

INTRODUCTION

Urinary and bowel incontinence affect 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 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 0735



Continence Management

for Resident

in Nursing Home – Basic

COURSE OUTLINE



Module 1: Basic Anatomy and Physiology of the Lower Digestive and Urinary System

- Outline the structures of the urinary tract and lower digestive tract
- Explain the process of micturition and defecation

Module 2: Overview of Urinary and Bowel Dysfunction

- Define incontinence
- Identify the various types of urinary incontinence and the accompanying symptoms
- Identify the common risk factors of urinary incontinence
- State the causes of urinary incontinence
- List the complications of urinary incontinence
- Identify the symptoms of bowel incontinence
- State the causes of bowel incontinence
- Identify the common risk factors of bowel incontinence
- List the complications of bowel incontinence

Module 3: Interventions for Urinary and Bowel Incontinence

- Discuss the diagnosis and medical treatment of urinary incontinence
- List the common treatment modalities that are used in managing urinary incontinence
- Outline the nursing management of a resident with urinary incontinence
- Discuss the preventive measures adopted to promote urinary continence
- Discuss the diagnosis and treatment of urinary incontinence
- List the common treatment modalities that are used in managing bowel incontinence
- Discuss the preventive measures adopted to promote bowel continence
- Assessment & Evaluation

TEACHING METHODOLOGY



- * Didactic
- * Brain-storming
- * Small Group Discussion.

ASSESSMENT METHODOLOGY



- * Pre-learning quiz
- * Post theory assessment

TARGET AUDIENCE



Nursing Aides & Patient Care Assistants

CLASS SIZE



Maximum 20 participants

CLASS DURATION



1 DAY - Workshop

COURSE FEE



For Healthcare VWOs and Private Nursing Homes with Portable Subsidy,

Course Fee Per Pax (S'porean & PR):	\$14.98
Course Fee Per Pax (Foreigner):	\$79.18

Any other organisations = \$142.31

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