



Continence Education For Client and Carers Procedure

Procedure Number

CHC-PN-0017

Version Nos:

5

1. Purpose

This Procedure is performed as a means of improving the quality of life of West Coast District Health Board (WCDHB) patients with continence problems.

2. Application

This Procedure is to be followed by all clinical staff throughout WCDHB.

3. Definitions

For the purpose of this Procedure:

Continence is defined as the absence of any leakage from the bladder at inappropriate times.

4. Staff Authorised To Perform Procedure

This Procedure shall be performed by a:

- i) registered nurse under the supervision/direction of a continence nurse; or
- ii) continence nurse specialist;
- iii) physiotherapist trained as a continence adviser.

5. Resources Required

This Procedure requires:

- i) anatomy model;
- ii) handout (for information purposes).

6. Process

- 1.00 The patient's type of incontinence is required to be determined using the model or diagrams. Demonstrate normal pelvic floor muscles and bladder function.
- 1.01 Provide appropriate handout for the patient
- 1.04 Discuss possible life-style changes they may improve level of continence.
- 1.05 Refer to GP for further investigations (e.g. ultrasound of the bladder)
- 1.06 Supply appropriate continence aids and discuss their use and how to obtain supplies
- 1.07 Provide a contact name and phone number
- 1.08 Make appointment for reassessment in 6 weeks
- 1.09 Add clients name to continence register



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- 1.10 Follow up client in 6 weeks
- 1.11 Discharge client from service when:
- satisfactory level of continence is achieved; or
 - is deceased.

7. Precautions And Considerations

→ there are no specific precautions and considerations associated with this Procedure.

8. References

MoH Service Specifications DOM104 Continence Service

9. Related Documents

WCDHB Entry To Continence Service Criteria
WCDHB Assessment Of Urinary And Faecal Incontinence procedure
WCDHB Continence Education For Staff And Community Procedure
WCDHB Discharge Planning For Continence Clients Procedure
WCDHB Management And Supply Of Continence Products Procedure
WCDHB Monitoring and Maintenance Of Continence Clients Procedure

Revision History	Version:	5
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