

## Abstract Reproduction Form B-1

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Title (type in OUTCOMES OF A NEW COMMUNITY NURSE CONTINENCE SERVICE  
 CAPITAL  
 LETTERS)

**Aims of Study:** To determine if newly trained Nurse Continence Advisors (NCAs) can reduce incontinence and improve quality of life among people receiving Home Care.

**Design:** An uncontrolled pre-test post-test design to evaluate client outcomes.

**Setting:** Clients were seen by NCAs in clinics and in their own homes.

**Participants:** Clients were older people with incontinence who were receiving Home Care services. Ages ranged from 46 to 96 with a mean age of 75 years.

**Methods:** Baseline continence assessments included full incontinence histories, focused physical examinations, bladder scan or in/out catheterizations for residual urine, bladder charts, 7-point Likert scale measures of quality of life, a Modified Wyman's Incontinence Impact Questionnaire and the Standardized Folstein Mini-Mental State Examination. Depending upon their nursing diagnosis, the NCAs designed a plan to manage their clients' incontinence using one or more behavioural interventions. The assessment and behavioural interventions followed current clinical practice guidelines (U.S. Department of Health and Human Services, 1992). Follow-up questionnaires and bladder charts were completed by the NCAs at 6 months, or upon discharge from Home Care.

**Results:** Thirty-five NCAs saw 343 clients and returned 326 assessment and 138 follow-up records. Continence management plans were initiated for 90% (293) of the 326 clients. The mean number of wet events per 24 hours decreased from 4.31 to 2.58 ( $p < .01$ ) and the mean number of pads used per 24 hours declined from 4.52 to 3.31 ( $p < .01$ ). Clients reported significant improvements in leakage, bladder control, and quality of life: 19% of clients reported "no leakage", 31% reported a "marked improvement" in bladder control and general quality of life improved from a mean of 3.66 to a mean of 4.78 out of 7. Knowledge, ability to cope, acceptance and control over incontinence all improved significantly at  $p < .001$ . Mean increases for these variables ranged from 1.47 points out of 7 for acceptance, to 3.36 points out of 7 for knowledge.

**Conclusion:** This evaluation used a variety of outcome measures to demonstrate that NCAs can reduce incontinence and improve quality of life among people receiving Home Care in Ontario, Canada.