

Bladder and Bowel continence promotion for Nurses

Always follow local policy and guidelines on continence promotion or management

Knowledge	
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> <p>https://www.urologyhealth.org/urology-a-z/n/nocturia</p>
Aware of how to undertake bladder function and continence assessment on admission	
<p>Knows considerations to make as part of holistic continence assessment and to include the following:</p> <ul style="list-style-type: none"> • Mobility • Dexterity • dietary/fluid intake • family/carer support • sexual relationships • cultural issues • Patient Reported Outcome Measures (PROMS) (look at impact incontinence has on the resident`s daily life 	<p>Incontinence management in older people: A wake-up call British Geriatrics Society (bgs.org.uk)</p> <p>Assessing the type of urinary incontinence Diagnosis Incontinence - urinary, in women CKS NICE</p>

- bladder and/or bowel symptoms.

Aware of importance of completing a bladder and/or bowel diary or episodes of incontinence to develop a toileting pattern/routine for each individual resident based on their needs.

Knows targeted screening questions to identify those that will not volunteer to say if experiencing continence or bladder control problems due to dementia, embarrassment or hearing problems

(a) Do you ever leak urine/water when you don't want to?

(b) Do you ever leak urine/water when you cough, laugh, or exercise?

(c). Do you ever leak urine/water on the way to the bathroom?

(d). Do you ever use pads, tissue, or cloth in your underwear to catch urine?

(e) Do you have the need to alter any plans or activities because you are afraid of leaking urine?

(f) Do you have the need to urinate more frequently?

Types of common bladder problems:

1. Stress incontinence

[Bladder-Control-Assessment-Tool-ENG \(2\).pdf](https://www.whittington.nhs.uk/Bladder-Control-Assessment-Tool-ENG%20.pdf)
(whittington.nhs.uk)

[How to help a weak bladder - NHS \(www.nhs.uk\)](https://www.nhs.uk/how-to-help-a-weak-bladder)

[Urinary Incontinence: Causes, Symptoms & Treatment | Age UK](#)

Video:

<https://www.nia.nih.gov/health/bladder-health-and-incontinence/urinary-incontinence-older-adults>

[Scenario: Stress urinary incontinence | Management | LUTS in men | CKS | NICE](#)

<p>2. Urge or overactive incontinence.</p>	<p>https://youtu.be/3KRhhxVfGH0?si=GMc0so8WPBf48yZ</p> <p>Symptoms & Diagnosis (bladderproblem.co.uk) Scenario: Overactive bladder Management LUTS in men CKS NICE</p>
<p>Recognise the importance of fluid Intake</p>	
<p>Encourages residents or clients to drink enough roughly 6-8 glasses to maintain adequate fluid intake unless contraindicated.</p> <p>Encourage water-based fluids than caffeinated or alcoholic drinks to maintain hydration, prevent bladder irritability or increased urgency and frequency.</p> <p>Encourage regular drinking of fluids throughout the day to avoid dehydration at certain times.</p>	<p>Hydration - British Nutrition Foundation</p> <p>Video: Nutrition and hydration Nutrition and hydration (skillsforcare.org.uk)</p> <p>Water, drinks and hydration - NHS (www.nhs.uk)</p>
<p>Aware of how to do bowel function assessment on admission</p>	
<p>How bowels work</p> <p>Bowels open between 3 times a day to 3 times per week</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>

Knows different types that stool can present as and able to describe appearance of stool and other things to consider regarding appearance of stool

Knows targeted screening questions to identify those experiencing bowel control problems.

(a) Do you ever leak faeces when you don't want to?

(b) Do you ever leak faeces when you cough, laugh, or exercise?

(c) Do you ever leak faeces on the way to the bathroom?

(d) Do you ever use pads, tissue, or cloth in your underwear to contain faeces?

(e) asks if there has been any sudden change in bowel habit, rectal bleeding or bloody stools, weight loss or abdominal pain

(f) asks if there is history of any rectal discomfort, excessive straining, feeling of incomplete evacuation of faeces, blockage or abdominal distension.

