CONTINENCE SERVICE

Caroline Deighton
Continence Specialist Nurse
Continence Service - Mission Statement

Effective bladder and bowel care maintains dignity and is a vital part of compassionate care for all patients.

As Specialist Nurses we provide patient-centred, evidence based care for those with bladder and bowel dysfunction.

We promote education for bladder and bowel health, ensuring high quality care across the County to all our patients.
Our patients are the forgotten crowd in healthcare, our services are often seen as “pad police” without an understanding of the complex nature of our work
Continence Service

County wide service based at Building 9, Bishop Auckland Hospital

Team: 7 Nurses & Admin support staff (based in C3)

Two elements to the Continence Service:

1. Specialist Nursing Service
2. Continence Home Delivery Service
Specialist Nursing Service

- Receives on average 200 new referrals per month
- Provide 50 clinics per month across County Durham & Darlington in a range of clinic settings
- See patients with complex needs at home if required
The assessment process must result in an identified type of incontinence and culminate in a treatment plan that involves the individual concerned and promotes continence.

With appropriate treatment, advice and support 70% of patients will regain or improve their continence status (RCP 1995).

Where incontinence is considered to be intractable, or treatment has been declined continence management options should then be considered.
Treatment & Management

Follow NICE guidance in all treatments which include:

- Lifestyle advise – fluids, smoking weight and diet
- Bladder retraining / diversion techniques
- PFME’s programme support by VE
- Biofeedback / Neuro stimulation
- Medication
- ISC / ISD

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Bowel management

We provide:

• Lifestyle advice
• Diet / fibre advice
• Correct position for sitting on the toilet
• Laxatives, suppositories
• Anal plugs
• Anal irrigation

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2. Continence Home Delivery Service (HDS)

- 7,000 Active patients (Countywide) receiving pads to their own homes / care homes
- Area average cost per patient per day is 70p = 6p below the national average
- Quarterly business review meetings to monitor costs and service improvement
- Patient ring back service to prevent overstocking
- Care home audit / training / monitoring & collection of excess products

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Referral processes:

Please contact the service for further information on: 01388 455255.

To refer to this service, complete a referral form and post / email:
cdda-tr.continence@nhs.net

Address: Building Nine,
Bishop Auckland General Hospital,
Cockton Hill Road,
DL14 6AD
Thank you

Any questions?

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