



Bowel Management Program

for Idiopathic Constipation and Fecal Incontinence

The Bowel Management Program at Cincinnati Children's Hospital Medical Center is an intensive, one-week outpatient clinic that allows children of all ages who are unable to anticipate or control their bowel activity to achieve bowel control, improve their quality of life, and return to the ongoing care of their primary care provider following completion of the program.

CONTACT US

Local physicians call:
513-636-3240

National Physician Priority Link:
888-987-7997

Please fax all referrals to
513-636-3248 or toll-free
at **866-877-8905**

colorectalcenter@cchmc.org
www.cincinnatichildrens.org/
colorectal



Cincinnati Children's is ranked third among all Honor Roll hospitals in the 2014-15 *U.S. News & World Report* listing of Best Children's Hospitals.

Conditions Treated

- Anorectal malformations
- Bowel problems related to spina bifida
- Bowel problems related to spinal tumors or trauma
- Encopresis
- Fecal incontinence
- Hirschsprung disease
- Idiopathic constipation
- Soiling

Why Refer Your Patients to Us?

As a primary care provider, you likely see patients with idiopathic constipation intermittently — when their problem has achieved a critical, often complicated level. Their symptoms — cramping, abdominal pain, soiling, poor appetite — may have even required a hospital visit to manage their constipation and to have their bowel cleaned. Then you see your patient return repeatedly with the same problem.

Once your patient completes our intensive, one-week bowel management program, the constipation is under control, and the patient returns to you for ongoing, less problematic care.

Ninety-five percent of our patients who complete this one-week treatment are able to remain clean and wear normal underwear by the end of the week. Our success with these patients is rooted in our treatment approach.



95%

Percentage of patients who remain clean after completion of the bowel management program

240+

Number of patients annually who attend the bowel management program

7

Number of disciplines collaborating to make this intensive, one-week clinic possible

Treatment Approach

The program offers a one-week outpatient approach to the challenging treatment of fecal incontinence and idiopathic constipation. At the outset of the program, patients see a surgeon and a nurse practitioner to develop a treatment plan. During the week, the child undergoes daily X-rays and the family reviews daily progress with the nurse practitioner. Changes are made to the regimen each day so that by the end of the week, we have reached a regimen which will keep the patient both clean in their underwear and clean on X-ray. The patient then returns to the primary care provider for ongoing care. The bowel management team remains available for questions and other support as necessary.

Treatment Team

Colorectal Surgery

Jason Frischer, MD

Director

Alberto Peña, MD

Founding Director

Daniel von Allmen, MD

*Director, Division of
General and Thoracic Surgery*

Andrea Bischoff, MD

Belinda Hsi Dickie,
MD, PhD

Michael Helmraath,
MD, MS

Pediatric Urology

Pramod Reddy, MD

Brian VanderBrink, MD

Pediatric Gynecology

Lesley Breech, MD

Program Manager

Teri Martini, BSN, RN

Advanced Practice Nurses

Kimberly Cain, MSN, RN,
CNP, CWOCN

Ebony Moorefield, APRN

Nursing

Jennifer Hall, MSN, RN

Monica Holder, BSN,
RN, CPN

Lyndsey Jackson, BSN,
RN, CPN

Patricia Kern, BSN, RN, CPN

Dana Koehler, BSN, RN, CPN

Nutrition

Lucy Muskthel, RD,
LD, CNSC

Social Work

Christina Stewart,
MSW, LISW-S

Clinic Locations

We offer the bowel management program at both our main hospital and our new Green Township location. Patients are directed to a location after primary care provider referral and initial phone consultation.

By the Numbers

700
fecally
incontinent
patients

438
hypomotility

262
hypermotility

97%
success

85%
success

For patient referrals and non-urgent consultation during business hours, contact the program directly at **1-513-636-3240**. For international inquiries, call **+1-513-636-3100** or email **international@cchmc.org**.