

Introduction to Week 6

JANICE REID: Hello and welcome to week 6 of your Understanding Continence Promotion course brought to you by the Association for Continence Advice.

Last week you looked at comprehensive bladder and bowel assessment and the importance of accurate assessment in making a diagnosis of the type of bladder or bowel dysfunction.

This week you'll take a more detailed look at continence promotion in practice, and what types of activities this includes. You will explore the idea of people self-managing their bladder and bowel conditions with support from services. And think about - what this might involve for them?

You'll look at the simple lifestyle changes that people can make. And, we'll also explore some specific behavioural interventions that can help people to take control of their continence - instead of it controlling them.

Finally this week you'll explore other forms of treatment to promote continence - including electrical stimulation. And you'll investigate a case study about a programme to promote continence in people with dementia that has recently been developed in Scotland.

We hope you enjoy the week, and use it to reflect on and develop your own continence practice.

Very best of luck!