

Presentation by

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and

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RCN Bladder and
Bowel Forum
Webinar Series

11th July 2024

Current research in continence – Changing the Landscape

BREAKING NEWS

BREAKING NEWS

Continence affects millions of people, time to change the strategy.

Why do we need research in continence care?

- Evidence-based care
 - How do we know what we are doing is best practice?
- Improve patient outcomes
 - Exploring alternatives offer opportunities for change
- Nurses are well placed to drive the research agenda
 - Research with impact emerges from clinical questions
- Speaking to power
 - Business case support, funding requests, rationale for care

What do we need to research?



Incontinence: the story so far



Incontinence
can affect any
gender at
any age.

**6.5
million**
have difficulty
controlling
their bowels

Over
14 million
people
experience
bladder
leakage

High quality continence
care is fundamental to ensure
dignity is preserved and
promote social and physical
inclusion in society.

Yet evidence
suggests continence
care requires
improvement.



Education
for all

- Public, patients and carers
- Healthcare professionals
- Specialist continence advisors



Integrated
care

- Inpatient and community services
- Children's and adult services
- Shared documentation



Passion for
improvement
and priority
areas were
highlighted



Proactive
approach to
promoting
continence

- Increased public awareness
- Increased focus on self-help
- Focus on environments
to promote participation

What did we do?



Best Bristol® was an event
held to bring together
key stakeholders to
explore how to make
bladder and bowel
continence care the
best it can be.



64
participants
attended



10+
backgrounds

- commissioners,
healthcare professionals
from many backgrounds,
patients, public, charity
representatives

Best Bristol® identified clear directions for improvement in continence care, highlighted by the experts providing and receiving this care. Let's make continence care count.
For further info: bit.ly/2KxYm6a.

The ECHO study

What helps and hinders
good continence care for
older adults in the hospital
setting?



3



27



October
2019 –
January
2020



What we heard

1. Staff told us they would value continence training and education but this is often lacking
2. Staff would like to be able to discuss incontinence more openly and constructively with patients
3. Good quality, patient-centred assessment is needed but not always happening.



Next steps

Framework to be developed - with clinicians for clinicians

What needs to happen?

1. Raise the profile of continence education with regular training authorised as 'essential'
2. Focus on effective conversations
3. Rely less on products and encourage patients to mobilise to the toilet and maximise independence

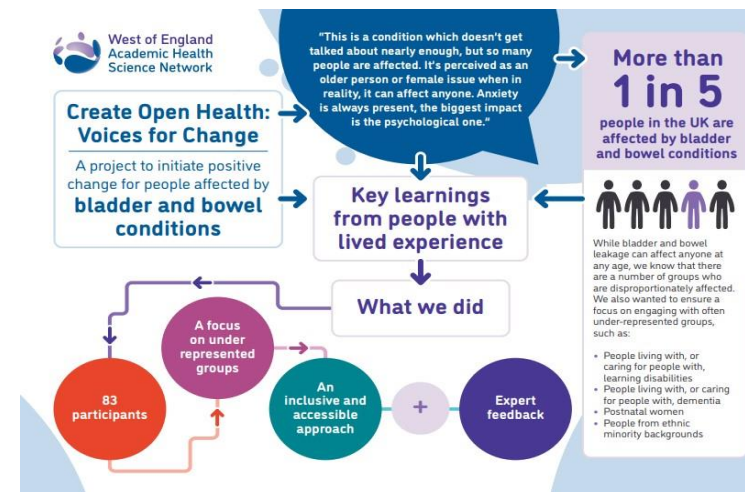
Percival J, Abbott K, Allain T, Bradley R, Cramp F, Donovan J, McCabe C, Neubauer K, Redwood S, Cotterill N. **"We tend to get pad happy": a qualitative study of health practitioners' perspectives on the quality of continence care for older people in hospital.** *BMJ Open Quality* Apr;10(2):e001380. doi: 10.1136/bmj-oq-2021-001380

Voices for Change

Collaboration with West of England Academic Health Science Network

- Workshops with people with lived experience/Survey
- Identified problem statements
 - Perception
 - Communication
 - Services
 - Environmental factors
 - Participation
 - Mental health and anxiety

<https://www.weahsn.net/our-work/supporting-innovation/create-open-health-voices-for-change/>



