

HACC/MASS CONTINENCE PROJECT RESOURCES

The following resources have been developed to assist clinicians and clients in the community to manage urinary incontinence. Please see the attached order form if you wish to order any of these resources. For further information, contact Jennifer Hayter on telephone (07) 3250 8606, fax (07) 3250 8582 or email on contpro@health.qld.gov.au

RESOURCES FOR CLINICIANS

First Steps in the Management of Urinary Incontinence in Community-Dwelling Older People: A clinical practice guideline for primary clinicians (registered nurses and allied health professionals) Second Edition 2007

This guideline (First steps CPG) is for primary level nurses and allied health professionals to assist in the initial assessment and management of urinary incontinence. It is an essential reference for all clinicians working with people who have urinary incontinence.

The Primary Clinician's Guide to Managing Urinary Incontinence in Community-Dwelling Older People (2007)

This booklet is an easy pocket reference guide to assessment and management of urinary incontinence, which can be referred to while in consultation with the client. It summarises the evidence in the 'First steps CPG' in a user-friendly, illustrated format.

Continence Products. Personal characteristics and specific considerations when selecting continence products (2007)

This booklet provides a detailed analysis of different types of commonly used continence aids. Individual characteristics such as gross and fine motor skills, weight, vision, and cognitive function are considered for each style of product.

Dry Up Self Management Program (2006)

This is a six session continence promotion group program developed for use with consumers living within the community. It is fully scripted with a facilitator manual, participant work books, CD of PowerPoint slides for use throughout the course, and other related resources.

Dry Up Kit (2006)

In addition to the 'First steps CPG' and the primary clinician's guide, this boxed kit contains the following resources, designed to make the clinicians role easier. All the resources are supported by the best-practice evidence detailed in the 'First steps CPG'.

- Best toilet position A4 poster for bowel function
- Tear off pads (50 sheets per pad) of forms to give to clients, including:
 - A5 Best toilet position for bowel function
 - A5 Best toilet position for bladder emptying
 - A4 Food Fibre Guide
 - A4 Bladder Diary
 - A4 Bowel Habit Diary
 - A5 Bristol Stool Form Scale
- CD of forms for use as templates, including a sample referral form to facilitate referral on to a secondary level clinician, a guide to questioning, a urinary incontinence assessment tool and a list of suppliers of products useful for a comprehensive continence assessment

Each of these items, except for the CD of forms, is also available individually.

Second Steps in the Management of Urinary Incontinence in Community-Dwelling Older People: A clinical practice guideline for secondary level clinicians (continence advisors and continence physiotherapists) 2006

This guideline (Second steps CPG) covers more advanced evidence based clinical practice guidelines for secondary level clinicians who have undergone post-graduate training in continence, or who have a special interest and experience in continence management.

Pelvic Floor Muscle Exercise (PFME) DVD (2006)

On this DVD, developed to assist continence clinicians teach PFMEs, a specialist physiotherapist demonstrates positioning for PFMEs with two older people. It also includes a section showing the best toilet position for bowel function.

Websites for continence related topics and men's health (2007)

This booklet has been developed to assist health professionals to access websites for information about and relevant to continence. It has been developed in two sections – general information and men's health, and contains a list of reputable websites and a brief description of the type of information to be found at each site.

PowerPoint presentations for health professionals (2007)

This package contains four PowerPoint presentations on one CD, and a booklet containing a copy of each slide and presenter notes to guide the delivery of the presentations. Each presentation is a maximum of 30 – 40 minutes long. Topics and target audiences are:

- Continence assessment for health professionals
- Continence promotion for Aboriginal and Torres Strait Islander health workers
- Fluid intake and the older person – a presentation for health care workers
- Fluid intake and the older person – a presentation for the older person

HACC/MASS Continence Project Brochure (2007)

This brochure summarises the role and purpose of the project team. It lists some of our resources and the contact details of individual team members.

RESOURCES FOR CLIENTS

Healthy Body – Healthy Bladder and Bowel (2006)

This booklet promotes important points in the initial management of urinary incontinence in a clear, illustrated style with few words. It is intended to be used as a take-home resource for clients. It is suitable for those with low literacy levels.

Problems with leakage from the bladder or bowel Brochure (2007)

This brochure has been developed as a generic handout for use during health weeks. Its purpose is to raise awareness of continence issues throughout the broader community.

RESOURCES SPECIFICALLY FOR INDIGENOUS AUSTRALIANS

Healthy Body – Healthy Bladder and Bowel for Indigenous People (2006)

This booklet promotes important points in the initial management of urinary incontinence in a clear, illustrated style, with few words. It is intended to be used as a take-home resource for clients. The diagrams are suited to people from Indigenous backgrounds.

