

BARRIERS TO CONTINENCE NURSING SERVICE IN COMMUNITY IN HONG KONG

Hypothesis / aims of study

- (1) Conduct survey for the prevalence of urinary and bowel problems among adults who refused the referrals to CNC at OPDs in HKWC;
- (2) Identify common barriers to continence nursing service.

Study design, materials and methods

All OPD adult patients who were screened with urinary or bowel problems but refused referrals to CNC were invited to participate in the survey. The survey was based on one-page screening questionnaires containing eight questions. The causes of refusal were analyzed and categorized in three groups as:

- (1) Prevalence of urinary and bowel problems;
- (2) Population according to gender and age;

Barriers to referrals to CNC.

Results

The survey was conducted from October 2011 until January 2012. 2016 patients completed the survey. 608 patients had urinary or bowel problems. 30.2% of these 608 patients refused the referral to CNC. Over 90% of them aged above 55. For those with urinary problems, 71.2% male reported urinary frequency while 60% female reported urine leakage during cough and 54.9% female reported urinary frequency. For those with bowel problems, the main cause was constipation. 25.1% male and 27.9% female had constipation. 117 out of 608 patients refused to provide reasons of refusing referrals to CNC or they had current follow up in CNC. According to the 491 patients, eight reasons of refusing the referrals to CNC are summarized as below.

1. The urinary or bowel problems were not important to them (50.9%);
2. Currently followed up by doctors in OPD (20.2%);
3. Regarded as the normal aging process (19.8%);
4. No time to attend CNC (4.9%);
5. Caused troubles to themselves and families during attendance in CNC (4.7%);
6. Mobility problem (3.3%);
7. Had treatment before but not helpful (2.4%);
8. Known reason induced urinary and bowel problems (1.4%);

Interpretation of results

The reasons are regarded as common barriers of the patients refusing the referrals to CNC. Majority of patients expressed that the urinary or bowel problems was not their concern. There was a trend that older patients have lower degree of willingness to accept the referrals to CNC due to their perception of urinary or bowel problems as normal aging process.

Concluding message

The survey highlighted that patients regarded urinary or bowel problems were not important. Perception of urinary or bowel problems as normal aging process must be corrected by public promotion of the continence care service. Early treatment of continence problems avoids undesirable outcomes such as social isolation, urinary tract infection, and financial burden on continence appliances.

Disclosures

Funding: NO **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** only a service review **Helsinki:** Yes **Informed Consent:** Yes