



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Therapeutic effect of electro-acupuncture treatment to patients with fecal incontinence who have poor improvement after 6 months of conventional conservative treatment: a pilot study.**

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Wexner Score

Fecal Incontinence Quality of Life Scale

FIQL

**Introduction**

Fecal incontinence (FI) is an unpleasant and embarrassed experience affecting a substantial portion of the population. According to epidemiological data, more than 60% of patients after the lower anterior resection surgery for rectal cancer and around 15.6% of people aged older than 80 suffered from FI in Hong Kong. FI becomes their life-long companions if conventional conservative measures fail. We utilized a cost effective electro-acupuncture (EA) treatment on FI and investigated its effectiveness in this study.

**Objectives**

To explore the therapeutic effect of electro-acupuncture (EA) treatment to patients with FI who have poor improvement after 6 months of conventional conservative treatment.

**Methodology**

Inclusion criteria

Subject persists FI after 6 months of conventional conservative treatment

Exclusion criteria

Subject is having treatment/ completed treatment within 6 months

Subject tried electrical stimulation/ percutaneous tibial nerve stimulation for FI

Subject has pacemaker/ metal implant

Subject is pregnant/ plans to become pregnant.

EA was delivered once per week for 12 weeks. In each session, 1.5 cun needle was inserted to left SP 6 with soreness sensation and electro-pad was placed on sole of the same side. Square-shaped waveform with 20Hz and 200s pulse width was applied for 30 minutes.

FI frequency per week, Wexner Score, validated Chinese Version of Fecal

Incontinence Quality of Life Scale (FIQL) and Numeric Global Rate of Change Score (NGRCS) were collected before and after the course of EA treatment.

### **Result**

9 patients (6 females and 3 male, mean age was 57.8 years old and FI duration was 24.3 months) were assessed. The mean numeric global rate of change score (NGRCS) was 5.6. There is significant improvement in FI frequency from 12.8 to 1.3 times per week ( $p < 0.05$ ). For the results of Wexner Score and Chinese Version of Fecal Incontinence Quality of Life Scale (FIQL), there are improvements after 12 weeks of intervention as well (Wexner Score: 13.1 to 10.6; FIQL (Life style): 2.6 to 2.3; FIQL (Coping/ Behavior): 2.3 to 2.1; FIQL (Depression): 2.5 to 2.2; FIQL (Embarrassment): 2.1 to 2)( $p > 0.05$ ).