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Summary

HOME BIOFEEDBACK TRAINING WITH LOCAL SPHINCTER STIMULATION FOR FECAL INCONTINENCE: A FEASIBILITY STUDY

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Colorectal

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A prospective single-center study of 22 patients evaluated commercially available home biofeedback devices for fecal incontinence over 12 weeks of twice-daily training with electrical stimulation.

KEY POINTS

- Maximum voluntary sphincter pressure increased significantly from 110.13 mmHg to 135.82 mmHg ($p<0.05$), representing a 26.1% average increase, while rest pressure showed no significant change.
- Wexner score improved by an average of 1.7 points, a statistically significant change ($p<0.05$).
- Only one mild adverse event (rectal pain and worsening incontinence) was recorded among 27 enrolled patients, with 22 completing evaluable follow-up.
- The authors state this is the first study evaluating commercially available home biofeedback devices for fecal incontinence and plan a randomized, double-blind study to further evaluate device efficacy.
- Clinicians considering home biofeedback as a treatment option for fecal incontinence may find these feasibility and preliminary efficacy data relevant.

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