

**To obtain free copies of the
Contenance Tools for
Residential Aged Care &
accompanying resources, go
to:**

- **The Department of Health and Ageing
Bladder and Bowel website**
<http://www.bladderbowel.gov.au/>
- **The Contenance Foundation of Australia
website**
<http://www.contenance.org.au/site/index.cfm>

**For further information about
incontinence:**

Contact staff at the National Contenance
Helpline - 1800 33 00 66

**Evidence Based Resources for
Residential Aged Care Staff**

DO YOU KNOW ABOUT THE CONTINENCE TOOLS FOR RESIDENTIAL AGED CARE?

**Developed by researchers from the
School of Nursing
Deakin University and
funded under the National Contenance
Management Strategy**

**The Contenance Tools provide
guidance for the assessment and
management of incontinence in
residential aged care**

Other Free Resources

'Managing Incontinence in Residential Aged Care'

- Education Guide
- PowerPoint Presentation
- CD-ROM

Incontinence affects many residents in aged care homes

The good news is that incontinence can be treated or managed at any age

Conducting a continence assessment can help staff to identify treatable causes of incontinence and develop a continence management plan for the resident

The Continence Tools for Residential Aged Care include:

- A Continence Management Flow Chart
- A Continence Screening Form
- A Three-Day Bladder Chart
- A Seven Day Bowel Chart
- A Monthly Bowel Chart
- A Continence Assessment Form and Care Plan
- A Continence Review Form

How to Conduct a Continence Assessment

Continence assessments should be conducted in a sensitive manner that acknowledges residents' rights. The **Continence Screening Form** should be used to screen all newly admitted residents for incontinence. Residents with a continence problem will need further assessment.

- Assess residents' bladder and bowel health with The **Three Day Bladder Chart** and **Seven Day Bowel Chart**
- Identify possible causes of incontinence and develop a continence management plan for each resident with the **Continence Assessment Form and Care Plan**.
- Review the currency of residents' continence management plans with the **Continence Review Form**.

A continence assessment may indicate that some residents require referral to another health professional.

Why use the Continence Tools for Residential Aged Care?

They

- are evidence based
- promote resident and/or family involvement
- provide prompts for referral to other health professionals
- provide direction for care
- provide information to support documentation requirements and standards of care