

CONTINENCE MODULE 1
MINIMUM STANDARDS FOR THE
BASIC ASSESSMENT & CONSERVATIVE MANAGEMENT OF BLADDER AND BOWEL SYMPTOMS

The minimum standards required to initiate a basic continence assessment of bladder and bowel symptoms in men and women are outlined below and can be divided into six categories

1. Knowledge base
2. Assessment of the patient
3. Basic investigations
4. Initiating treatment
5. Reviewing the outcome of treatment
6. Supervision and training

1. Knowledge base

Learning outcomes:

- To demonstrate an appropriate knowledge of anatomy, pathophysiology and continence status.
- To understand the impact of lower urinary tract and bowel symptoms on men and women
- To be able to identify “red flags”
- Be aware of the need for onward referral for these or other conditions
- To demonstrate an understanding of the conservative management of these conditions

2. Assessment of the patient

Learning outcomes:

- To demonstrate an ability to assess the bladder and bowel
- To be aware of suitable onward referral
- To be able to perform a basic clinical examination

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	References
<p>Knowledge of types of incontinence, basic anatomy and pathophysiology in relation to continence status</p> <p>Knowledge of red flag signs and symptoms (provide link NICE)</p> <p>Awareness of the impact of mobility, manual dexterity and the patient's environment on their continence status</p>	<p>Ability to gain a basic history about continence status from the patients and assess symptom bother and desire for treatment</p> <p>Examination of the perineum to identify excoriation</p> <p>Ability to undertake a functional assessment of mobility, manual dexterity and environment</p>	<p>Observation of continence assessment performed by a competent health care professional</p> <p>Clinical supervision as required</p>	<p>Direct observation</p> <p>Competences</p>	<p>ICS/IUGA</p> <p>CHS168 CC01 SCDHSC0219</p> <p>NICE CG40 NICE CG171</p> <p>QOL SF (ref ICI)</p>

3. Basic investigations

Learning outcomes

To demonstrate the ability to perform and interpret dipstix analysis of urine

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	References
<p>Understand the implications of urine testing</p> <p>Knowledge of "red flags"</p>	<p>Be able to perform and interpret dipstix testing of urine and know when to send MSU</p> <p>Know when to refer into other pathways such as haematuria pathway</p> <p>Be aware of the value of bladder / bowel diaries.</p>	<p>Supervised learning with appropriately trained health care professional</p>	<p>Training record</p> <p>Direct observation</p>	<p>CC01 CC10</p> <p>CG40 CG171</p>

4. Initial management

Learning outcomes

To demonstrate the knowledge skills and attitudes required to undertake initial continence management

To understand the clinical context of treatment options

Knowledge criteria	Professional skills to be assessed	Training support	Assessment	References
Awareness of co-morbidities and their effect on urinary and bowel symptoms Knowledge of lifestyle interventions and appropriate onward referral Knowledge of available resources for patient	Development of treatment plan and agree this with the patient based on initial assessment and basic investigations Demonstrate basic knowledge of continence aids and products and counsel patient about their correct use.	Direct supervision	Direct observation	CHS41 CC01 CC08 CC11 CC12 CG40 CG171 Bladder & Bowel Foundation Promocon

5. Reviewing the outcome of treatment

Learning outcomes

To demonstrate the ability to monitor the effect of treatment.

Knowledge Criteria	Clinical competence and Professional skills	Training support	Assessment	References
Knowledge of potential outcomes of treatments for different symptoms	Assess the response to lifestyle interventions and continence aids, referencing back to objectives agreed at initial assessment Awareness of own level of responsibility and onward referral when appropriate	Direct observation ,supervision and feedback	Direct observation by preceptor	CG171

6. Training and supervision

1. Training must initially be given under the supervision of an identified preceptor.

References

Skills for Health competences referenced in this document: www.skillsforhealth.org.uk

Ref number	Title
CC01	Assess bladder and bowel dysfunction
CHS168	Obtain a patient/client history
CHS 41	Develop and agree treatment plans for individuals
CC10	Assess residual urine by use of pelvic ultrasound
CC11	Implement toileting programmes for individuals
CC12	Enable individuals to undertake pelvic floor muscle exercises
CC08	Care for individuals using containment products

NICE (National Institute for Health and Care Excellence) guidance : www.nice.org.uk

Ref number	Title
CG171 (replaced CG40)	Urinary incontinence in women
CG148	Urinary incontinence in neurological disease
CG49	Faecal incontinence

Draft