

Appendix 3: Competencies

Bowel Care: Digital Rectal Examination, Digital Removal of Faeces and Digital Rectal Stimulation Clinical Competencies

Name:	Role:
Base:	Date initial training completed:

Competency Statement:

The participant demonstrates clinical knowledge and skill in digital rectal examination and removal of faeces without assistance and/or direct supervision (level 3 - see level descriptors). Assessment in practice must be by a Registered Nurse who can demonstrate competence at level 4 or above.

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
The Participant will be able to:				
1. Demonstrate the knowledge and skill in digital rectal examination (DRE)				
a) Demonstrate an awareness of professional accountability and guidelines (e.g. RCN)	Questioning			
b) Discuss the rationale for DRE	Questioning			
c) Demonstrate an understanding of the relevant anatomy and physiology of the gastro-intestinal tract	Questioning			
d) Discuss the care of a patient with altered bowel function	Questioning			
e) Identify when it would be appropriate to carry out DRE	Questioning			
f) Identify when it would be necessary to stop procedure and what action to take	Questioning			
g) Discuss the use of appropriate medication e.g. Laxatives, suppositories, enemas	Questioning			
h) Demonstrate knowledge of appropriate use of equipment	Observation			
i) Demonstrate preparation of the patient and gain informed consent	Observation			
j) Demonstrate the correct procedure to perform DRE	Observation			
k) Demonstrate safe disposal of equipment and waste	Observation			
l) Complete documentation and any recommendations for treatment / follow up	Observation			
m) Recognise symptoms of autonomic dysreflexia in the paralysed patient and take	Observation/Questioning			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
appropriate action				
2. Demonstrate the knowledge and skill in digital removal of faeces (DRF)				
a) Demonstrate an awareness of professional accountability and guidelines (e.g. RCN)	Questioning			
b) Identify the indications for digital removal of faeces	Questioning			
c) Demonstrate an understanding of the relevant anatomy and physiology of the gastro-intestinal tract	Questioning			
d) Discuss the care of a patient with altered bowel function	Questioning			
e) Identify the conditions which contraindicate digital removal of faeces	Questioning			
f) Discuss the potential side effects of procedure including stimulation of vagus nerve	Questioning			
g) Identify when it would be necessary to stop procedure and what action to take	Questioning			
h) Discuss the use of appropriate medication e.g. Laxatives, suppositories , enema	Questioning			
i) Demonstrate preparation of the patient and gain informed consent	Observation			
k) Demonstrate the correct procedure to perform digital removal of faeces	Observation			
l) Demonstrate safe disposal of equipment and waste	Observation			
m) Complete documentation and any recommendations for treatment / follow up	Observation			
n) Recognise symptoms of autonomic dysreflexia in the paralysed patient and take appropriate action	Questioning/questioning			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
The Participant will be able to:				
3. Demonstrate the knowledge and skill in digital rectal Stimulation (DRS)				
a) Demonstrate an awareness of professional accountability and guidelines (e.g. RCN)	Questioning			
b) Discuss the rationale for DRS	Questioning			
c) Demonstrate an understanding of the relevant anatomy and physiology of the gastro-intestinal tract	Questioning			
d) Discuss the care of a patient with altered bowel function	Questioning			
e) Identify when it would be appropriate to carry out DRS	Questioning			
f) Identify when it would be necessary to stop procedure and what action to take	Questioning			
g) Discuss the use of appropriate medication e.g. Laxatives, suppositories , enemas	Questioning			
h) Demonstrate knowledge of appropriate use of equipment	Observation			
i) Demonstrate preparation of the patient and gain informed consent	Observation			
j) Demonstrate the correct procedure to perform DRS	Observation			
k) Demonstrate safe disposal of equipment and waste	Observation			
l) Complete documentation and any recommendations for treatment / follow up	Observation			
m) Recognise symptoms of autonomic dysreflexia in the paralysed patient and take appropriate action	Observation/Questioning			

Source: RCN guidelines for the management of lower bowel dysfunction, including DRE and DRF 2012, Guidelines for Management of Neurogenic Bowel Dysfunction in Individuals with Central Neurological Conditions 2012, Southern Health NHS Foundation Trust Bowel Care Guidelines Version 1, 2017.

Date all elements of Competency Tool completed to level 3 _____

Name _____ Signature _____ Status _____ Date _____

I confirm that I have assessed the above named individual and can verify that he/she demonstrates competency in
 Bowel care including digital rectal examination, digital removal of faeces and digital rectal stimulation

Assessor _____ Signature _____ Status _____ Date _____

Review Dates:	Competent Yes / No	Signature	Assessor signature	Comments