



## Digital Rectal Evacuation and Bowel Management

This course offers clear and practical training in adult bowel care to help you support people safely and with confidence. You will learn about how the bowel works, what can go wrong, and the factors that affect bowel health, such as medication, diet, and hydration. We will also look at rehabilitation techniques that can improve comfort and wellbeing.

The course explains important procedures including digital rectal examination, giving suppositories and enemas, and the digital removal of faeces. You will gain role-specific awareness of each step, alongside the need for careful risk assessment and awareness of complications such as autonomic dysreflexia.

With a mix of theory, demonstrations, and practical sessions, you will finish the course with greater knowledge and hands-on skills in bowel management.

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## Learning Outcomes

On completion of this course you will be able to:

- Explain the Clinical Governance surrounding Bowel Management
- List the functions of the bowel and what affects the bowel function
- List the treatment options available
- Demonstrate practical skills relevant to bowel assessment, management and treatment plans

## Course Content

### **Module 1 – Understanding Bowel Function**

- Explore bowel anatomy and physiology
- Learn how the bowel works and what can go wrong
- Understand factors that affect bowel health, including medication, diet, nutrition, and hydration

### **Module 2 – Bowel Dysfunction and Assessment**

- Recognise common bowel problems and their impact on health and quality of life
- Learn how to assess bowel function and identify signs of dysfunction
- Understand the importance of accurate documentation and communication

## Course Content

### **Module 3 – Bowel Management Procedures**

- Step-by-step awareness of digital rectal examination
- Safe administration of suppositories and enemas
- Digital removal of faeces: procedure and professional responsibilities

### **Module 4 – Safety, Risk, and Governance**

- Carry out robust risk assessments before any procedure
- Recognise contraindications and complications, including autonomic dysreflexia
- Explore clinical governance and professional standards in bowel care

### **Module 5 – Rehabilitation and Ongoing Care**

- Learn techniques to support bowel health and patient comfort
- Understand how to promote dignity, independence, and wellbeing in care
- Explore the role of multidisciplinary teams in bowel management

### **Module 6 – Demonstration and Practical Session**

- Watch expert demonstrations of key procedures
- Take part in supervised practice in a safe learning environment
- Build hands-on confidence in delivering bowel care