

Committee 19: Management using continence products

7th International Consultation on Incontinence

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Affiliations to disclose[†]:

AC - Eakin R&D Limited

[†] All financial ties (over the last year) that you may have with any business organisation with respect to the subjects mentioned during your presentation

Funding for speaker to attend:

- ☐ Self-funded
- ☒ Institution (non-industry) funded
- ☐ Sponsored by:

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Products for managing toileting, urinary retention, UI and FI



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Background

Continence products are essential in enhancing quality of life for those with incontinence who:

- Are unable to be (fully) cured
- Are awaiting treatment
- Are waiting for treatment to take effect
- Elect not to pursue cure options



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The challenge of evidence-based product selection

- There is a fairly extensive literature, but little hard data and very few substantial trials. Small studies and consensus papers dominate.
- Very few currently available products have associated published clinical evaluations (products tend to be modified often).
- There is much published expert opinion which applies to product categories or broad patient groups.
- Committee strategy has been to capture expert opinion (where no hard data exists) and to make it accessible to practitioners.

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Key new evidence for ICI7

Handheld urinals	One qualitative study confirming safety & acceptability of branded disposable female urinal.
Commodes, shower chairs & bedpans	A review of studies on grab bars reported that preference for different bar set-ups varies by the level of independence of the person.
Sheaths	2 small scale studies in hospital settings. One reported that men generally find sheaths less problematic than indwelling catheters. The other stated that poor fitting was common and HCPs require training to avoid complications.
Urine drainage bags	One integrative review reporting low level evidence that the use of small leg bags does not pose a greater risk of infection compared with a larger bag.
Body worn urinals	No new evidence.
Female mechanical UI devices	<ul style="list-style-type: none"> • Novel intravesical attenuation device - 3 RCTs – effective for some outcomes, but high levels of adverse events. • Pessaries - 1 RCT and 4 prospective single cohort studies – may be effective. • 1 systematic review concluded that the use of a pessary in the treatment of pelvic floor dysfunctions including urinary incontinence might be effective.

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Key new evidence for ICI7

Male mechanical UI devices	No new evidence
FI products	<ul style="list-style-type: none"> Anal inserts – 1 small prospective pilot study & 1 retrospective review. Vaginal inserts – 1 moderate size one-group study, 1 secondary analysis, 1 small one –group study and 1 systematic review. Rectal catheters & tubes – (1 pilot study & 1 small scale one group). Overall studies show that devices might be effective, but with tolerability/adverse event issues.
Skin health	<ul style="list-style-type: none"> Products/devices for preventing/treating IAD – 3 RCTs and 1 non-randomised trial. One systematic review on effects of faecal collection devices on IAD. Overall containment products can help to prevent/treat IAD with minor differences between designs. Skin care for preventing/treating IAD - 3 systematic reviews (including a Cochrane), in addition 2 RCTs, 4 non-randomised studies, 1 case series. Cleansing/barrier strategies prevent IAD & promote healing, with little difference between products.
Odour control	<ul style="list-style-type: none"> Impact of odour - 4 qualitative studies – odour control products have a key QOL role. Odour neutralising technology - 1 randomised single-blind parallel study and one descriptive study – clinical effectiveness unclear. Odour detecting device - 1 feasibility study Production of malodorous gas – 2 small scale trials - probiotics, digestive enzymes

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Key new evidence for ICI7 - Absorbent products

- ICS standard providing recommended nomenclature for disposable bodyworn absorbent products.
- Patient-reported outcome measure for absorbent product users.
- Study on the environmental impact of disposable absorbent incontinence products identifying methods for improving efficient use of materials.
- 3 new studies on the effective use of disposable bodyworn absorbent products for moderate-heavy incontinence, respectively reporting
 - Many hospital patients did not have a reason for product use recorded
 - Views on acceptable product change wait times varied between users & carers
 - Improvement in QoL from adequate product provision.
- Consensus paper from US Wound, Ostomy and Continence Nurses (WOCN) Society providing recommendations for assessing, selecting, using, and evaluating body-worn absorbent products for adults with urinary and/or faecal incontinence

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Key new evidence for ICI7 - Catheters

- 1 large RCT (n=404) showed continuous antibiotic prophylaxis is effective in reducing UTI frequency in CISC users. However, increased resistance of urinary bacteria is a concern.
- 1 large step-wedged design trial (n=1642) reported that meatal cleansing with chlorhexidine solution prior to catheterisation was effective at decreasing UTI.
- 11 quality improvement/pre & post design testing interventions to reduce catheter placement/dwell time.
- A number of prevalence/risk factor surveys across settings.
- Three new Cochranes:
 - Policies for replacing long-term indwelling urinary catheters in adults - currently insufficient evidence to assess the value of different policies for replacing long-term urinary catheters on patient outcomes.
 - How effective are urinary catheter washout solutions? - not enough good research evidence to determine if catheter washouts were useful.
 - Intermittent catheter designs, techniques and strategies for managing long-term bladder conditions – no enough good research to determine effectiveness of any aspect (Awaiting publication Oct/Nov 2021)
- A number of new catheter designs described, but no clinical data yet.