Exploring Perspectives of the Impact on Continence Care of Covid-19: EPICCC-19

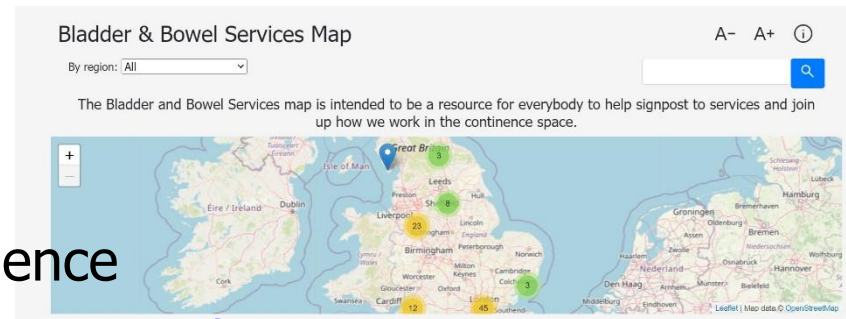
National survey

- 65 community continence services, online survey
- Insights into digital/remote provision to inform service provision
- Space for a blended approach

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9199465/pdf/129132022_Article_8163.pdf

Online continence service map

- Resource for all involved in continence
- <https://bladderandbowelservicesmap.com/>



Healthwatch survey

User Experiences
of Bladder & Bowel Services
during the Pandemic

healthwatch Bristol | healthwatch South Somerset | healthwatch South Gloucestershire



**Bristol Health
Partners**

Investigating the impact of Covid-19 on those using bladder and bowel services

- 42 participants, predominantly white women aged between 25 and 64 years
- 1/2 reported a preference to return to face-to-face appointments/only accepted changes due to Covid-19
- 71% reported impact due to public toilet accessibility
- Many comments regarding the perception that continence is a low priority to the health service

<https://www.healthwatchbristol.co.uk/sites/healthwatchbristol.co.uk/files/Healthwatch%20BABCON%20final%20report.pdf>

Pharmacy Role In the proMotion of continence (NIHR RfPB)

Literature Review

- What do we know from the literature?
- What is the evidence base?

Stakeholder engagement

- National survey of community pharmacies
- Interviews and focus groups

Co-production

- Collaborative development of Pharmacy Bladder and Bowel Service with stakeholder engagement
- Practical considerations to promote feasibility and commissioning

Social Care and incontinence



Opportunity to identify unmet needs in community settings

- Collaboration with Adult Social Care in Local Authority

- Stakeholder mapping
- Snowballing discussions
- Workshops to identify priority topics
- Quick wins e.g. resource production
- Research grant to improve integration and continence management in social care



Helping service users with continence care needs

Increasing accessibility for women in the Somali Community

- Community clinic
- Bi-lingual leaflets
- Cultural awareness training for clinical staff
- Interpreter provision highlighted
- Health Links now raising Bladder and Bowel symptoms in general health discussions
- Culturally sensitive animation prepared to raise awareness:
<https://www.bristolhealthpartners.org.uk/news/taking-back-control/>

Somali culture

Country: Somalia / Somaliland

Origin / People: African

Language: Somali language

Main language spoken in UK: Somali

Main Religion: Muslim Sunni

Population in UK: 103,049
0.16% of the population (2011 census)



Turjubaanka ayaa diyaar noo ah Kaadi-haysta & Rugta

Ma u baahan tahay inaad musqusha si joogto ah u gasho ama si degdeg ah u gasho, ama aad qabto kaadi-ka'an ama calool-fadhi?

Adeegena Kaadi-haysta iyo Miidhirkii waxa uu xarunta caafimaad u hayaa dhammaan bulshoyinka Diirool ee dhac ee ku yaala East Trees Health Centre, 150a Fulford Road, Canville, Essex, SS24 6DD.

Waxaan siiyaa kula siinaa turjumaan foomka foomka ah iyo kafeefi iyo taagero adeegga dalka aan ku hadhin ingiriisiga.



Turjumaanadayada

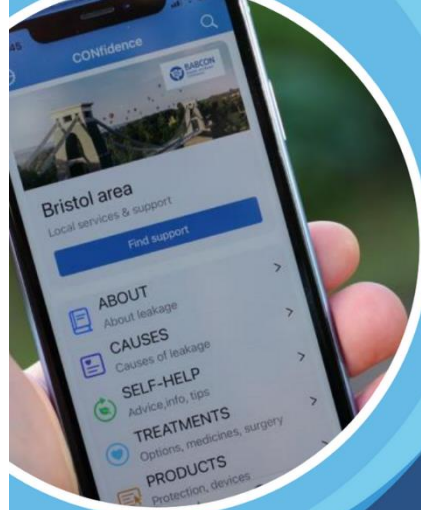
 Amara Hassan Somali / English 07790 264379 amara.hassan@nhs.uk	 Amara Hassan Somali / English 07790 264379 amara.hassan@nhs.uk	 Amara Hassan Somali / English 07790 264379 amara.hassan@nhs.uk
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Addeegena kaadi-haysta iyo miidhirkii
 Adeegga Kaadi-haysta iyo Miidhirkii waxa uu bixiyaa qiyaasada kafaadigaadka kafaadigaadka iyo qiyaasada daawaynta daawaynta dhibaatooyinka kaadi-haysta iyo miidhirkii.
 Dhibaatooyinka caadiga ah waxaa ka mid noqon kara inaad musqusha si joogto ah u gasho ama si degdeg ah u gasho, ama aad qabto kaadi-ka'an ama calool-fadhi.
 Adeegga waxaa si degdeg ah u bixiyaa kafeefi iyo taagero adeegga dalka aan ku hadhin ingiriisiga.
 Sida soo arko adeegga
 U guulinta adeegga waxa lagu samayn karaa CIP-gaaga.
 Telefoon iyo adeeg turjumaan foomka foomka ah iyo kafeefi iyo taagero adeegga dalka aan ku hadhin ingiriisiga.



