

## INTRODUCTION

Urinary and bowel incontinence affects a significant proportion of the older adults. Loss of normal bladder and bowel control adversely affects the physical, psychological and social aspects of older people's lives. Many of the nursing home residents suffering from these conditions may have both physical and cognitive problems that prevent them from using the toilet independently.

Incontinence is not a normal consequence of aging and can be difficult to address. Health-care professionals play a key role in assessing nursing home residents and helping them to manage their incontinence issues.



For any enquiries, please contact:

**Jasmine Kam**

ILTC Manpower Development & Resourcing Division

**Agency for Integrated Care**

Tel : 6603 6886

Fax : 6820 0728



**Continence Management**

**for Resident**

**in Nursing Home – Intermediate**

## COURSE OUTLINE



Day 1:

- Module 1: Interventions and Measures to Support the Incontinent Resident (Urinary Incontinence)
- Explain the indications for using behavioural interventions in managing urinary incontinence
- Discuss the measures used to manage continence support
- Describe the safety measures undertaken when providing care to a resident with urinary incontinence

Module 2: Screening for Urinary Incontinence

- Describe the various nursing assessments used to identify urinary incontinence

Module 3: Urinary Continence Care Plan

- Discuss the appropriate urinary continence assessment tool and care plan that can be utilised for the resident
- Demonstrate skills and knowledge in using the appropriate assessment tool/guide when designing the care plan for urinary incontinence
- Assessment & Evaluation

Day 2:

Module 1: Interventions and Measures to Support the Incontinent Resident (Bowel Incontinence)

- Explain the indications for using behavioural interventions in managing bowel incontinence
- Discuss the measures used to manage continence support
- Describe the safety measures undertaken when providing care to a resident with bowel incontinence

Module 2: Screening for Urinary Incontinence

- Describe the various nursing assessments used to identify bowel incontinence

Module 3: Bowel Continence Care Plan

- Discuss the appropriate bowel continence assessment tool and care plan that can be utilised for the resident
- Demonstrate skills and knowledge in using the appropriate assessment tool/guide when designing the care plan for bowel incontinence
- Assessment & Evaluation

## TEACHING METHODOLOGY



Didactic  
Brain-storming  
Small Group Discussion.

## ASSESSMENT METHODOLOGY



- \* Pre-learning quiz
- \* Post theory assessment

## TARGET AUDIENCE



Staff Nurses, & Enrolled Nurses

## CLASS SIZE



Maximum 20 participants

## CLASS SIZE



2-DAY Workshop

## COURSE FEE



For Healthcare VWOs and Private Nursing Homes with Portable Subsidy,

<b>Course Fee Per Pax (S'porean &amp; PR):</b>	<b>\$36.33</b>
<b>Course Fee Per Pax (Foreigner):</b>	<b>\$166.10</b>

Any other organisations = \$295.86

\* **Prices above are inclusive of GST.**