

Bladder and Bowel continence promotion for carers

Always follow local policy and guidelines on continence promotion or management

| Knowledge | |
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| Bladder function | |
| <p>Understands how the bladder functions</p> <p>Average time to pass urine is 4-7times per day.</p> <p>Normal urination for an adult is about 300-500mls depending on fluid intake</p> <p>Older adults may get up to use the toilet 1-2 times at night.</p> | <p>https://www.youtube.com/watch?v=aneONhtaEyo</p> <p>https://teachmeanatomy.info/pelvis/viscera/bladder/</p> |
| Bowel function | |
| <p>How bowels work</p> <p>Bowels open between 3 times a day to 3 times per week</p> <p>Knows different types that stool can present as and able to describe appearance of stool and other things to consider regarding appearance of stool</p> | <p>https://www.bladderandbowel.org/bowel/bowel-resources/how-the-bowel-works/</p> <p>https://www.healthline.com/health/bowel-movement#constipation-and-diarrhea-causes</p> <p>Bristol Stool Chart (england.nhs.uk)</p> <p>https://gutscharity.org.uk/poo-torial/</p> <p>https://gutscharity.org.uk/advice-and-information/symptoms/constipation/</p> |

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| <p>Aware of causes of bowel (faecal) incontinence: constipation, severe diarrhoea and other disorders</p> | <p>https://www.nhs.uk/conditions/bowel-incontinence/</p> |
| <p>Hand hygiene</p> | |
| <p>Understands the importance of good hand hygiene.</p> <p>Knows correct steps involved in good hand hygiene.</p> | <p>https://www.youtube.com/watch?v=8wi8gYBSq1Q</p> <p>https://www.england.nhs.uk/wp-content/uploads/2022/09/nipc-manual-appendix-1-handwashing.pdf</p> <p>https://www.nhs.uk/live-well/best-way-to-wash-your-hands/</p> |
| <p>Understands Importance of Nutrition and hydration</p> | |
| <p>Eating a balanced diet with plenty of fruits and vegetables</p> <p>Encourage adequate fluid intake.</p> | <p>https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/</p> <p>https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/</p> |
| <p>Toileting</p> | |
| <ul style="list-style-type: none"> • Look for pale looking urine colour. • Ensures there is provision of clean private toilets • Encourage regular toilet visits. • Ensure correct toilet position especially to empty bowels. • Encourage regular exercises as can help to keep bowels to moving. | <p>https://www.nhsinform.scot/campaigns/hydration</p> <p>https://www.bladderandbowel.org/help-information/resources/toilet-positions/</p> |

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| Skin integrity | |
| <ul style="list-style-type: none"> • Incontinence can increase risk of skin damage. • The damage can cause considerable discomfort. • Damage to the skin can happen from moisture, urine, irritants and enzymes from faeces, cleaning with soap and water and wearing incontinence products. | https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC061_Skin-Care.pdf |
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| Falls | |
| <p>Urinary incontinence can cause falls for different reasons: Have a look at falls competencies for more information but some of these reasons include:</p> <ul style="list-style-type: none"> • Needing to rush to the toilet due to fear of not reaching it in time. This is high risk during night time when someone is sleepy and in dark environment. • Due to tiredness and feeling sleepy during daytime due to need to keep going to the toilet at night. • Certain medications used to treat urinary incontinence can cause low blood pressure when someone stands up (postural hypotension). | https://cks.nice.org.uk/topics/falls-risk-assessment/management/falls-risk-assessment/ |

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| <p>These can include antidepressants (Duloxetine and imipramine) and anticholinergic medicines (Oxybutynin, Tolterodine).</p> <ul style="list-style-type: none"> • Drinking less fluids to avoid leaking urine can lead to dehydration causing darker urine that can irritate the bladder causing urinary urgency thus increasing risk of falls. • Risk of slipping off urine on the floor if someone leaks urine as floor will be wet. • Distraction from task at hand or walking that can be caused by the need to focus on reaching the toilet. • Crossing legs to try and stop leaking urine creating unfamiliar walking patterns that increase risk of falls. • Losing body strength, balance and stamina by avoiding moving around or go out increasing restriction in mobility and risk of falls. | |
| <p>Escalation</p> | |
| <p>Knows who to escalate to where there are concerns.</p> | <p>Nurse, Team leader, Manager</p> |

| Aware of support services available | |
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| <p>Medical advice through Gp</p> <p>NHS bladder and Bowel Continence service</p> <p>Charities and advice line (Bladder and bowel UK)</p> <p>Just can't wait card</p> <p>Radar key to use for access to disabled toilet.</p> <p>Age uk</p> | <p>https://www.bladderandbowel.org/bladder/bladder-conditions-and-symptoms/</p> <p>https://www.bbuk.org.uk/</p> <p>https://www.bladderandbowel.org/help-information/just-cant-wait-card/</p> <p>https://www.bladderandbowel.org/news/radar-keys-explained/</p> <p>https://www.ageuk.org.uk/northern-ireland/information-advice/health-wellbeing/conditions-illnesses/incontinence/</p> |