You are not alone.

Search
"Confidence
expert" in
app stores



Nursing
Times
Awards
2021
WINNER



free app CONFidence

Search for 'CONFidence expert'



Do you experience
bladder or bowel leakage?
The CONFidence self-help app could help!

- Developed by clinical experts
- Videos and practical advice
- Trusted information
- Support for all ages

To learn more, visit:

www.confidenceapp.uk



**Bristol Health
Partners**



EXPERT SELF CARE
PROVIDING TOOLS FOR BETTER HEALTH



CONfidence impact - *people*

- 7000+ downloads, 11 countries
- Positive feedback from app users
- Most useful areas reported by app users:
 - Self-help pages
 - Causes (close second)
- Support for recommending to friends and family

Thank you for enabling me to regain my confidence

Ratings & Reviews

Excellent info and signposting

★★★★★

9 Jul

Nella1979!

This app is full of excellent information and signposting for families caring for children with a continence problem. Highly recommend.

The app is a very good way to raise awareness and enable people to see that incontinence isn't something to be ashamed of.

Ratings & Reviews

Great self help info and advice for bladder and bowel leakage or incontinence

21 Jun

★★★★★

Stewart107

Easy to access info and support advice on prevention, causes, treatment and management of bladder and bowel leakage or incontinence. Lists support groups for adults, young people and children and encourages the user to seek clinical advice. There is a pelvic floor video which explains how our pelvic floor works and how to keep it in shape. Excellent app.

CONfidence impact - *services*

- NHS DTAC Certified
- Healthcare website signposting
- Info with BBS waiting list letters
- Local evaluation project as first line intervention
- Additional local area pages
- Dissemination focus 2023/24



Absolute
Gamechanger, it's a
real one stop shop!!

PhD studentships



Views On Incontinence in Care homEs – VOICE

- Abbeyfield research foundation funding
- Barriers and facilitators to optimal continence care provision in the care home setting
- Completion October 2024
- Identifying a framework to inform future research and education intervention
- Recognition of the structural and emotional intelligence factors associated with continence care
- Different in a long term setting, more familial

PhD studentships



Promotion of Tackling and Improving Toileting Health in Early Years - POTTY

- Partnership funding – ERIC and UWE
- Children toilet training later
- 91% of UK reception class teachers have at least one child not toilet trained (YouGov School Readiness Survey, 2023)
- Interviewing parents and early years practitioners to understand unmet needs in the toileting health arena
- Development and testing framework for early years bladder and bowel health promotion
- Started September 2023

PhD studentships



Ketamine impact on Lower Urinary Tract Symptoms – K-LUTS

- UWE funded PhD studentship
- Emerging area of concern with 'ketamine bladder' increasing
- Laboratory and clinical study focus
- Started October 2023
- Microbiological impact of ketamine on the bladder is unclear
- Patient reported symptom aspects and how this alters over time are unknown
- Opportunity to contribute to an emerging evidence base to improve patient outcomes

Embedded Patient and Public Involvement

Generating research ideas

Making research realistic

Driving research within study teams

Sharing the outputs

Ensuring we research topics that matter

Involving patient and public networks



What next for research in continence care?

Continence Research

- Evidence-based care
 - What are the evidence needs in your area?
- Improve patient outcomes
 - How could research inform your care?
- Nurses and carers are well placed to drive the research agenda
 - What are your burning questions regarding continence care?
- Speaking to power
 - What would strengthen your case?



Needs You

Fundamentals of continence care – Early bird discount available until 9 Aug!

Connect
Discover
Inspire

RCN
Events

RCN Bladder and Bowel Forum Conference

Friday 15 November 2024
9am - 4.30pm

20 Cavendish Square, London, W1G 0RN

rcn.org.uk/BBFC24





Thank you!