



PromoCon

Promoting Continence & Product Awareness

An Integral Service of Disabled Living

ACA Conference 2011 : The Importance of Functional Assessment

Julie Vickerman

Continence Clinical Specialist /
Research Occupational therapist



INVESTOR IN PEOPLE

Charity No: 224742





Setting the scene for a
functional assessment
..... Why is it important
and relevant to
continence promotion ?



Continence promotion is
everybody's business !!

Everyone who comes into contact
with the individual has a role to
play

Who might be involved ?



- Patient / client / resident
- Family
- Contenance Advisor
- Occupational Therapist
- Physiotherapist
- District & Community nurses
- GP
- Consultant
- Social Worker
- Psychologist
- Ward staff
- Carers
- Dietician
- S.A.L.T.
- Radiographer
- Health Visitor
- Others ?

Why a Multi Professional Approach ?



- Diet
- Posture
- Balance
- Mobility
- Equipment
- Positioning
- Rehabilitation
- Skin care
- Cognition
- psychosocial
- Medication
- Products
- exercises
- surgery
- treatment
- communication
- advice
- carers
- assistance
- Health Promotion

Falls - Impact on toileting and continence



- Falls and toileting are linked (Downton. 1993)
- ‘Fear of falling may be linked with incontinence. Studies have shown that a higher degree of self efficacy equates to a higher degree of physical functioning’ (Tinetti et al 1994)



- Landmark paper by Tinetti (1995) stated that the risk factors that are associated with falls and incontinence are also associated with **functional dependence**
- Individuals with daily urge urinary incontinence are at even greater risk of falling
- ‘Treatments, including exercise for elderly adults reduce the risk of falls’ (Province et al 1995)



- Removing hazards from the home does not always result in a reduction of falls. Grab rails have been found to be useful in fall prevention.' (Sattin et al 1998)
- Barrett (2001) followed a group of fallers from A & E 21% had reduced functional ability for more than 6 weeks what does that say about their **potential for incontinence ?**

Relevance of rehabilitation :

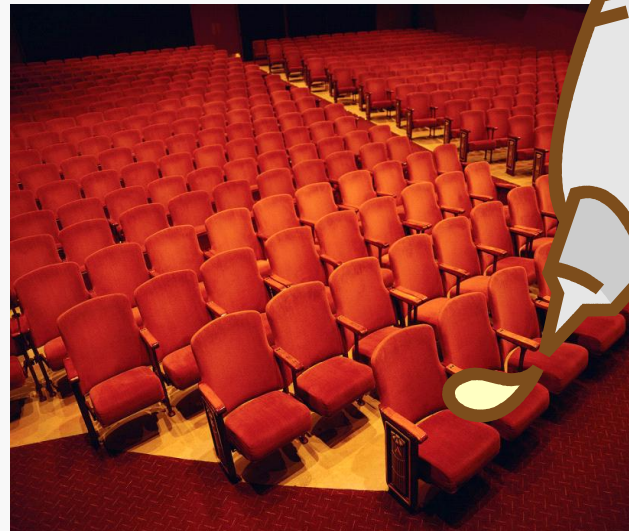
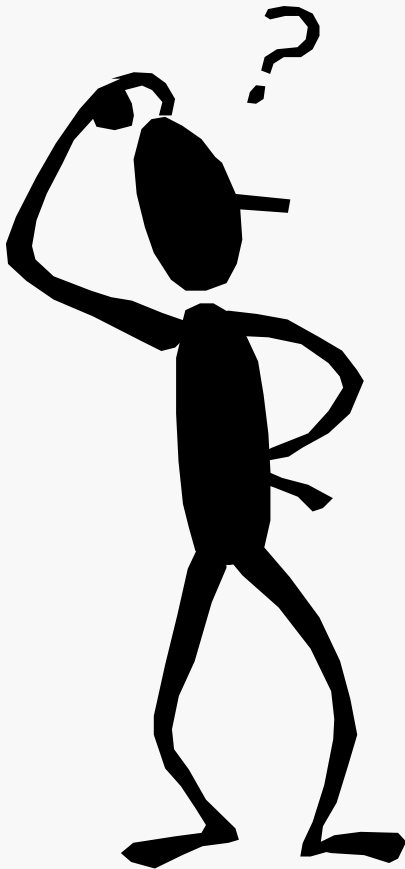


- Improving function and mobility generally will reduce the *potential* for incontinence
- Mobility and physical functioning have been shown to be linked to frequency of incontinence , slower mobility leading to more frequent episodes of incontinence (*Palmer et al 1991; Wyman et al 1993*)

Why should we assess **function** as part of a continence assessment?



- 1) The actual dysfunction may be the cause of the incontinence
..... the **Super Glue** principle !!



