



# Continence Care

Deborah Rigby  
Continence Advisor Bristol PCT  
and Nursing Lead Biomed HTC  
Southmead Hospital Bristol

# Bladder and Bowel Difficulties

- Constipation
- Faecal Incontinence
- Urinary incontinence
- Functional difficulties

'Behind closed doors: using the toilet in private', which can be downloaded from the [British Geriatric Society](#) website.  
'Nowhere to go'. Help the Aged report on public toilet access 2  
'Taking Control'. Incontinence and social isolation 2007





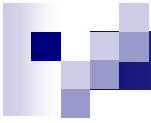
# Types of urinary and faecal incontinence

- Stress Urinary Incontinence
- Urge Urinary incontinence
- Voiding difficulties
- Functional difficulties
- Bowel dysfunction - Faecal incontinence
  - Evacuation difficulties

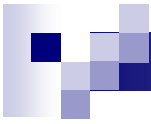


# Case history

- Peter 82
- COPD
- Urine test
- FVC
- Bladder scan
- Penile sheath
- Pads
- Pants
- Catheter









- Rebecca 32
- Recurrent UTI's
- Urine test
- Post void residual
- Supra pubic catheter

# Incontinence Dermatitis










# The second big C: Constipation

- “Having a good bowel action is one of life’s simple pleasures”
- “You take for granted having a pooh each day until you can’t”

Graeme 45, Bowel cancer

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>



# Prevalence

- Solid tumour – Dhillon et al 2008
- High – Tsai 2008
- Cochrane review - Miles et al 2007



# Medication treatment of Constipation

- Laxatives (section 1.6 BNF)

*Choice of agent will depend on*

- Be sure the patient is constipated
- Bowel habit can vary
- Avoid laxatives if possible
- Dietary and lifestyle changes
- Avoid the use in children



# Types of laxatives

Bulk forming for patients who are unable to tolerate bran

- Ispagula husk
  - Fybogel®, Regulan® Isogel
- Methylcellulose
  - Celvevac®
- Sterculia
  - Normacol®,

Act like dietary fibre increasing water content and faecal mass – increase stool weight and frequency

Usually work within 24 -36 hours



# Stimulant Laxatives

- Bisacodyl
- Dantron (terminal illness only)
- Docusate Sodium
- Glycerol
- Senna (manavec)
- Sodium Picosulfate ( Dulco-lax)

Stimulate an increase in colonic motility (peristalsis) and mucus secretion Rapid acting 8-12 hours

Best taken in evening or at bedtime

Parasympathomimetics distigmine bromide, neostigmine increase gut activity although rarely used for gastro interstitial effect.



# Neostigmine

- Pain Symptom Manage. 2006  
Sep;32(3):204-5. [Links](#)

- Neostigmine for refractory constipation in advanced cancer patients.**



# Osmotic Laxatives

- Lactulose -may take 48 hours
- Magrocols ( Movicol Idrolax)
- Magnesium salts
  - Magnesium hydroxide
  - Milpar (not suitable for prescribing)
  - Magnesium Sulphate
- Rectal phosphates
  - Carbalax
  - Fleet enemas
  - Fletchers enemas
- Sodium citrate
  - Microlax

Act by increasing the amount of water in the large bowel either by drawing fluid from the body into the bowel or by retaining the fluid they were administered with.

# Rectal stimulants

Consider a suppository inserter if hand function insufficient



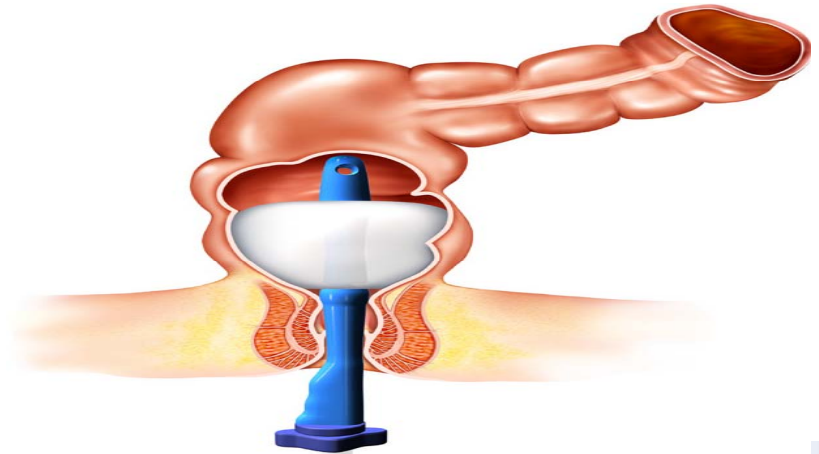


# Faecal incontinence

- Imodium, Codeine Phosphate, Lomotil, Kaolin and Morphine
- Anal plug (NICE 2007)
- Anal irrigation
- L-erythro methoxamine gel increases anal resting pressure in patients with incontinence (Nisar 2007)
- Glyceryl Trinitrate and Diltiazem ointment act as reversible chemical sphincterotomy to treat anal fissures (Buchanan G & Cohen R 2002 )
- Topical phenylephidine (St Marks, 1999)

# Anal Irrigation

- Peristeen Anal Irrigation System
- 1 control unit, 2 rectal catheters, 1 water bag 2 straps
- £70.00
- 29121 order code
- Accessory unit
- £122



# Faecal collector

- Hollister Faecal collector
- 500ml
- 1000ml
- Cost £43.10 (10)

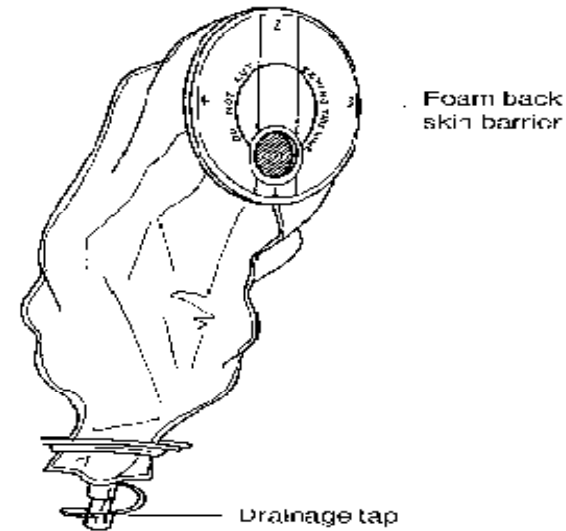


Fig. 1: Faecal Collector

# Anal Plug

- Many cannot tolerate due to discomfort
- Not suitable for patients with frequency, diarrhoea or inflammation
- Can use up to 12 hrs
- Very good for a few
- May be most suitable for those with less sensation (neurological)
- Cost £43.78 (20)





# Case History



# Good practice guidance

- NICE
- SIGN
- ACA
- RCN
- CSCI



# National Links - partnerships



Thank you