

# NBD score – The Neurogenic Bowel Dysfunction score<sup>1</sup>

Dear Colleague,

We are pleased to offer you a symptom-based tool, the Neurogenic Bowel Dysfunction (NBD) score, a validated questionnaire to assess the impact of colorectal symptoms on patients' quality of life.<sup>1</sup>

The questionnaire could help identify those people who may benefit from using Peristeen® for transanal irrigation. The NBD score may also be useful to assess any change in the persons condition when tested 2–3 months after the initiation of irrigation. This in turn could improve patient adherence to treatment.

This questionnaire is simple and can be self-administered by individual patients. It contains 10 questions; giving a total score of between 0 and 47, corresponding to the severity of colorectal disorders. A score  $\geq 10$  corresponds to moderate to severe bowel dysfunction and would justify the use of Peristeen.

Date: \_\_\_\_\_ Name: \_\_\_\_\_ DOB: \_\_\_\_\_

	Score
1. How often do you defaecate? <input type="radio"/> Daily (score 0) <input type="radio"/> 2–6 times per week (score 1) <input type="radio"/> Less than once per week (score 6)	
2. How much time do you spend on each defaecation? <input type="radio"/> Less than 30 min. (score 0) <input type="radio"/> 31–60 min. (score 3) <input type="radio"/> More than an hour (score 7)	
3. Do you experience uneasiness, sweating or headaches during or after defaecation? <input type="radio"/> Yes (score 2) <input type="radio"/> No (score 0)	
4. Do you take medication (tablets) to treat constipation? <input type="radio"/> Yes (score 2) <input type="radio"/> No (score 0)	
5. Do you take medication (drops or liquid) to treat constipation? <input type="radio"/> Yes (score 2) <input type="radio"/> No (score 0)	
6. How often do you use digital evacuation? <input type="radio"/> Less than once per week (score 0) <input type="radio"/> Once or more per week (score 6)	
7. How often do you have involuntary defaecation? <input type="radio"/> Daily (score 13) <input type="radio"/> 1–6 times a week (score 7) <input type="radio"/> 3–4 times a month (score 6) <input type="radio"/> A few times a year or less (score 0)	
8. Do you take medication to treat faecal incontinence? <input type="radio"/> Yes (score 4) <input type="radio"/> No (score 0)	
9. Do you experience uncontrollable flatus? <input type="radio"/> Yes (score 2) <input type="radio"/> No (score 0)	
10. Do you have peri-anal skin problems? <input type="radio"/> Yes (score 3) <input type="radio"/> No (score 0)	
Total score (between 0 and 47)	

## General satisfaction

Please mark the scale with a cross (x) to represent your general satisfaction with your bowel management.

(Total dissatisfaction = 0 / Perfect satisfaction = 10)

0  1  2  3  4  5  6  7  8  9  10

1. Krogh K, Christensen P, Sabroe S, Laurberg S. Neurogenic bowel dysfunction score. Spinal Cord 2006;44:625–631

## Severity of bowel dysfunction

Score 0–6: Very minor  
Score 7–9: Minor  
Score 10–13: Moderate  
Score 14+: Severe