2) The individual requires the functional ability to manage :

- any aspect of the toileting process



or



- independently use continence products

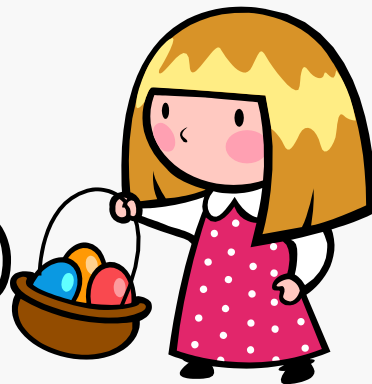


Functional Incontinence



what is it ?

- ✚ Often a failure of environmental & social provision, rather than actual physiological cause
- ✚ Major problem - espec for older people
- ✚ Many people 'at risk'
(no age or gender bar)

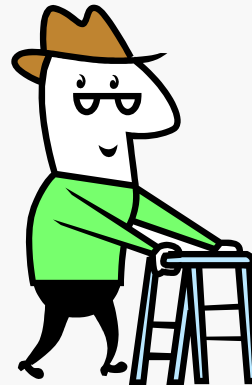


Contributing factors :

+ impaired mental functioning



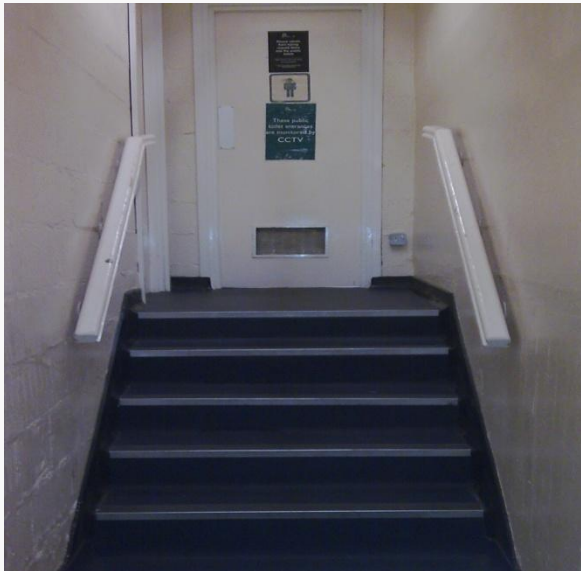
+ impaired mobility



impaired dexterity



unsupportive environment



availability of assistance



Functional assessment to include :



- Height of chair, toilet, bed
- Location of toilet
- lighting - toilet, 'journey route'
- accessibility of toilet
- space available in toilet
- bed
- Bedding
- Mobility
- flooring
- clothing
- footwear
- medication
- fluid intake
- eyesight
- orientation
- need / availability of help

Toilet Support Equipment



**Combined
Raised Frame**



Raised Toilet Seat

Mattress Elevator



Enables correct
positioning for
urinal use

Bed attached commode



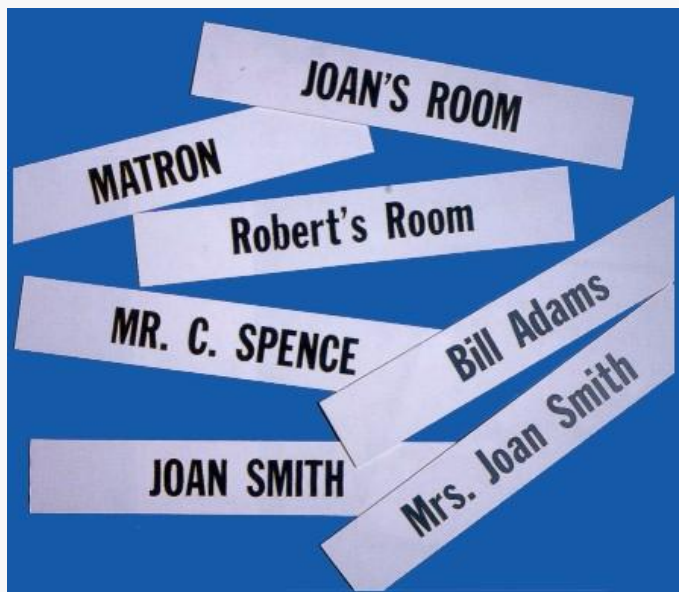
Enables safe side
transfer

Chair Raisers



**Making rising from
a chair much easier**

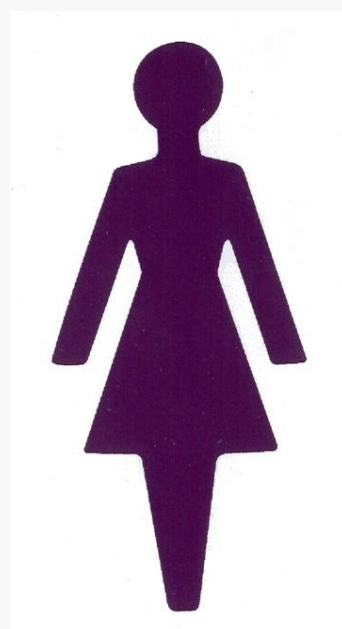
Orientation



Who?

What?

Where ?



