

Faecal incontinence: a healthcare taboo

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Faecal incontinence remains a taboo subject for both patients and healthcare professionals.

Despite an understanding of the devastation it can cause individuals and their carers, many individuals go to great lengths to conceal their incontinence and it is suggested that healthcare professionals remain reluctant to raise it as part of their assessment.

This article explores the causes, assessment, and treatment of faecal incontinence. It also helpfully suggests clinical tools that can inform assessment and gives an overview of the relevant NICE guidelines.

Within the focus on treatment, it gives an introduction to trans-anal irrigation and the advantages it can have in reducing faecal incontinence.

Areas for reflection

- How can we encourage sensitive conversations with patients to enable them to seek help for faecal incontinence?
- Why do you think some healthcare professionals are reluctant to raise faecal incontinence with patients and what steps can be taken to overcome that barrier?

If you would like further information on bowel dysfunction, you can read more [here](#).

