



It's illegal isn't it?

Rectum

Anal sphincter

Wendy Ness

Colorectal Nurse Specialist

Why is there so much controversy around doing DRE

- Against the Law
- Assault
- Consent
- Not a nursing role
- Invasive procedure
- Part of a continence assessment
- N.I.C.E
- RCN DRE document
- Must have formal training
- Training issues



Why do we need to carry out this procedure?

- Not just about sticking a finger in someone's rectum!!
- Need to understand A&P
- Associated diseases
- Assessment of bowel function
- Different types of bowel dysfunction
- Rectal medication
- What can go wrong
- Much much more



So what can a DRE tell us?

- Function of sphincters
- State of the rectum
- Impaction
- Stool type
- Need for manual
- Outcome
- Abnormalities
- Assessment of perianal area, visual
- Foreign bodies, infestation
- Rectal medication
- Digital stimulation

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"Please excuse us. We've got worms."

Can anyone carry out a DRE?

- Yes if they are competent to do so
- Competency is the written statement that refers to a combination of knowledge, skills and attitudes of a person who performs at a predefined level and considers the wider implications of their practice and its affect on the patient
- The competence of a person is their ability to perform consistently in different situations using their knowledge, skills and attitudes to achieve optimum outcomes

Four stages of competence in psychology

Unconscious incompetence

- The individual neither understands or knows how to do something, nor recognizes the deficit or has a desire to address it.

Conscious incompetence

- Though the individual does not understand or know how to do something, he or she does recognize the deficit, without yet addressing it.

Conscious competence

- The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires a great deal of consciousness or concentration.

Unconscious competence

- The individual has had so much practice with a skill that it becomes "second nature" and can be performed easily (often without concentrating too deeply). He or she can also teach it to others.

Skills for Health Competences

- Skills for Health developed a continence care suite of national occupational standards which describe the skills and knowledge required to carry out a task or function effectively
- 5 relating to bowel function
- CC01 Assess bladder and bowel dysfunction
- CC08 Enable individuals to use containment products
- CC09 Assist individuals to effectively evacuate their bowels
- CC12 Enable individuals to undertake pelvic floor muscle exercises
- CC13 Enable individuals with complex pelvic floor dysfunction to undertake pelvic floor muscle rehabilitation

So what happens when it goes wrong?

Patient consent.

- During a manual evacuation inserted a soiled gloved finger into the patient's vagina
- Carrying out manual evacuations on patients without seeking their consent to the procedure.
- Administering manual evacuations when patients were standing
- Causing severe distress to patients by not adequately informing and preparing them for manual evacuations



" It says here that you'd prefer someone with regular bowel movements..Does it matter if they're involuntary ? "

Any questions

