

Digital Stimulation

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high-intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding the provision of Complex Bowel Care.

When training LWB staff in Digital Stimulation, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB 5636 HIDPA Complex Bowel Care Digital Stimulation – Training Essentials (this document)
- you have accessed the relevant LWB HIDPA Support Procedure
- names of staff member/s you trained in the person's plan and support task that the staff member/s were assessed as effectively demonstrating skills, knowledge and understanding associated with the person's plan or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at LearningDMH@lwb.org.au.

Thank you for working in partnership with LWB to maintain the safety and wellbeing of the people we support, and for assisting us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of Complex Bowel Care.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Understands the process of complex bowel care digital stimulation, the purpose and complications associated with the procedures	Knowledge of the basic anatomy of the lower gastro-intestinal tract and how the nervous system impacts the lower gastro-intestinal tract
	An understanding of the role of good bowel care in supporting a person to lead the life they choose and the purpose of Digital Stimulation
	An understanding of the person's Bowel Care Plan and when and if digital stimulation is required
	An understanding of complications with digital stimulation
Emergency Response	An understanding of when to stop the procedure and what action to take
Administer digital stimulation as per the person's plan	How to check the person's Complex Bowel Care Plan
	How to gather and prepare the equipment
	How to use required PPE, including two (2) pairs of gloves (double gloving)
	How to ask the person when their last bowel movement occurred and check the bowel chart
	How to correctly position the person as per the plan
	How to check for abnormalities, including bruising, pressure injury, skin tags and haemorrhoids
	How to apply lubricant to the index finger or dill stick as per the plan
	How to perform digital stimulation for 20-30 seconds, 10-15 minutes apart, no more than 3 times or as directed in the plan
	How to assist with toilet hygiene when the procedure has been completed
	How to record any abnormalities, including bruising, pressure injury, skin tags and haemorrhoids

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
	How to document bowel results and observations in the Bowel Chart
Shows respect for the individual and works with them to make the process comfortable	Ensuring support practice respects the person throughout the process.
	An explanation to the person of each step to be taken and seek their consent before performing any tasks
	Actively involving the person in their support, as outlined in their plan, and to their chosen level
	How to assist the person into the correct position for the procedure and reassure them throughout the process.
Health, Safety and Environment	Hygiene and infection control procedures. For example, they wash their hands and put on appropriate PPE before commencing activities.
	How to clean and dispose of all equipment and waste appropriately
	Appropriate and accurate documentation, and when the procedure is completed