

# NBD Score — The Neurogenic Bowel Dysfunction Score<sup>1</sup>

	Score
1. How often do you have a bowel movement? <input type="checkbox"/> Daily (score 0) <input type="checkbox"/> 2-6 times per week (score 1) <input type="checkbox"/> Less than once per week (score 6)	
2. How much time do you spend on each bowel movement? <input type="checkbox"/> Less than 30 min. (score 0) <input type="checkbox"/> 31-60 min. (score 3) <input type="checkbox"/> More than an hour (score 7)	
3. Do you experience uneasiness, sweating or headaches during or after a bowel movement? <input type="checkbox"/> Yes (score 2)	
4. Do you take medication (tablets or suppositories) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
5. Do you take medication (drops or liquid) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
6. How often do you use digital evacuation? <input type="checkbox"/> Less than once per week (score 0) <input type="checkbox"/> Once or more per week (score 6)	
7. How often do you have involuntary bowel movements? <input type="checkbox"/> Daily (score 13) <input type="checkbox"/> 1-6 times a week (score 7) <input type="checkbox"/> Once a month (score 6) <input type="checkbox"/> A few times a year or less (score 0)	
8. Do you take medication to treat fecal incontinence? <input type="checkbox"/> Yes (score 4) <input type="checkbox"/> No (score 0)	
9. Do you experience uncontrollable gas? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
10. Do you have peri-anal skin problems? <input type="checkbox"/> Yes (score 3) <input type="checkbox"/> No (score 0)	
Total score (between 0 and 47): _____	

## General satisfaction

Please mark the scale with a (x) to represent your general satisfaction with your bowel management.  
 (Total dissatisfaction = 0 / Perfect satisfaction = 10)

0  1  2  3  4  5  6  7  8  9  10

Score	Severity of bowel dysfunction
0-6	Very minor
7-9	Minor
10-13	Moderate
14+	Severe

<sup>1</sup> Krogh, K., Christensen, P., Sabroe, S., Laurberg, S. Neurogenic bowel dysfunction score Spinal Cord 2006 Vol. 44 p. 625-631