

Learning Outcomes

Delegates will:

- *Be able to define the types of continence*
- *Recognise the signs and symptoms of incontinence*
- *Understand the loss of dignity associated with this condition*
- *Be aware of the various strategies to manage the condition*
- *Suggest equipment & coping strategies within care planning*
- *Recognise the need for good hygiene in practice*

The course is attendance certificated and will count towards Units 219 & 358 of NVQ Health & Social Care Levels 2 & 3

This one day course can be conducted at your premises for a maximum of 20 candidates



Aims & Objectives

This one day course (3 hour short course available) is appropriate for carers and support staff working in any health and social care service that has contact with people who suffer with incontinence..

It is an introductory programme that would be beneficial to anyone who has not accessed training on continence issues before or who is seeking to refresh any previous training.

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Management of Continence.

Ashtree Management Services Ltd



Effective & Enjoyable Training

0800 9700 132

Management of Continence

Incontinence is considered by some to be socially unacceptable. Many people who suffer with this condition are too embarrassed to seek help or assume that there is no cure.

It should never be assumed that Incontinence is an inevitable part of getting old.



This condition:

- *Affects millions of people in the UK.*
- *Can occur in all age groups across all areas of society.*
- *In many cases can be cured or managed.*

*Both types of incontinence cause much distress and loss of dignity. It should always be remembered that **everyone has a right to dignity***

Course Content

- *An introduction into continence*
- *Types of incontinence*
 - *Urinary*
 - *Faecal*
- *Causes of incontinence*
- *The carers role*
- *The management of continence*
- *Care planning*
- *Available equipment*
- *Personal hygiene*
- *Preventing pressure sores*
- *Good practice*



Course Structure

The course contains group discussions where delegates can develop strategies for managing this condition and maintaining dignity.

Numbers on the course are limited to a maximum of 20 candidates to allow for the group exercises and discussions.

Course handouts are provided and the attendance certificates detail the course content for NVQ Health & Social Care Level 2 & 3.

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