questionnaires)

# Bladder over Bowel



- **Bladder has historically been getting more attention than TAI**
- **Bowel management is on the top of the mind for persons with SCI (questionnaires)**
- **RYK wants equality between bladder and bowel because of impact on quality-of-life**
- **Bladder-research done in RYK-questionnaire (2019)**
- **Questionnaire economically support by Coloplast A/S (unconditional)**

# RYK members



- 60% male
- 40% women
- Age from 15 years of age to 89 years
- Average age is 57 years and median is 58.5 years
- Injury is between 1 and 73 years old
- Average age of injury is 20 years with a median on 15.5 years
- C: 38%/T: 35%/L: 24%/S 2%
- 40% complete/60% incomplete lesion
- 80% are following lifelong SCI-control system at specialized rehab unit
- 34% is employed (full-time/part-time) 22h/week
- 27% of women with SCI is working full-time
- 50% of employed are 50-64 years of age
- Bowel-related absence from work 0.8h/week= 2 weeks/year (22h/week)
- 36% is receiving “disability pension”
- 26% is receiving “old age pension”
- 71% are permanent users of wheelchair
- 16% are not using wheelchair
- Are “conservative” and maintaining routines

# Health impact on Daily Life (scale 1-10)



- Bowel function 6.1
- Mobility in arms/legs 5.8
- Bladder function 5.8
- Pain 5.7
- Fatigue 5.6
- Wheelchair 4.7
- Prejudice 3.4
- Skin and wound problems 2.8

# Health-related issues during the last two years



- 52% because of UTI
- 31% because of urine leakage
- 33% because of constipation
- 30% because of shoulder and neck pain
- 26% because of blood pressure

# Time spent on toilet



- 62% under 30 minutes
- 30% between 30 and 60 minutes
- 8% above 60 minutes



# Bowel is negatively affecting daily activities

- Daily: 7%
- Weekly: 11%
- Monthly: 21%
- Yearly: 27%
- Never: 22%

# Selected paradoxes in Denmark



- **31% experiences constipation, but only 6.6% are using TAI**
- **13% are experiencing bowel incontinence, but only 4.3% are using TAI**
- **35% are using more than 30 minutes doing toilet, but only 9.6% are using TAI**
- **37% do not know TAI**
- **26% have heard about TAI**
- **13% have “detailed” information on TAI**
- **13% have tried TAI**
- **12% are using TAI**

# Channels for information on TAI



- 35% SCI-centers
- 15% other hospitals
- 2% private doctor
- 12% friends and family
- 12% Internet
- 28% RYK

# Who is prescribing TAI



- 28% SCI-centres
- 26% other hospitals
- 38% municipalities
- 9% do not know

# Klaus Krogh



**Now I will pass over the floor to my good friend and one of the outstanding persons when it comes to TAI and persons with SCI.**

# The videos



- **Videos with subtitles in major international languages**
- **Supplemented by landing page with information ([tai.ryk.dk](http://tai.ryk.dk))**
- **Financially supported by Coloplast A/S and Qufora (unconditional)**
- **Will be showing 2 videos:**
  - **One with experienced TAI-user**
  - **One with the outset in statements from healthcare professionals**
- **Available for comments and questions**

**Thank you very much for listening  
and watching!**