Carers Count: support for continence management

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Continence Foundation of Australia Victoria Branch

- National peak body promoting bladder and bowel health
- Not-for-profit organisation
- Funded by the Department of Social Services and HACC
- Promote continence awareness
- Educate on treatment and management options
- Assist access to information and support services
- National Continence Helpline – 1800 33 00 66
- Manage the Victorian Continence Resource Centre – 1300 220 871
What is incontinence?

The accidental or involuntary loss of urine or bowel motion

Caring for yourself

- 10% of all primary carers (72,900) managed another person’s incontinence*

- Carers looking after someone with incontinence may experience social isolation and are more likely to be affected physically and emotionally*

- Carers need practical support, respite and training*

  Carers’ own health is important, including their bladders and bowels.

World Continence Week 2015

World Continence Week June 22–28

Tell someone who cares

Phone 1800 33 00 66

National Continence Helpline | continence.org.au

• Initiative of the International Continence Society and is coordinated in by the Continence Foundation of Australia

• Aims to raise awareness about incontinence related issues

• The theme is **Tell someone who cares**

Web page

www.continence.org.au/carers
Videos

- Skin care
- Dementia
- Practical caring tips at home
- Products
- Financial assistance

Financial assistance

Resources

- Caring for someone with bladder and bowel problems (booklet)
- Caring for someone with incontinence (fact sheet)
- Where to get help (fact sheet)
Promotion

Poster and free resources available by calling the National Continence Helpline on 1800 33 00 66 or visit continence.org.au to browse and order online.

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Bladder and Bowel problems associated with Multiple Sclerosis

- MS is the most common non traumatic nervous system disorder affecting young adults
- Approximately 90% of people suffering with MS will experience bladder and bowel problems
- Fatigue and bladder symptoms are often the first symptoms experienced by people with MS

Neurogenic Incontinence associated with Multiple Sclerosis (MS)

- MS causes damage to the myelin sheath responsible for nerve conduction
- Interruption of the conduction of nerve impulses along the nerve pathways associated with the bladder cause Bladder Dysfunction
- The level and type of bladder dysfunction in MS may vary at different stages of the disease
We need to be able to;

- Recognise the need to go
- Work out where to go
- Hang on until we get there
- Get there in time
- Pass urine (or faeces) once we get there

Nervous System - Micturition
Urodynamic Cycle - Micturition

Bladder Dysfunction associated with MS

- Failure to store
- Failure to empty
- A combination of the 2 known as detrusor-sphincter dyssynergia
PROMOTING BLADDER AND BOWEL HEALTH

Urinary Urgency & Urge Incontinence

Failure to Store

Urinary retention, overflow incontinence

Bladder Symptoms
- Frequency
- Hesitancy
- Recurrent Urinary Tract Infections
- Nocturia
- Dribbling
- Incomplete emptying
- Incontinence
Bladder Sphincter Dyssynergia

Nursing for Continence

Figu 2.6 Underactive bladder.

Continence Management Plans

Multiple Sclerosis

Collaboration
Personalised care plans
Self management education
Adherence to treatment
Follow up & monitoring

Activity Limitation/Disability

Mobility impairment
Dexterity impairment
Cognitive impairment
Bladder impairment
Bowel impairment
Pharmacological Treatments
Overactive Bladder

- Oxybutin (Ditropan) – Tablets/patches
- Solifenacin (Vesicare) – Tablets
- Darifenacin (Enablex) – Tablets
- Mirabegron Tablets
- Botox Injections

Pharmacological treatments to improve urine flow

- Tamsulosin (Flowmax) – Tablets
- Pazosin (Minipress) - Tablets
PROMOTING BLADDER AND BOWEL HEALTH

Gadgets and Gizmos

- Pads
- Washable protective underwear
- Leak proof swimwear
- Urinals, portable drainage devices
- Condom Drainage
- Catheters
- Clamps

CLEAN INTERMITTENT CATHETERISATION
Sexual Function

Pain
Erectile Dysfunction
Incontinence
Effect on relationship

Stools and Bowel Health

- Should be soft but firm
- Easy to pass
- Light-dark
- Brown
- Banana shaped
- Minimal odour
Normal range for bowel action

