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The reporting of female sexual health after ileoanal anastomosis. A systematic review.
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Ulcerative colitis and Ileo-pouch anal anastomosis

- **Ulcerative Colitis (UC) is a chronic inflammatory condition causing ulceration of the colon and rectum.**
- 1 in 420 people in the UK have UC.
- 20-35% will require surgical intervention at some point.
- **Restorative Proctocolectomy with Ileal-pouch anal anastomosis (IPAA) is the removal of the colon and rectum where the ileum is anastomosed to the anus with a j-pouch.**
- It is the intervention of choice in patients with UC refractory to medical treatment.
- It preserves voluntary trans-anal defecation, maintains faecal continence, and avoids permanent ileostomy.

Patient reported outcome measures

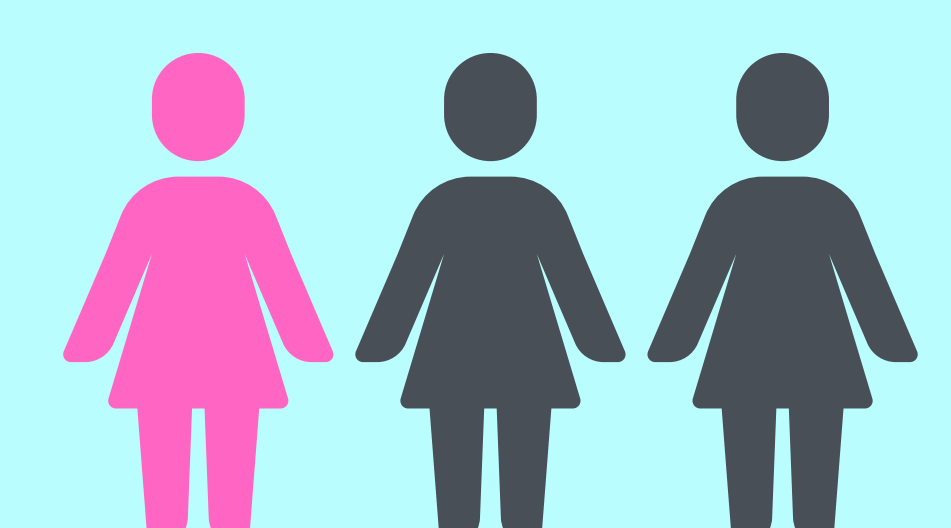
- There is an ongoing drive to place patients at the centre of decision-making through patient reported outcome measures (PROMs) to maximise quality, safety and autonomy in healthcare.
- It is not clear that these measures are appropriately described in the literature examining IPAA outcomes.
- Multidisciplinary PROMs are important due to the spectrum of adverse events after major procedures with long term effects quality of life. They extend beyond the gastrointestinal tract to psychological, systemic, urinary, sexual and social consequences.

Female specific sexual health outcomes

- **19% of patients undergoing restorative proctocolectomy experience post-operative sexual restrictions, mostly women.**
- The most common are dyspareunia and faecal incontinence.
- Dyspareunia incidence increases post-operatively. This is possibly due to modifications of the adnexa and alterations to vaginal secretions.
- Sexual restrictions can markedly limit quality of life. The literature investigating PROMs for IPAA due to UC should report on female sexual health outcomes accordingly.

28%

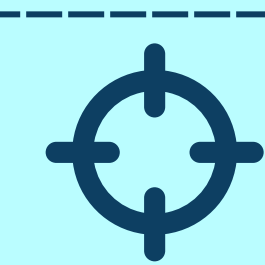
Of women fear faecal incontinence during intercourse.



UP TO 1 IN 3

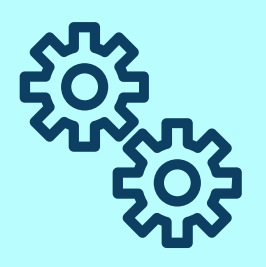
Women experience post operative dyspareunia.

Aim



Identify how frequently the literature investigating PROMs for IPAA due to UC reported female specific sexual outcomes.

Methods



- Developed according to PRISMA guidelines and published on PROSPERO [CRD42020222877].
- PubMed, Scopus, and Web of Science databases were searched from 01.01.2010 to 01.02.2023.
- Included studies were randomised controlled trials and cohort studies describing postoperative outcomes for IPAA due to UC.
- Data were extracted and each PROM was categorised using the Inflammatory Bowel Disease Questionnaire as a reference standard and urinary function outcomes were added.
- The main outcome was the proportion of studies exploring sexual function, including whether it was female specific.

Results



Initial extraction

- 8028 studies identified.
- 284 full text articles were scrutinised.
- 80 articles described outcomes for IPAA for UC
- **45 articles described PROMs.**

REFERENCES:
R Farouk et al. Functional Outcomes After Ileal Pouch-Anal Anastomosis for Chronic Ulcerative Colitis. Annals of Surgery. 2000;231(6):919-926. Available from: doi: 10.1097/0000658-200006000-00017
Oresland, T et al. The clinical and functional outcome after restorative proctocolectomy. International Journal of Colorectal Disease. 1989;4:50-56. Available from: https://doi.org/10.1007/BF01648551
Ogilvie, J W et al. Female sexual dysfunction after ileal pouch-anal anastomosis. British Journal of Surgery. 2008;95(7):887-992. Available from: https://doi.org/10.1002/bjs.6072
Oresland, T et al. Gynaecological and sexual function related to anatomical changes in the female pelvis after restorative proctocolectomy. International Journal of Colorectal Disease. 1993;9:77-81. Available from: doi: 10.1007/BF00699417

Example generic questions used to investigate sexual function:

Inflammatory bowel disease questionnaire: To what extent has your bowel problem limited your sexual activity during the last two weeks?

Gastrointestinal quality of life index: To what extent has your sexual life been impaired (harmed) because of your illness?

Cleveland global quality of life questionnaire: Because of my bowel problems, sexual activity is difficult for me.

Results - sexual function

- **35/45 articles identified sexual health as an outcome.**
- 29 used validated questionnaires. 6 used author-synthesised questions.
- 2 studies explored sexual health as their primary outcome.
- **Sexual health was most frequently investigated through a generic, sex non-specific question (n=34)**

Female sexual health outcomes

- **7/35 studies identifying sexual health outcomes reported them specifically for women.**
- 5 used validated questionnaires.
- 2 used author synthesised questions.
- 4 studies asked a question on dyspareunia.
- 0 studies investigated faecal incontinence during intercourse.

Validated questionnaires

18.2%

Of validated questionnaires used to describe PROMs report female sexual health outcomes.

- 22 validated questionnaires were used from included articles to collect PROMs.
- **Of these, 4/22 included questions on female specific sexual outcomes.**

Of studies describing PROMs report female sexual health outcomes.

15.6%

Discussion



- Importance: Demonstrates that the distinction between male and female sexual health outcomes is not well defined in the literature. Shows that only a minority of studies report on female sexual health for a frequent, major operation where these outcome measures are common. It is likely the literature for related procedures is similarly lacking. Indicates new, more comprehensive validated questionnaires are needed to adequately explore outcomes for pouch surgery and authors use self-developed questions to fill the gaps of validated outcomes.
- Strengths: First systematic literature review of the frequency of female sexual health PROMs for IPAA surgery. Large number of papers, diverse validated and non-validated outcomes extracted.
- Limitations: Equivalent outcomes for men were not investigated.