



Service Priorities and Programmes
Electronic Presentations

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Continence care in rehabilitation ward – Pilot program

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Introduction

Development of new urinary incontinence (UI) is an undesirable side effect of hospitalization, and can be avoided by providing appropriate interventions. The hospital environment may change the patients' voiding habit, causing a false or temporary continence deficiency. The overuse of diaper and catheterization increase the risk of development of UI (Zisberg, 2011). On 27/07/2012 (by random), patients in 3A ward, there are 51 with diaper; 8 without diaper. From Jan 2011 to Jul 2012, 21 "Reported Fall" cases reported through AIRS in KH/3A, 14/21 (66.7%) of them are associated with continence problem. The aim of this program was to reduce the overuse of diaper and the fall rate within the hospitalization journey.

Objectives

To reduce the fall rate by facilitating continence care.

Methodology

(1)Assess the continence state of patients within 24 hours (2)Implement individualized continence program before bedtime: -Encourage the physically fit patients to go to the toilet by commode -Assist patient to use urinal at bedside or in bed -Provide bladder scan for the bed / chair bound patients, provide urinal if RU > 300ml; Recheck post-void residue urine (3)Evaluate the effectiveness.

Result

Result: Although program duration is short (3/10/2012 - 23/10/2013) (1)4 patients were able to use urinal and nil complaint of dysuria / urge to void; but retention of urine is noted after performing bladder scan.(2)Some patients verbalized as not in urge. Bladder scan showed large amount of urine in the bladder. Use of urinal was assisted and the patients able to void spontaneously. Use of diaper was prevented. (3)Some patients embarrass to voice out needs. Q4H toilet training improved quality of life of patient.(4)No fall incident was noted. Conclusion: The use of diaper may have adverse effect on the patients' dependent level, skin condition, and prolong length of stay. Patient may fall during toileting due to various factors. By providing regular, supervised toileting activities before bedtime, may facilitate patients' sleep pattern, reduce the prevalence of using diaper, as well as decreasing fall rate. Also, hidden

urinary problem can be early detected before becoming into a serious problem;
preventing patient from suffering UTI, bladder damage, chronic renal disease.