



Managing Continence

Our Managing Continence training course, led by our experienced trainers, is designed specifically for nurses, team leaders, and care assistants to equip them with the necessary skills to navigate sensitive care situations with confidence.

With this course, you'll develop a deeper understanding of the impact of incontinence whilst identifying and managing signs that individuals may require additional support with sensitivity and dignity. You'll also learn the best catheterisation management practices and gain practical solutions to common challenges.

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Learning Outcomes

- The importance of continence and catheter care
- The psychological impact of incontinence
- The anatomy and physiology of the lower urinary tract
- How our body keeps us continent
- That there are different types of incontinence
- How to support a person to stay continent
- What is a catheter?
- The reasons why someone may have a catheter fitted
- To recognise and manage the risks associated with catheterisation
- How to empty and change a urinary drainage bag
- How to solve common problems relating to continence and catheter care

Course Content

Module 1: Understanding the impact of lack of continence:

- Delve into the profound effects of urinary incontinence on an individual's life, self-esteem, and overall well-being.
- Gain insights into the emotional and psychological challenges faced by those living with incontinence

Course Content

Module 2: Promoting Continence:

- Learn effective strategies for promoting continence, fostering confidence, and enhancing the overall quality of life for individuals dealing with incontinence.
- Explore practical approaches to mitigate the social and emotional consequences of this condition.

Module 3: Managing Catheterisation Risks:

- Acquire in-depth knowledge about the risks associated with catheterisation and explore effective management strategies.
- Understand the importance of risk assessment and how to implement preventive measures to ensure patient safety.

Module 4: Catheter Types:

- Become familiar with various types of catheters commonly used in healthcare settings.
- Understand the distinct features and applications of each type to make informed decisions based on individual patient needs.

Problem Resolution Discussion:

- The course concludes with a thorough discussion on common problems associated with continence and catheter care. Explore effective problem-solving strategies, fostering a proactive approach to addressing challenges encountered in clinical practice.