[Bristol Stool Chart \(england.nhs.uk\)](http://england.nhs.uk)

<https://gutscharity.org.uk/poo-torial/>

<https://gutscharity.org.uk/advice-and-information/symptoms/constipation/>

<https://www.nhs.uk/conditions/bowel-incontinence/>

[007-522.pdf \(whittington.nhs.uk\)](http://whittington.nhs.uk)

[Assessment | Diagnosis | Constipation | CKS | NICE](#)

<p>Help to promote a healthy bowel function</p>	
<p>Teaches strategies to maintain normal bowel by having adequate fibre and fluids intake, routine exercise, and appropriate use of laxative agents.</p> <p>Good bowel management is important in women mostly as it reduces risk of stress incontinence due to loss of normal pelvic muscle tone.</p> <p>Chronic constipation is a risk factor for urge incontinence, because it interferes with normal bladder distention and increases bladder irritability</p>	<p>How to keep your bowels healthy - Bladder & Bowel UK (bbuk.org.uk)</p> <p>Video: https://youtu.be/sgpAQ-cirU?si=nwV_sr1gJ1mP_pns</p> <p>Urinary incontinence - Causes - NHS (www.nhs.uk)</p>
<p>Aware of importance of fibre intake in diet</p>	
<p>Encourages adequate fibre intake from various sources of food in diet to maintain a healthy bowel as recommended Daily fibre intake is 30grams</p>	<p>How to get more fibre into your diet - NHS (www.nhs.uk)</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>Aware of importance of maintaining healthy skin integrity in residents with continence problems</p>	
<p>Recognises that external factors such as poor continence care can be a contributory factor to moisture lesions/pressure ulcers</p> <p>Skin care - Faecal and urinary incontinence presents a high risk to maintaining skin integrity.</p> <p>Continence not managed appropriately can lead to development of Incontinence Dermatitis (ID) and moisture lesions.</p> <p>Aware to use emollients and soap substitutes for cleaning skin affected by incontinence.</p> <p>Use of barrier creams or barrier films such as Cavilon are very effective in giving protection from excess moisture and soiling and should be used according to manufacturer's instructions and applied sparingly.</p>	<p>https://www.gov.uk/government/publications/pressure-ulcers-how-to-safeguard-adults/safeguarding-adults-protocol-pressure-ulcers-and-raising-a-safeguarding-concern</p> <p>https://dermnetnz.org/topics/incontinence-associated-dermatitis</p> <p>https://bnf.nice.org.uk/treatment-summaries/emollient-and-barrier-preparations/</p>
<p>Supports maintaining a healthy weight</p>	
<p>Encourages weight control because obesity is associated with increased</p>	<p>Lifestyle changes - Overactive Bladder- Bladder Health UK</p>

<p>intra-abdominal pressure, which increases the risk for stress incontinence.</p> <p>Encourage routine exercise and a high-fibre, low carbohydrate diet which will also contribute to good bowel health.</p>	
<p>Aware of other possible causes of incontinence</p>	
<ul style="list-style-type: none"> • Functional incontinence • Mobility • Dementia • Getting older • Radiotherapy • Surgery to treat prostate cancer • Family history of stress incontinence • Pelvic prolapse • Drinking too much caffeine • Urine infection: Urinalysis must be undertaken to detect any abnormalities and to be considered in conjunction with other presenting urinary symptoms or incontinence. • Strenuous activity like weightlifting • Long term cough • Certain medications can exacerbate bladder or bowel problems and it is advisable to check residents current 	<p>https://www.nhs.uk/conditions/urinary-incontinence/causes/</p> <p>Follow to dip or not to dip guidelines: https://learninghub.nhs.uk/Resource/13972/Item and local policy for antibiotic treatment of infections</p>

<p>medications with British National Formulary (BNF)</p> <p>Examples of these medications:</p> <ul style="list-style-type: none"> • Angiotensin-converting enzyme (ACE) inhibitors. • Antidepressants. • Antihistamines. • Antimuscarinics. • Antiparkinsonian drugs • Beta-adrenergic agonists. • Calcium channel blockers. • Opioids. • Sedatives and hypnotics. 	<p>Causes and contributing factors Background information Incontinence - urinary, in women CKS NICE</p>
<p>Supports smoking cessation</p>	
<p>Understands risk smoking has on health and will support residents that want to give up smoking</p>	<p>https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/smoking/</p>
<p>Aware of what to look out for in residents with neurological problems and urinary retention symptoms</p>	
<p>Assesses for urinary retention if any sensations of incomplete emptying and recent urinary tract infection in people with a history of:</p>	<p>Neurogenic Bladder: Symptoms, Diagnosis & Treatment - Urology Care Foundation (urologyhealth.org)</p>

1. Multiple sclerosis
2. Parkinson's Disease
3. Spinal cord lesion
4. Stroke
5. Back injuries or back surgery
6. Diabetic neuropathy.

[Recommendations | Urinary incontinence in neurological disease: assessment and management | Guidance | NICE](#)