Learning about Continence

Aims & Objectives

This course is aimed at introducing Care Staff to how the bowel and bladder work and the causes of urinary and faecal incontinence. The course will also provide information relating to the resources available and encourage further research into the promotion of continence within your specific care setting.

Course Objectives

At the end of the session the learners will be able to:

- Describe how the bladder works and list the causes of urinary incontinence
- Describe how the bowel works and list the causes of faecal incontinence
- List ways of promoting continence
- List ways of managing incontinence in clinical areas

Course Content

- Types of incontinence
- Contributing factors to incontinence
- Recognising the abnormal
- Reporting, recording & monitoring
- Treatment
- Incontinence Management
- Catheters & catheter care
- Stomas & stoma care
- Skin care
- Hygiene
- Hand washing
- Living with Incontinence
- Incontinence and Dementia

Target Group

- Any staff in a care setting.

Accredited

- This is a non-accredited course.