

Question 39 – Week of November 10

In the treatment of patients with fecal incontinence, biofeedback therapy:

- A. Improves symptoms and anorectal function.
- B. Is not superior to standard care with education and anti-diarrheals.
- C. Is the effective in the long run.
- D. Is effective in patients with sphincter defect.

Answer: B

Biofeedback, while helpful for some subjects, has not been shown in controlled trials to be any more effective than standard care with anti-diarrheals, education and supportive care. Sphincter defects are not amenable to many medical therapies. There are no data regarding improvement of quality of life with this modality alone.

Reference:

1. Norton C, Chelvanayagam S, Wilson-Barnett J, Redfern S, Kamm MA. Randomized controlled trial of biofeedback for fecal incontinence. *Gastroenterology* 2003;125:1320-29.