

## CONTINENCE NURSE CLINIC AT PRIMARY CARE LEVEL-A PRELIMINARY REVIEW

### Hypothesis / aims of study

The program is aiming at early detection and intervention of urinary and bowel problems in community-dwelled adults so as to reduce the serious disturbances resulting from incontinence and enhance their quality of life (QoL).

### Study design, materials and methods

A focus continence screening was carried out at all GOPCs in HKWC. Patients with urinary and/or bowel problems were enrolled on a voluntary basis. Two continence nurses were responsible to conduct a comprehensive continence assessment, physical examination and relevant investigations to identify different urinary and bowel problems. A specific management plan was then established according to the endorsed Protocol of Management of Urinary and bowel problems for adults. Patients were discharged when symptoms subsided, problems managed or no improvement after 6 months treatment. They were also referred to GOPC or SOPC if further treatment was needed. All the data of Continence Clinic Case Report Form-Baseline and Discharge, which included ICIQ-UI (short form), International Prostate Symptoms Score (IPSS) and the Patient Satisfaction Survey to the Continence Service, were compared and analyzed for the symptom control of urinary and bowel problems and the impact of QoL after nursing intervention.

### Results

The results are based on the data obtained from a total of 438 patients discharged from October 2009 to September 2010. 215 patients (49.09%) are male with mean age 65.52 (ranging 36-88) and 223 patients (50.91%) are female with mean age 60.44 (ranging 22-84). The average of clinical consultation was 3.22 visits. The main continence problem of male patients was Lower Urinary Tract Symptoms (LUTS) (94.42%) and that of female patients was Stress Incontinence (65.47%) and Transient Causes (26.91%). Upon discharge, a total no 434 patients (99.09%) have symptoms subsided or managed and only 5 patients (1.15%) had no improvement after 6 months' treatment. Meanwhile, 357 patients (87.9%) were discharged without FU, 49 patients (11.19%) were referred to GOPC doctor for further treatment and 4 patients (0.91%) were referred to SOPC for further investigation/ intervention. For the IPSS results of male LUTS patients, the mean of symptoms score is reduced from 12.22 to 8.92 and the mean of QoL score is reduced from 2.91 to 2.35. Besides, 220 patients (50.23%) are reported with improvement in the score of impact of QoL by urinary problems and 42 patients (64.62%) had improvement in the score of impact of QoL by bowel problems. After all, 378 patients (86.3%) rated "very satisfied" and 58 patients (13.24%) rated "satisfied" at the Patient Satisfaction Survey when discharge.

### Interpretation of results

Most urinary and bowel problems of patients are manageable and subsided after nursing interventions at Continence Nurse Clinic. The Continence Nurse Clinic shares the burden of increasing demand of medical service by the people with continence problems. The most encouraging result is that nearly all the patients are satisfied with the services of Continence Nurse Clinic

### Concluding message

Promoting continence at primary care level enhance the public health. The continence nurses play an important role in delivering health education and behavioral therapies because they are always accepted as the first line of management, non-invasive but effective.

<b>Specify source of funding or grant</b>	<b>Hospital Authority, Hong KONG</b>
<b>Is this a clinical trial?</b>	<b>Yes</b>
<b>Is this study registered in a public clinical trials registry?</b>	<b>No</b>
<b>Is this a Randomised Controlled Trial (RCT)?</b>	<b>No</b>
<b>What were the subjects in the study?</b>	<b>HUMAN</b>
<b>Was this study approved by an ethics committee?</b>	<b>No</b>
<b>This study did not require ethics committee approval because</b>	<b>not applicable</b>
<b>Was the Declaration of Helsinki followed?</b>	<b>No</b>
<b>This study did not follow the Declaration of Helsinki in the sense that</b>	<b>not applicable</b>
<b>Was informed consent obtained from the patients?</b>	<b>Yes</b>