Got problems with your waterworks? (2005)

This pamphlet for Indigenous people encourages them to talk to a health worker if they are experiencing urinary incontinence. It stresses the idea that lots of people have this problem and that it is important to seek treatment and management strategies.

Red Flags/DIAPPERS guide (2006)

This is a double sided A4 guide designed to assist Indigenous health workers to use when talking about urinary incontinence within their local communities. The guide may also be useful for those working with people with low literacy levels.

**HACC/MASS CONTINENCE PROJECT
RESOURCES ORDER FORM**

Name:

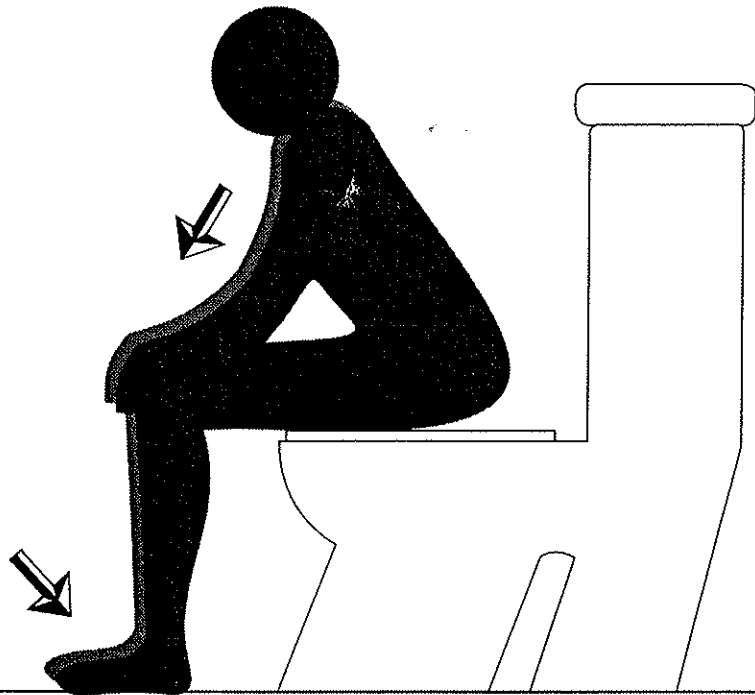
Postal Address:

ITEM	QUANTITY
RESOURCES FOR CLINICIANS	
First Steps in the Management of Urinary Incontinence in Community-Dwelling Older People: A clinical practice guideline for primary clinicians (registered nurses and allied health professionals) Second Edition 2007	
The Primary Clinician's Guide to Managing Urinary Incontinence in Community-Dwelling Older People 2007	
Continence Products. Personal characteristics and specific considerations when selecting continence products 2007	
Dry Up Program 2006	
Dry Up Program additional participant workbooks	
Dry Up Kit 2006 (includes all of these items) Best toilet position A4 poster for bowel function Tear off pads of forms to give to clients, including: A5 Best toilet position for bowel function A5 Best toilet position for bladder emptying A4 Food Fibre Guide A4 Bladder Diary A4 Bowel Habit Diary A5 Bristol Stool Form Scale CD of forms	
Second Steps in the Management of Urinary Incontinence in Community-Dwelling Older People: A clinical practice guideline for secondary level clinicians (continence advisors and continence physiotherapists) 2006	
Pelvic Floor Muscle Exercise DVD 2006	
Websites for continence related topics and men's health 2007	
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RESOURCES SPECIFICALLY FOR INDIGENOUS AUSTRALIANS	
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Red Flags/DIAPPERS guide 2006	
ADDITIONAL RESOURCES	
Best toilet position A4 poster for bowel function (included in Dry Up Kit)	
A5 Best toilet position for bowel function (included in Dry Up Kit)	
A5 Best toilet position for bladder emptying (included in Dry Up Kit)	
A4 Food Fibre Guide (included in Dry Up Kit)	
A4 Bladder Diary (included in Dry Up Kit)	
A4 Bowel Habit Diary (included in Dry Up Kit)	

Please forward this order form to Jennifer Hayter at HACC/MASS Continence Project
PO Box 1507 FORTITUDE VALLEY QLD 4006 or fax to (07) 3250 8582

Costs may apply to non-HACC service providers and interstate/international requests

The best position for emptying the bladder



1. Sit comfortably on the toilet.
2. Feet flat on the floor.
3. Lean forward resting elbows on your knees.
4. Men may stand or sit according to preference.



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The best position for opening the bowels



1. Sit with feet apart and well supported.
2. Have knees apart and over feet.
3. Lean forwards and rest on thighs or knees.
4. Straighten lower spine.