BACKGROUND

- Chronic constipation (CC) is one of the most common GI diseases.
- Consequences of CC are a reduction of both QOL (Quality of Life) and an increase in utilization of health resources.
- Up to 30% of CC patients (pts) have dyssynergic defecation (DD).
- 70-80% of DD pts improve with Biofeedback Therapy (BT).
- Common diagnostic Tests for DD include Anorectal Manometry (ARM) and Balloon Expulsion Test (BET).
- Clinical complaints likely to identify pts with DD have not been well characterized.

AIM

To identify key clinical questions which are significant of DD defined by abnormal balloon expulsion testing.

METHODS

- 142 pts were recruited in the study in retrospective fashion.
- All questions were answered using a 5 point scale (0- never to 4- Always).
- The sum scores were used as a continuous independent variable with higher scores indicating a higher likelihood of DD.
- Logistic regression analysis was used to identify the questions most predictive of DD (defined as a BET >60 seconds).

RESULTS

<table>
<thead>
<tr>
<th>Variable</th>
<th>Estimate OR</th>
<th>95% CI</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>BET vs D</td>
<td>1.339</td>
<td>1.042-1.720</td>
<td>0.0225*</td>
</tr>
<tr>
<td>BET vs q12</td>
<td>1.397</td>
<td>1.079-1.811</td>
<td>0.0113*</td>
</tr>
<tr>
<td>BET vs D+q12</td>
<td>1.267</td>
<td>1.079-1.488</td>
<td>0.0038*</td>
</tr>
<tr>
<td>BET vs D+q5+q12</td>
<td>1.226</td>
<td>0.949-1.586</td>
<td>0.1193</td>
</tr>
<tr>
<td>BET vs sumtotal</td>
<td>1.033</td>
<td>0.995-1.037</td>
<td>0.0925</td>
</tr>
<tr>
<td>BET vs pacsum</td>
<td>1.028</td>
<td>0.989-1.069</td>
<td>0.1590</td>
</tr>
<tr>
<td>BET vs q4sum</td>
<td>1.080</td>
<td>0.940-1.242</td>
<td>0.2759</td>
</tr>
</tbody>
</table>

- Question 12: Feeling like you had to pass a BM but you couldn’t
- Question D: Do you have difficulty passing a SM even even when the stools are loose or liquid?
- Question 12 and Question D were found to be predictive of DD
- Combining the scores of questions 12 & D was also predictive of DD (OR=1.267).
- Total score from the PAC-SYM and/or the 4 additional questions were not predictive of DD

CONCLUSION

We identified two questions which can used in the office to screen for Dyssynergic Defecation:
1. Feeling like you had to pass a BM but you couldn’t
2. Do you have difficulty passing a BM even when the stools are loose or liquid?

1 PAC-SYM: The Patient Assessment of Constipation Symptoms questionnaire is a 12-item self-report instrument divided into abdominal, rectal and stool domains.
2 The 4 additional questions were developed from the existing literature, expert & pt opinions with the hope of better identifying patients with DD.