

Introduction to Week 2

JANICE REID: Hi, I'm Janice Reid. I'm a continence services manager, and I'm part of the course development team.

So welcome to week 2 of your Understanding Continence Promotion course brought to you by the Association for Continence Advice.

First let's review what we covered last week.

The two key things we asked you to reflect on were your own attitudes and beliefs about continence and bladder and bowel health - and how dysfunction has a real impact on our lives.

As we go through this course it's vital to keep this impact at the forefront of our minds. What effects do our opinions and practice have on those we care for? Using the Continence Paradigm as framework for thinking about what you're trying to achieve with each individual can help.

This week we're taking an in-depth look at the anatomy of male and female urinary systems and how they function. Essentially, we're going to explore how we pee when everything's working as it should. This will give you a basis to start thinking about what can go wrong and why.

We hope you find this week informative and enjoyable and that it leads you to become curious about why we develop bladder and bowel difficulties and become incontinent.

Very best of luck!