3 times/day to

3 times/week

Good Bowel Function Means

Ability to “Hold On” – after the first urge
Commence a bowel action as soon as you are seated on the toilet
Completely empty your rectum after defecation
Bowel Problems associated with MS

- Reduced peristalsis
- Lack of coordination of the anal sphincters
- Reduced anal sensation
- Incomplete evacuation

Faecal Continence

Diagram illustrating the anatomy of the rectum, including the colonic circular and longitudinal muscles, puborectalis, anal sphincters (EAS, IAS), perianal skin, and anus.
Constipation

Diet & Fluids

- **Fluids** - What & amount
  - Water
  - Caffeine
  - Alcohol
  - Other
- **Diet** – What & amount
  - Dietary Fibre intake
  - Adequate diet
- Consider impact on bladder and bowel
Types of Fibre

- **Gel/soluble fibre** (fermentable/prebiotic)
  - good bacteria (>bulk)
  - Soluble Fibre – turns into a gel during digestion. It can firm up and slow down motions for people suffering with diarrhoea

- **Stringy/insoluble fibre** (partially fermentable)
  - stool weight (own mass, hold water)
  - Insoluble Fibre – speeds up bowel motions and is useful for treating constipation
**Promoting Bladder and Bowel Health**

### Gel Fibre (Fermentable) Soluble

- oatmeal cooked, oat bran
- chia seeds, linseeds (ground), fenugreek
- psyllium husk, slippery elm
- white bread, barley, cornmeal, white rice
- pasta, potatoes (white/sweet)
- lentils, beans, chickpeas, soy products
- carrots, turnip/parsnip, beets, pumpkin
- mushrooms, chestnuts, avocados
- bananas, mangos, papayas
- peeled grated apple or apple sauce

### Stringy Fibre (Partially Fermentable) Insoluble

- muesli, wholemeal/grain, wheat bran, rice bran
- nuts, seeds e.g whole linseed, popcorn
- dark leafy greens, peas, beans
- corn & corn bran
- capsicum (skinned >soluble fibre), eggplant, celery
- onions, cabbage, broccoli/cauliflower
- tomatoes, cucumber (skinned/seeded >soluble fibre)
- berries, grapes, stone fruit
- pineapple, apple + skin, citrus, dates/prunes
Correct toileting position

Knees higher than hips. Lean forward and put elbows on your knees. Bulge out your abdomen. Straighten your spine.
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Aperients action on the bowel

How drugs work to relieve constipation

OSMOTIC AGENTS

BULKING AGENTS

Hydration of the stool

Increase in faecal bulk

STIMULANTS

Stimulating peristalsis

STOOL SOFTENERS

Softening of the stool

RELIEF OF CONSTIPATION

Easing the passage of faeces

LUBRICANTS
Adapted bathroom & toilet access

Adequate lighting, cooling (heating)
Hand rails
Space for wheelchair transfers
Shower/commode chair over toilet
Hoist- (mobile/overhead)
Foot stall

Adapted Clothing

Dressing stick with rubber tip one end and a hook at other end
Pants clip – apiece of elastic with a clip at either end
French style knickers
Drop front or side opening
Incontinence swimwear
Out and about accident prevention

- National Public Toilet Map/app
- Chair pads
- Accident pack
- Portable travel jons

Prompted toileting

May be necessary if there are cognitive deficits
- Verbal prompts
- Visual prompts
- Wrist watch alarms or vibration
- Written prompts
Financial Support for continence aids

- State Funding varies – www.continence.org.au

- Continence Aids Payment Scheme (CAPS) Commonwealth funding

- Dept of Veterans Affairs (DVA)

- NDIS in the future

Phone the National Continence Helpline

Phone the National Continence Helpline on 1800 33 00 66 *

* Cost applies for calls from mobile phones

- 8:00am to 8:00pm AEST
- Team of continence nurses
- Confidential advice
- Referral to local continence services
- Free resources available, including indigenous and translated materials
Other support services

- Continence Foundation website with a web page dedicated to carers: continence.org.au/carers

- Phone the Carer Advisory Service 1800 242 636 for advice and support relating to caring

- Carers Australia website carersaustralia.com.au for links to state or territory Carers Associations & young carers go to youngcarers.net.au

- The Commonwealth Respite & Carelink Centre 1800 052 222 for information on community, aged and disability services and carer support

Thank You