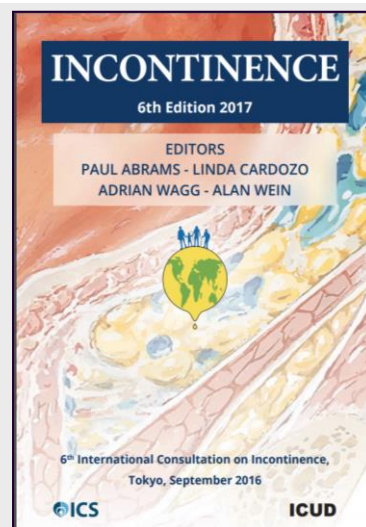
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International Consultations on Incontinence



Chapter 19: Management Using Continence products



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Website developed as a collaboration between ICS and ICI utilising ICI chapter evidence

- Launched 2013
- Re-designed 2019 incorporating new evidence and features




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Information is:

- **ICI Evidence-based** - where evidence exists
- **Independent** – without industry sponsorship or brand promotion
- **Comprehensive** – a one-stop information resource covering all key product designs
- **Not for profit** and freely available – with downloadable resources
- **International** – linking to national websites where available

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Product advisor



Answer some quick questions to find out which products might work best for you.

[Begin](#)


TRUE NTH

A NOVEMBER INITIATIVE

Get prepared for:

Laurence talks about coping with bladder leakage




Where can I get faecal pads?

These products are available in supermarkets, online or direct from suppliers. Not all products are available in all parts of the world. Use the links below to find out how to get them where you are.


Suppliers	Availability
Abena	Europe
Attends	Worldwide
Birch Labs	Americas
Butterfly	Americas

How to measure for a sheath


There are different types of measuring guide, use the one supplied by the manufacturer. There are many other sheath brands available.




Absorbent products




Devices



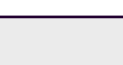
Urine Collection Bags



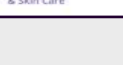
Toileting Aids



Bed & Chair Protection



Clothing, Odour Control & Skin Care



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Continece Product Advisor

Continece product advice for users, carers and healthcare professionals

- ✓ Free from company funding
- ✓ Prepared by experts
- ✓ As listed on www.nhs.uk
- ✓ Based on research

www.contineceproductadvisor.org

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Continece product advice for users, carers and healthcare professionals

- ✓ Covers all product types
- ✓ Not-for-profit
- ✓ Research-based
- ✓ No industry sponsorship
- ✓ Produced by product user and continence experts

Although bladder and bowel problems can often be cured, millions of people worldwide must manage incontinence and toileting problems using a combination of products. Find products to suit needs, lifestyles and preferences...

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Free, downloadable resources

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"Forewarned is forearmed ... the information contained helps you to deal with your situation more easily and confidently."

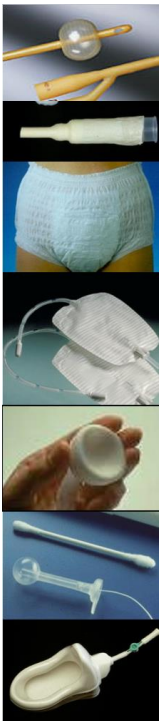


"Fantastic resource for my patients! Will recommend to my practice nurses and patients."



- >one million visits
- >850 queries answered
- Only evidence-based information on nhs.org
- Provides product information for the ACA MOOC

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Innovation and research needs

1. What works for who, when and how?

- What are the needs of different populations, e.g.
 - People with dementia?
 - People in LMICs?
 - Carers?
- Different products for different activities?
 - Choosing the right product or combination of products?
- How can the use of products be optimised, e.g.
 - Assessing need?
 - Change frequency?

2. Innovation

- Materials
 - Reusable?
 - Biodegradable?
- Design
 - Tackling harms, e.g., infection

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