

Introduction to Week 4

JANICE REID: Hello and welcome to week 4 of your Understanding Continence Promotion course brought to you by the Association for Continence Advice.

So first let's review what we've already covered.

In the previous 2 weeks we've looked at the anatomy and functioning of the male and female urinary systems and different types of bladder dysfunction.

This will have given you the basis for understanding what can go wrong with a person's urinary system - and help you consider how to rectify the problems and alleviate some of the symptoms.

This week is all about the bowel. You'll look at the structure of the bowel and how it works. You'll also learn about the different types and causes of bowel dysfunction that people commonly experience.

As you reflect on your approach to supporting people with bowel dysfunction, consider how the causes of bowel incontinence can differ from the causes of bladder incontinence. But see if you can identify any similarities as well.

I hope you find this week informative and enjoyable.

Very best of luck!