



Comprehensive Care

Think about the link

Promoting continence

About continence

- Incontinence is often seen as a taboo subject and not openly spoken about
- Incontinence affects one in four people, both men and women, regardless of age or background
- Incontinence is not a natural part of childbirth or ageing and can be treated, managed and in many cases, cured
- Promoting and enhancing continence in hospital can have a positive impact on patients' dignity, self-esteem and wellbeing
- Think about the link – incontinence can impact falls risk, pressure injuries, malnutrition and mood



How can I provide Comprehensive Care to promote continence?

- Complete the 'Risk Screening Tool' on admission, at bedside nursing handover (TDS), or if any change in your patients' condition
- Involve your patients, their carers and their families in developing goals of care, including asking how continence is managed at home
- Maintain dignity and use an empathetic approach towards continence issues as your patients may feel embarrassed
- Ensure good hydration and nutrition is maintained for your patients
- Identify and treat transient causes of incontinence (systemic infections, medication review, including timely review of aperients)
- Use skin barriers
- Ensure regular skin assessment and pressure area care
- Encourage mobility
- Encourage your patients to wear their own clothing and adhere to regular home toileting routines
- Identify if a referral to the Western Continence Service or Allied Health is required

Where can I learn more about incontinence?

- Refer to the Continence Management Guidelines
- Refer to the Western Continence Service and Continence Nurse Consultant