Male & Female Urinals - an instant solution to inaccessible toilets



- Valuable aid for bladder emptying, reducing stressenhancing **QUALITY OF LIFE.**
- Useful within the house and outdoors eg. travelling
- Means for client to be **independent**
- Means for carers to manage **without lifting**
- Way of managing severe immobilising pain

Urinals cont:



- Useful for clients with reduced mobility
- Useful to use during the night - reduces risk of falls, need for carer input, etc.
- “Many professionals know little about their usefulness or undervalue the benefits”
(ref. Joan McIntosh)

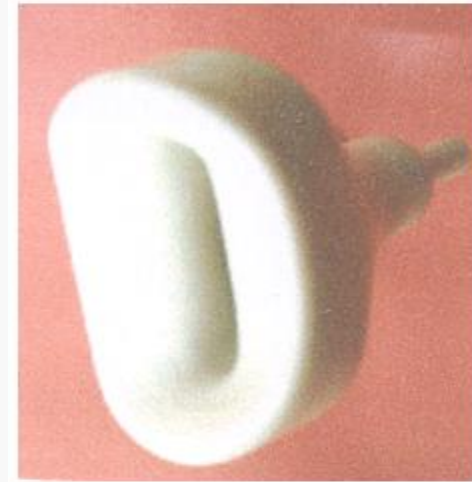
Female Urinals on prescription



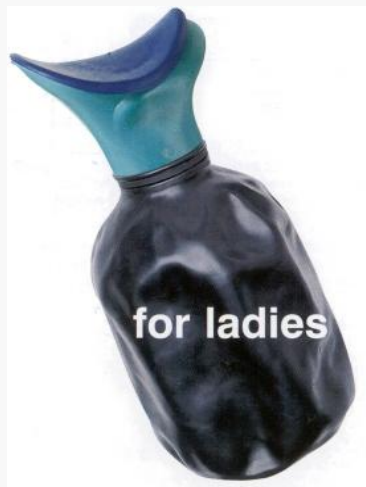
**Saddle urinal -
Beambridge Medical**



**Bridge Urinal -
Beambridge Medical**



**Lady Funnel -
Beambridge Medical**



URIBag F Manfred Sauer



Whiz - JBOL Ltd



Urifem - Manfred Sauer



**Lady Jug -
Beambridge
Medical**



**Uribag F -
Manfred Sauer**



Shewee

Unisex Urinals on Prescription



**Beambridge Pod -
Beambridge Medical**



Uriwell - Rubicon



Male Products

Male Urinals on prescription



Beambridge Draining Jug
Beambridge Medical



**Range of Beambridge
Funnels (4)**
Beambridge Medical



**Uribag -
Manfred
Sauer**



Payne's male urinal

Suggested For Retracted Penis (whole penis and scrotum can usually fit inside)



Subaseal Female
Bottle



Saddle



Useful Hints :



- **Consider sitting surface** - extent of any backward slope. Blocks of foam can correct gradient of dish or moulding. Push down into upholstered surfaces to minimise risk of pinching skin.
- **Talcum powder** (sprinkled over insertion point of urinal or top of thighs) - helps smooth positioning and removal
- **Seat / bed protection** - offers confidence for first time users
- **Hydrogel powder** - absorbs urine to maximises capacity / minimises spillage

Vernagel – Super absorbent powder

(available on prescription)



1 or 2 sachets placed into a urinal prevents spillage & increases capacity

Remember
dispose of in the toilet !!

Wheelchair Toileting Cushions



- Assist placement of urinal
- Provide gradient for downward drainage

Beambridge Uri-Cushion



- Removable block is wide and set forward



- User still needs to shift forward to be over opening of urinal
- Suitable for Pan-type Urinal, Cygnet Bottle, and Bridge Urinals

'Hints' cont.



- **Clothing issues** - need to be easy to manage , examples inc :
 - Wrap over skirts (front or back wrap)
 - split-crotch / drop front / side opening underwear (adapt own or available for purchase)
 - French knickers
 - Hold-up stockings / crotchless tights
 - Extended fly in trousers
 - Drop front trousers



Ladies drop front knickers - P & S Healthcare



Knickers can be adapted -
Front drop opening
Created with Velcro

No need to compromise attractiveness !



Drop front trousers - side seams adapted with Velcro



Drop front trousers - enable independent use of urinal



Adapted front opening skirt - extra long
zip inserted



..... Allows easy use of urinal from a seated position



- Why compromise **FASHION / INDIVIDUALALITY** ?
- Specially designed clothing for people with disabilities → expensive
- Individual **CHOICE** most important
- Disability should not dictate choice of clothing style

Clothing adaptations ?



- **Source your local area** - tailors, dry cleaners, small shops who alter clothes, replace zips, etc
- **PromoCon, Disabled Living, Manchester** can provide information re :
 - How to do the adaptation** - *also available on our website*
 - How to find local services**
- **Clothing Advisors**, Disabled Living Centres (50+ in UK). Find your's via ASSIST UK
www.assist-uk.org



For further information:

Visit PromoCon stand : 35

Tel: 0161 607 8219

Website: www.promocon.co.uk