

The eXroid Clockface Assessment Tool (eCAT): a new tool to assist in recording proctological examination

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Purpose

Assessing and documenting what is found on proctological assessment is not currently recorded in a standardised way in primary or secondary care. We have developed the eClockface Assessment Tool (eCAT[®]), which has proved to be a useful way to achieve this in clinics that manage internal haemorrhoid disease (HD), a condition which is frequently associated with other problems, including external haemorrhoids, fissures, fistulas, polyps and tags.

Methods

The eCAT[®] was used in 10 treatment clinics around the United Kingdom to document the examination findings during initial and subsequent consultations, together with a symptom questionnaire. All patients were included in this prospective observational pilot study.

Results

1366 consecutive consultations (781 new consultations including HD treatment; 399 follow up HD treatments; 186 consultations only) presented between March 2019 and November 2020. The median age was 54yrs (range 18-96), 62% male, 38% female. The commonest presenting symptoms were bleeding (65%), prolapsing (63%), redness/soreness (49%), itching (35%) and pain (28%). The eCAT[®] was used to document the initial findings, including HD, tags, polyps, fissures and fistulas, and proved especially useful in those 399 returning for follow up treatments. The eCAT[®] enabled documentation of haemorrhoid changes over time, including: change in position, change in size, and change in the number of haemorrhoids since the first visit, plus observed healing of concomitant fissures. Patients like it as well.

Conclusions

The eCAT[®] is a novel tool, liked by patients, enabling a standardised approach to the assessment and documentation of proctological disease and is useful both at initial examination and as a follow-up assessment tool.