

## **Futaba 2022 Abstract**

### **Biofeedback Therapy In Anorectal Disorders**

#### **Objective**

To evaluate the use of biofeedback therapy (BFT) in patients with fecal incontinence (FI) using fecobionics test with the conventional technologies anorectal manometry (ARM) and balloon expulsion test (BET).

#### **Results**

BFT resulted in 24% reduction in Fecal Incontinence Severity Index (FISI) scores. Seven patients were characterised as responders. Anal pressures, the urge-to-defecate volume, and defecatory parameters did not change significantly during BFT.

For fecobionics, the change in urge volume was associated with the change in FISI score. None of the ARM-BET parameters were associated with the change in FISI score. The fecobionics expulsion duration and the defecation index predicted the outcome. None of the ARM-BET parameters predicted the outcome.

The conclusion of the study was that fecobionics, used as a tool to monitor the effect of BFT, proved better than conventional technologies for monitoring and predicting the outcome in the FISI score.

#### **Clinicians and Participants**

Studies were performed on 12 patients before and after eight weeks of biofeedback training. All patients were female Asians living in Hong Kong. The age was 61 +/- three years. The clinicians were from the Chinese University Hong Kong and California Medical Innovation Institute.

#### **Methods**

Anal resting and squeeze pressures were measured before the bag was distended in the rectum until urge to defecate. Pressure recordings were made during fecobionics evacuation. Biofeedback training was performed using **NeuroTrac MyoPlus Pro** two times per week for a total of 16 sessions.

The study can be found at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9132520/>, published April 1 2022, on behalf of the American College of Gastroenterology.