

Introduction to Week 3

JO BOOTH: Hello and welcome to week 3 of your Understanding Continence Promotion course brought to you by the Association for Continence Advice.

Last week we took an in-depth look at how we pee when everything's working OK. Having seen how things should work, this week you'll start to consider why things may go wrong.

Over the next few activities you'll explore typical causes of common bladder problems. We'll also take a look at other factors that can increase our risk of developing bladder dysfunction.

In our case studies, you'll meet people who live with a variety of bladder problems. You'll also start to learn about their journey through assessment, diagnosis and treatment.

As you reflect on the experiences of the people in our case studies, we'd like you to think your own practice. Are there changes you might introduce to your approach to people living with bladder dysfunction?

If you have any questions or thoughts on what you're learning, please don't forget to post them in the comments forum.

I hope you find this week informative and enjoyable.

Best of luck with it!