

# Adherence to transanal irrigation in older adults: first-year assessment

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## Abstract

**Background** While the prevalence of chronic constipation and faecal incontinence increases with age, few data on transanal irrigation in older adults are available. The aim of this study was to assess the adherence and predictive factors for adherence to transanal irrigation during the first year of use in older adults.

**Methods** This retrospective study included all patients over 65 years old, who had therapeutic education for transanal irrigation with the Peristeen® device between January 2010 and July 2019 in a neuro-urology department of a university hospital in France. The adherence rate was assessed at 1, 3, 6, and 12 months. Predictive factors for adherence were looked for by comparing persistent population and non-persistent population at 1, 3, 6, and 12 months.

**Results** Sixty-nine patients over 65 years old were included. The adherence rate was 73.9% at 1 month, 55.1% at 3 months, 46.4% at 6 months, and 40.1% at 1 year. No predictive factor for adherence to transanal irrigation was identified.

**Conclusions** Adherence to transanal irrigation during the first year in older adults remains close to that in the adult general population. Predictive factors of adherence remain unclear.

## Areas for reflection

- This article suggests that people experience similar issues with TAI as the general population. What steps can you take from the outset to try and reduce the likelihood of difficulties?
- Are there any special considerations you have to take when recommending TAI in this patient group?

If you would like further information on supporting and promoting treatment adherence, you can watch a video [here](#).

