

Title of Document	Peristeen
Name of Department	Clinical Team

What type of document is this?	Work Instruction (WI)	This is a simple guide to follow in order to complete a particular task	
Which Helping Hands policy/SOP does this WI relate to?	N/A	Index number of policy/SOP	N/A

Which Operational Priority/Priorities does this document link to?	Governance Framework	Superior Client Care	People, Performance & Culture	Business Growth

Custodian of document	Clinical Team	Committee/Group responsible for this document	Governance Committee
Approval date and committee chairperson signature	13.02.24	When is its next scheduled review?	13.02.27

Who does it apply to?	All staff at the facility / All staff working with clients					
	Does it apply to bank workers?	Yes	Does it apply to agency staff?	No	Does it apply to third party contractors?	No

Purpose of the Work Instruction	To ensure that all staff who work with customers have competency and knowledge to deal with Peristeen
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Peristeen Work Instruction

1.0 Working Safely

- 1.1 When completing this task the following measures should be taken to ensure your own safety at all times while support the customer. This risk assessment is not exhaustive and new and changing hazards should be risk assessed dynamically.

	Hazard	How to reduce risk
Training – Have I received the correct training?	<ul style="list-style-type: none"> Poor posture can result in musculoskeletal injuries Incorrect use of the equipment could harm the customer, or result in faecal splash / risk of infection 	<ul style="list-style-type: none"> Manual handling training completed as part of RAD LMS training module completed. Practical training delivered by Regional Clinical lead
PPE – What PPE should I wear and why?	<ul style="list-style-type: none"> Possible Faecal splash (hygiene / Cross contamination) Risk of Infection 	<ul style="list-style-type: none"> Gloves Aprons Refer to Recommended PPE Poster if customer has confirmed or suspected ARI (Acute Respiratory Infection)
Area – Preparing the work area	Reaching for equipment could lead to; <ul style="list-style-type: none"> Twisting and causing musculoskeletal injury Loosing balance resulting in contact injury. 	<ul style="list-style-type: none"> Prepare equipment and customer before assuming position. Ensure ample supply of PPE is available and within reach Ensure area is dry, try to conduct pre-shower
Positioning – How can I position myself for good balance and posture?	Risks <ol style="list-style-type: none"> Could slip / loose balance. Bending / twisting at the waist If stool too high - bending forwards In stool too low - can be difficult to stand up Where the customer is on a bed, can the bed be adjusted to a comfortable height for you. 	<ul style="list-style-type: none"> Refer to manual handling principals when finding a suitable position. Ideal position – <ul style="list-style-type: none"> Inserting / Removing the rectal Catheter – <ul style="list-style-type: none"> Customer sat on Commode - Crouching or sitting on stool. Customer lay on bed - Standing or sitting,
Adjustments or Alternative methods	Sitting low may have a negative impact lower limb condition. Reaching / twisting may have a negative impact on back / arm conditions.	<ul style="list-style-type: none"> Consider any health conditions when finding a suitable position – such as standing, sitting or using a stool.
Lone Working – What hazards can arise when completing this task alone?	Should you injure yourself during the procedure, there may be nobody available to call emergency services or administer first aid.	<ul style="list-style-type: none"> Keep phone on person / within reach Prepare the area

2.0 Purpose

Peristeen is a type of rectal irrigation (sometimes called anal irrigation or trans-anal irrigation) has been practiced for many hundreds of years. Over recent years it has been more widely used as a bowel management solution.

Peristeen empties the bowel by introducing water using a rectal catheter. It is performed whilst sitting on the toilet. The water stimulates the bowel and flushes out the stool, leaving the lower half of the bowel empty. As it only requires water, Peristeen is an effective alternative to other bowel management methods that call for the use of medication. Customers may be independent with using Peristeen or may need support from their carer. This enables the customer to decide when and where they want to empty their bowel.

3.0 Process

- 3.1 Explain the procedure to the customer and gain consent.
- 3.2 Prepare the area, ensuring the customers privacy and dignity.
- 3.3 Carer dons' apron and gloves.
- 3.4 Fill water reservoir (it is important to fill the bag completely, even if the full volume will not be used: this makes it easy to control how much water is inserted and ensures the system works efficiently). Use lukewarm (not hot or cold to the touch) tap water. There is no need to measure the water temperature.
- 3.5 Assemble the equipment: connect the irrigation bag, control unit and single-use rectal catheter blue to blue and grey to grey. Lock the connections by turning them 90 degrees clockwise, or according to user instruction if updated model
- 3.6 Strap pump to the customers leg if this is most convenient.
- 3.7 Open the packaging of the rectal catheter 2-3cm (use the self-adhesive tab to fix the package to a vertical surface if convenient.)
- 3.8 Turn the control unit knob to the water symbol.
- 3.9 Pump the control unit 2-3 times to "prime" the tubing with water and activate the self-lubricating coating on the catheter.
- 3.10 Turn the control knob to the Balloon symbol to stop the water flow. Do not pump yet wait at least 30 seconds.
- 3.11 Holding the catheter by the finger grip, gently insert into the anus as far as the finger grip will allow. The finger grip is the first part of the catheter with the widest diameter. If you feel any resistance while inserting the catheter NEVER use force, take the catheter out, check that there is not hard stool blocking the insertion, and gently try again.

4.0 Training

The training process should begin with the carer completing the LMS video prior to training with the Regional Clinical Lead using presentations, videos and discussion. Where possible the carer should be observed to undertake the intervention, however the customer must agree to this.

Note – Equality Impact Assessments are not required for Work Instructions

What was the previous version number of this document?	Version 02	
Changes since previous version	Addition of new section 1.0 – Working Safely	
Author of the document	Clinical Team	
Who was involved in developing / reviewing/ amending this work instruction?	Clinical Nursing Team H&S Project Lead	
How confidential is this document?	Public	Can be shared freely within and outside of Helping Hands
Associated Documents	Peristeen Fact Sheet	

