The Boston Bowel Preparation Scale Educational Program Overview (LCCBMC11)

Target Audience

This activity was developed for physicians who perform colonoscopy and are affiliated with the Clinical Outcomes Research Initiative (CORI).

Accreditation Statements

Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this enduring material for a maximum of 0.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Risk Management: This program meets the criteria of the Massachusetts Board of Registration in Medicine for risk management study.

Healthcare Gap

The diagnostic accuracy of colonoscopy requires thorough visualization of the colonic mucosa, making bowel preparation a vital element of the procedure. Failure to adequately cleanse the bowel for colonoscopy can lead to missed neoplastic lesions, prolonged procedure duration, and the need to repeat procedures at earlier intervals, which in turn negatively impacts on capacity. The American Society for Gastrointestinal Endoscopy (ASGE) and American College of Gastroenterology (ACG) Taskforce on Quality in Endoscopy suggested that every colonoscopy report should include an assessment of the quality of bowel preparation. They proposed the use of terms such as excellent, good, fair, and poor, but admitted that these terms lack standardized definitions. The US Multi-Society Task Force (USMSTF) on Colorectal Cancer advocates the use of “adequacy,” defined as the ability to exclude polyps >5 mm, as a clinical threshold for evaluating bowel preparation quality in clinical practice. Experts in the field acknowledge that no universal, validated criteria are currently available to distinguish between an adequate and inadequate preparation and, as a result, adequacy is currently based solely on subjective criteria and individual judgment. At present, the description of bowel cleanliness is left to the discretion of the endoscopist performing the procedure. An objective description of bowel preparation quality is essential to the standardization of clinical practice and ultimately has implications for appropriate surveillance intervals for CRC screening and overall quality in colonoscopy.

While several bowel preparation rating scales have been developed, few have been validated. Most were intended for comparing the efficacy of oral purgatives, failing to account for cleaning maneuvers performed by the endoscopist, such as washing, suctioning and moving debris, that can improve visualization of the colonic mucosa. In addition to their limited utility in assessing actual colonic visibility, these scales are not
practical for routine use, because they are cumbersome, do not account for variability among segments of the bowel, are subjective, and have only undergone partial validation.

**Program Learning Objectives**

At the conclusion of this educational activity, participants will be able to:

1. Understand the importance of a standardized rating scale for assessing bowel cleanliness during colonoscopy (education).
2. Describe the Boston Bowel Preparation Scale and the definition of segment scores (education).
3. Use the Boston Bowel Preparation Scale successfully in simulated case studies (competence).
4. Develop competency to use the Boston Bowel Preparation Scale successfully in daily endoscopy practice (performance).

**Acknowledgement of Support**

This activity is supported by a career development award from NIH NIDDK #K08DK090150 (Dr. Calderwood).

**Disclosure Statement**

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**Course Faculty**

Audrey Calderwood, MD  
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Dr. Calderwood has nothing to disclose with regard to commercial support. She does not plan to discuss pharmaceuticals, devices, or unlabeled/investigational uses of a commercial product.

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Ms. Walker has nothing to disclose with regard to commercial support.

**Disclaimer**
Educational Content

- Bowel preparation during colonoscopy
- The Boston Bowel Preparation Scale
  - Indication for use
  - Definition
  - Application
  - Reporting

Release and Expiration

Date of original release: December 1, 2011
Date of expiration: November 30, 2012
CME Course Code: I.CCBMC11

Time

This program is estimated to take 20 minutes to complete.

System Requirements

This program requires that the sound on your computer be enabled. Videos will be shown through YouTube. If you cannot access YouTube, you can download videos by clicking the alternative video link.

Privacy Policy

BUSM CME privacy policy http://www.bu.edu/cme/policies/privacy_policy.html
Questions

If you have any questions, please contact the BUSM CME by email at cme@bu.edu or visit http://www.bu.edu/cme

For questions about this program and its content, please contact the course directory, Dr. Audrey Calderwood at audrey.calderwood@bmc.org.

For technical questions, please contact CORI help at (888) 786-2674 or cori@ohsu.edu.

References